

The logo features a stylized window icon on the left, composed of a blue square with a white grid pattern. To the right of the icon, the text "Window to the World" is written in a large, elegant, black cursive font. Below "World", the word "review" is written in a smaller, bold, black sans-serif font. The entire logo is set against a background that transitions from green on the left to blue on the right.

Window to the World review

Volume 1, session 44 Blog: Eckhart Tolle Made Simple Class

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I Don't Read Spiritual Books; My Ideas Come from my Soul, from Observation and Experience

People find it difficult to imagine having a quiet mind during the day and night, while working and while driving, while sitting alone and engaged in conversation with someone. My husband said the other night regarding my silent mind, "Even when you are watching a TV program?" Yes, I said.

Now my husband is full of surprises; well—that was something I discovered about my husband: He talks in his head while watching a movie. I would not be able to listen to myself and the movie at the same time if I did that.

I am accustomed to waiting; I am accustomed to asking questions; I am accustomed to wondering about something and I am accustomed to eventually receiving the inspiration—at times I could write an entire book on the flash of inspiration I receive—inspiration without words—a thought.

I have meditated on occasion. Once the yoga teacher told us to have a mantra or something that you say over and over again; that interfered with my quiet mind so I just sat there in peace.

I did hear the crackling fire while in meditation once when my husband took me to hear a man play drums; the drums were supposed to make you go into deep meditation. It was beautiful to hear.

My ideas come from need and want. I want them and I need them so they come to me. I found that living in California was so different than living in Minnesota and North Dakota that I looked for answers. Who are these people. Why are they so different? I was coming from the heart; my gifts were inexpensive but meant love and affection; theirs were expensive but had little meaning.

The people I knew in Minnesota and North Dakota were real people with real feelings who tended to reveal the truth about how they felt. In California the people I met were, well—phony. They did not like me but pretended to like me. I ended up being alone. It is amazing that I even found my husband; I rarely went out and never unescorted at night.

I moved to California in the late 1970's and by 1985 I was writing *Unraveling Your Past to Get Into the Present*. The characters of the ego-personalities were well known to me because of my upbringing with my stepmother. Naming them was easy. I just made out a list of personalities that were phony. That is why in *Unraveling Your Past to Get Into the Present* you will see a list of the ego-personalities and descriptions that cover about four or five pages of the book. The rest of the book is how to be the soul—your own individual soul-personality.

In Oprah and Eckhart Tolle's Class Nine, a reader from Indianapolis asked him "Where does your knowledge come from? How do you know what you know?"

Eckhart Tolle:

"It's not primarily based on knowledge, although of course I have read spiritual books, quite a few. I use sometimes some of the terminology that is already in existence, has been in existence for a long, long time. But the book is more than just a compilation of other spiritual books that I have read. The essence of the book is in my own realization. In other words the answers come by being still. When I write, I sit there with a note pad, a pen, and become still."

Oprah had asked him this question in Class One: "First of all, I wanted to just talk to you about how this book came to you?" (regarding: *A New Earth*)
"How did this come to be? How did this come to you—through you?"

Eckhart Tolle:

(His response is not about *A New Earth* as you will see but instead about his own creation—his own book, *The Power of Now*)

"I bought a notepad, and suddenly the strong stream came through and I wrote. 'What is enlightenment?' the beginning of the *Power of Now*. The moment I wrote that, I knew this is the book that wants to be born. So rather than me wanting to write a book, there was a book that wanted to be written. I'm not saying that the writing happened automatically. My mind was involved. It wasn't a channeled book such as. It was inspired, but not channeled, so it involved my thinking processes too. But the thinking process had to be inspired from something deeper. You can't rely on your thinking processes only to —and produce something that is powerful and original. So this is how it started, as knowing that this is what life wants from me. The book wants to be born. (Note: he is and has

been talking about *The Power of Now* even though the question was about *A New Earth*)

And the same thing happened later with the New Earth, again a similar sense of oh *there's another book that wants to come.* I didn't know why because everybody told me, 'Well, you've said it all in *The Power of Now*, why write another book? And I intellectually, I couldn't have answered, "Why am I writing another book? And it happened."

End quote Eckhart Tolle from class One with Oprah.

I have been writing this blog to teach you more than you learned from Eckhart Tolle. I have more to teach you than you can imagine. The naming of the ego-personalities was my inspiration, my experience and my observation. I know this subject.

This blog is just the tip of the iceberg as they say. I have given you examples of how I learned what I have learned and I have told you how I live; all this in an effort to help you be you—the soul. Read my books—they will help you be you.

Reference #30 in the comparison table: *A New Earth*, chapter: Ego: The Current State of Humanity, p.33, 34 "Wasn't my mind as incessantly active as hers?" ...She thought out loud. I thought mostly in my head. I didn't realize yet that thinking...nor did I know anything about the ego, let alone being able to detect it within myself.

Reference #30 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities p.47 Who is talking in your head? The mind that is full of chatter is a mind that is heavily laden with ego-personalities...

Reference #41 in the comparison table: *A New Earth*, chapter: Core of the Ego, p.59 The voice in the head. This is the egoic mind.

Reference #41 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: Talking in Your Head is not Thinking p. 147 So, what is talking in your head: ego-personalities.

Note: *Unraveling Your Past to Get Into the Present* was copyrighted 1998

Stillness Speaks was copyrighted 2003,
A New Earth was copyrighted 2005,

The Power of Now was copyrighted in 1999 the year after *Unraveling Your Past to Get Into the Present* ©1998, 2002

Thank you for taking my class sessions. Paulette Renee Broqueville

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