

The logo features a stylized window icon on the left, followed by the text "Window to the World" in a large, elegant script font, and "review" in a smaller, bold, sans-serif font below it. The background is a gradient from green to blue.

# Window to the World review

**Volume 1, session 46 Blog: Eckhart Tolle Made Simple Class**  
**Written by Paulette Renée Broqueville authoress of *Unraveling Your Past to Get Into the Present*** <http://www.broqueville.com>  
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## Ego-personality: the -oholic and Addict

There are good habit patterns and there are bad habit patterns. The soul makes good habits but always reserves the right to change. Bad habit patterns grip the body and imprison the soul; change is not an option. That is ego.

When I was in my first year of college I smoked cigarettes. Yes, in high school, I had seen the black lungs shown to us in a movie about what happens to your lungs when you smoke. My mother told me one day at lunch, “You should wait a while before you light another cigarette.”

When I thought about the chain smoking I was doing I thought, “I am being lead around by this cigarette. I don’t want cigarettes to rule me.” So I quit. On the spot I quit smoking and have not smoked since then.

In order to break an addiction or an –oholic condition one must have a greater reason—a greater plan for one’s life; one that the addiction is preventing you from having.

A friend of mine told me how she quit alcohol. She prayed. A very good use of the mind.

A simple, “Dear God, Help me.....” can work wonders for your life. This can help you in any –oholic condition: potato chips blindly nipped away at without tasting them—the same with cake, cookies, food, and drink. Even one night stands—who gets to know the soul inside the body?

And then there is exercise until you drop, forcing your body to burn—burn up nutrients is what you are really doing until one day the doctor in the hospital

pronounces that you have a serious condition brought on by malnutrition: for example an electrolyte imbalance of sodium and potassium which causes heart conditions as well as other organ failures.

By the way the body is 70% salt water. How can you go on a salt free diet? And live! If you over drink water you must take salt on your tongue with each glass of water or you will faint because you have an electrolyte imbalance: you have dropped your body's salt and potassium levels causing an imbalance by an excess intake of water.

You can't walk: you are too weak or you have brain pain: a headache.

Then there is stress caused by what:

- overbooking activities
- demanding too much of yourself in too little time
- staying in relationships that are unhealthy for you and for your children
- working in a job where you are overworked and expected to perform as a machine

All of this causes a depletion of the body's reserves of Pantothenic acid, a B vitamin, which in turn causes nervous tension and anxiety and eventually heart palpitations.

All of this and more that could be mentioned cause illness preventing the body from being used by the soul.

The ego-personality –oholic/addict has used and abused the body—maybe it is your body.

Race horses are ridden, run and often break legs or sprain ligaments and are put to death. Why? People's ego-personalities treat them just like they treat themselves. A two year old horse's spine has not finished growing—nor has his legs and joints. He should not be ridden.

But an ego-personality does not have a conscience; it does not study the facts or take into account the physical condition of itself or a horse—an ego-personality wants what it wants when it wants it—no matter the facts.

Or how about eat until you are overfilled and your stomach hurts or drink until you drop which are habits that use up nutrients and fail to replenish them with natural food; food that the soul can live on: pure water, fruits, vegetables, grains and proteins.

The addict/oholic uses the body for its glory: it uses its looks and its abilities; it uses it as a machine without conscience. It abuses the body and the soul trapped within.

Now what does the soul say and do? The soul is the caretaker of the body—it takes care—it is kind and understanding—working with the body and its needs—mindful of its limitations.

1. If the soul says “I am tired, I need to sleep.” It lays the body down and rests.
2. If the soul says, “I want to go here or there, do this or that.” It is done.
3. If the soul says, “No.” It means no and follows through.

You see the soul rules the body; the body—the ego--does not rule the soul; the soul listens to the needs of the body and keeps it in good health.

Without the body the soul is a spirit being instead of a human being.

Reference #2 in the comparison table: *A New Earth*, chapter: The Discovery of Inner Space, p. 246, 247 A long standing compulsive behavior...an addiction lives inside of you as...a sub-personality

Reference #2 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities p. 19 + 21 The drunk or drugged ego-personality.

Reference #75 in the comparison table: *A New Earth*, chapter: Finding Who You Truly Are, p. 186 First ask the most fundamental question of your life: Who am I? .....Others may appear to be more evolved because they think of themselves as an immortal soul or divine spirit. But do they really know themselves, or have they just added some spiritual-sounding concepts to the content of their mind?

Reference #75 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities p. 24 “If I am not me then who am I?” The real you is your soul/sole personality who has been hidden away, staying quiet for fear of reprisal.

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**Thank you for taking my class sessions. Paulette Renee Broqueville**

### What's in this issue?



- The –oholic/addict ego-personality
- *The many ways of being an addict: food, exercise, cleaning*