

The logo features a green and blue gradient background. On the left, there is a stylized window icon with a white frame and a blue pane. 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.

Window to the World review

Volume 1, session 6 Blog: Eckhart Tolle Made Simple

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Talking in your head is not thinking—it is talking!

In the last blog, session 5, on the Millionaire Summit Seminar I told you that when I told two people “I don’t talk in my head.” that they looked at me with blank eyes and said nothing. That is the ego-personality “I only believe what I want to believe—does not listen—refuses to face reality.” Or you could say they have their heads in the sand.

If you are talking out-loud, how can you hear someone else talking and that too pertains to the talking that is going on in your head. You cannot listen if you are talking.

What I am teaching you is based upon Buddhism: the ego is not real only the soul is real. The Buddha taught people to meditate, to be silent.

But that is not where I learned to keep my mouth shut and my mind silent.

I was raised by a step-mother who tried to pin any egregious thought or act on me. Yes even thoughts. She would sit me in a chair and interrogate me. Yes, interrogate me. My step-sister would come out of our room and holler at her, “Leave her alone!”

From the age of 5 to 17 periodically she would interrogate me. I saw her nose about four inches from my face trying to get me to confess to things that I did not do: things that I did not even think of doing. When she could not get me to confess that I did something she resorted to saying: “But you thought of doing it.”

“No” I would say very calmly.

I learned to protect myself from her wrath by being silent in my head and kept silent about her in my conversations. You are getting information that I have withheld from friends and family. This information is illustrative and necessary for

you to learn how and why I learned to be silent in my mind. Being silent in my mind protected me and trained me to be a good listener. I have done it all of my life.

The final interrogation was when I was 17 years old: a senior in high-school. She could not get me to confess to doing something; she could not get me to confess to thinking of doing it either so she said very sadly, “Oh, I know, you don’t remember doing or thinking it. I am sorry. I will take you to my psychologist.”

That never happened!

By this time I was getting ready to go to college and I was planning to be free for the first time in 13 years. I was going away to college.

Years later when I wrote the first edition of *Unraveling Your Past to Get into the Present* copyright 1998 I included an exercise in the first chapter: Tell your mind to stop talking.

Neighbors and friends were reading my book and one day while sitting on the beach I had a heated argument with a neighbor lady: “But that is how I think.” She told me. “I can’t think if I don’t talk in my head.”

I was absolutely shocked. I had no idea that people talked in their heads that much. I can recall conversations verbatim so sometimes I replay the conversation to understand clearly what was said. I also say my list of milk, eggs, butter or whatever I need to buy; but have a running dialogue in my head going all the time—no.

So I started to research why people talk in their heads. I interviewed people and then wrote about what they told me in the chapter: Talking in Your head is not thinking. *Listening is thinking: a quiet mind is thinking—waiting for an answer.*

The youngest one that I interviewed was 5-year-old Camree. “Do you talk in your head.” I asked her. “All the time.” She told me.

I told her to see if she could stop the talking. After a few days she told me she did it and could now hear her mom and the teacher and understand what they were saying to her.

Reference #32 in the comparison table: *A New Earth*, chapter: Ego—The Current State of Humanity, p. 39 When an answer comes: it may not necessarily come in the form of words.

Reference #32 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: What are You? A Body or a Soul? p. 86 The answer comes as an idea—not in words—but in a moment of inspiration.

Chapter: Talking in Your Head is not Thinking p.147 Thinking is quietly waiting for an answer to pop into your mind: an idea.

Reference #72 in the comparison table: *A New Earth*, chapter: Emotions and the Ego p. 134 The ego is not only the unobserved mind, the voice in the head which pretends to be you

Reference #72 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: What are You? A Body or a Soul? p. 88 What is talking in your brain but ego-personalities

What's in this issue?



- Is talking in your head thinking?
- What is thinking?
- How I learned not to talk in my head.
- Talking in your head is like talking out-loud.

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