

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 9 Blog: Eckhart Tolle Made Simple

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January 7, 2010

The voice of the soul; the voice of the ego are separate voices we use: listen to yourself.

I was very fortunate when I was a child growing up. My father had a summer residence, a log cabin on a lake, sitting in a forest of birch and pine trees. We had no running water, electricity or indoor plumbing. We had to pump water from a well for drinking; rain barrels with saved rain-water was used for washing; we had an outhouse and we used kerosene lamps for evening light. My father was always there when we went to the lake cabin so it gives me fond memories of my childhood. I felt the best when I was in nature. It was a time when I could experience my own soul. My sister and I were free to roam the woods and swim as we wished in the lake. There was more freedom at the lake than we had in town. My soul felt the best when we were at the lake cabin.

Being in nature helps those who want to change. Going into nature by yourself is the best way to starve ego-personalities. Ego-personalities need an audience; they need to feed off of the soul of someone else; they need attention; they need a stage; they need someone to abuse; they need someone to talk to or about; and without these requirements the only thing that is left is to be your own soul.

Spending time by yourself is soul time.

You get to know yourself and like who you are. I learned this when I did something as simple as go shopping alone. Who I was when I interacted with the sales girl was easy it was natural and it was me—I discovered.

You see when I was growing up I was quiet: vocally and mentally. Without the practice of developing my soul personality I adopted the personalities of people I admired—in other words I copied them, their actions and their likes and dislikes. I was an ego-personality: I agree with everyone—a chameleon. So in the 1980's when I was writing about the ego-personalities I was struck by the fact that I

imitated each person I befriended. I recognized that I did this and began wondering what my personal personality was like. I could only feel myself—my soul personality when I was alone and interacting with strangers.

I learned to speak French and enjoyed using my French with my puppy. He was entirely trained in French. One day I was working with a man who was going over one of my books, *Gentle Breeze Carrying the Scent of Flowers*; he was helping me with my grammar and spelling. I spoke to my dog in French and then spoke to my friend in English. The voice was totally different. I was struck by the sound of my own voice. It had changed from a soft voice in French to a cold voice in English.

I had adopted the voices of the people I had imitated. When speaking French I had no one to imitate. I was myself—my soul voice could speak.

I had just heard a radio interview with an author, Morton Cooper, *Change Your Voice—Change Your Life*. He was talking about the sound of one's voice. He said that the voice you use could be the voice of someone else: your mother, father, aunt or uncle but not your voice. He told us how to find our own voice. He said the sound of your voice could be the reason that people do not listen to what you say.

I bought the book immediately and started to do the exercises. It took me almost a year to be able to speak French and English with the same voice.

That is how I found the voice of my own soul.

That is how I came to tell you in my book to study a foreign language and go to that country where you can experience your own soul speaking.

Reference #48 in the comparison table: *A New Earth*, chapter: Core of the Ego p.77 Can you hear your own voice becoming harsh or thrill, or louder and a few octaves lower?

Reference #48 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities p. 48 The ego voices are contrived and are uncomfortable in your throat...the forced unnatural sounds that the ego personalities utter..

Reference #59 in the comparison table: *A New Earth*, chapter: Role Playing: the Many Faces of the Ego, Temporary Roles p. 93 If you are awake enough;...you may detect subtle changes in your speech, attitude and behavior depending on the person you are interacting with...Why is that? You are playing roles, you are not yourself.

Reference #59 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities p. 48-49 The ego-voices are contrived and are uncomfortable in your throat...the forced unnatural sounds that the ego-personalities utter.

Reference #83 in the comparison table: *A New Earth*, chapter: The Discovery of Inner Space p 239 Some people feel more alive when they travel and visit unfamiliar foreign countries...they become more present

Reference #83 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities, Take time to be you. Practice being yourself. p. 29 Go places alone and interact with strangers who won't expect you to be anyone but who they see right now. P 47 Another good way to starve out the ego-personalities is by learning a foreign language and living in that country for a few months.

Thank you for taking my class sessions. Paulette Renee Broqueville

What's in this issue?



- The voice of the ego
- Book: Change Your Voice, Change Your Life
- How I detected my soul's voice
- Being in nature is soul time: alone time

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