

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 2, session 3 Soul and Ego Class: Accomplish Your Purpose in Life:

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to *Get Into the Present*

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Chapter Three: Fear—What is it—Why do we have it? No more need to cry—you can talk now—you are BIG.

The baby ego-personalities we have been talking about are created out of fear. We have been talking about *what* the baby is afraid of but the question remains—*whom* does the baby fear? Whom did you fear as a baby? Let us round up the usual suspects:

1. Mother
2. Father
3. Babysitter
4. Nanny
5. Caregivers at the preschool
6. Brothers
7. Sisters
8. Teachers
9. Friends
10. Neighbors
11. Other babies

Yes other babies. Since babies learn to have ego-personalities early—before they can walk and talk they are a danger to your baby—the one you are trying to raise as a soul without an ego.

And why would a baby fear you or your neighbors or friends?

Ego-personalities!

Ego-personalities cause the baby to feel fear. Who do you know who is scary, who speaks and acts as ego-personalities?

Do you want to raise yourself, your baby or the baby you as an ego or as a soul?

That is what this class is about—raising yourself and your baby to be a soul without an ego. That is what *Unraveling Your Past to Get Into the Present* is all about.

You will find help for your adult self and your childlike soul by doing the 100 mental exercises in *Unraveling Your Past to Get Into the Present*. We will limit our discussion here to helping the babies; this way you will be able to understand how you were supposed to be treated when you were a toddler; also you will know how to treat babies and toddlers.

It will help your own soul to heal from the hurts:

1. Of not having your needs and wants met
2. And of not having your feelings soothed.

Baby etiquette: Stop the formation of baby ego-personalities

In order to stop the formation of baby ego-personalities we must stop anger for it is from anger that almost all of the ego-personalities are formed.

All of the baby ego-personalities are from anger.

And from where does anger come?

Sadness.

Is sadness one of the ego-personalities?

No. Sadness and happiness are the two emotions of the soul—all the rest are ego.

Sadness comes when you have not:

- Been helped when you needed it
- Been given praise when you did well
- Been given gentle reprimands when your behavior was wrong
- Been treated with love and kindness—kind words and a gentle touch
- Been taught—given instruction—either by older children or adults

From this lack of attention by adults, from this simple lack of tending the baby comes the babies resulting unresolved sadness and the need to escalate to anger—the anger ego-personality is born.

Nannies and babies

There are wealthy people who can afford to hire a professional nanny to tend their babies. At least the baby is protected, watched, played with and loved 24 hours a day—at home. The nanny does not have to cook, clean, drive the car to the store or be anyone except the protector and the playmate of the baby. The baby bonds with the nanny and love is born. Happiness fills the soul.

So far the child's soul is growing without an ego. Fear has not been felt by the baby's soul.

I am talking about the wealthy and their ability to hire nannies for a reason. A baby's soul must be tended by kind hands and hear kind voices; all of his needs must be fulfilled; he must be touched, loved hugged and kissed; he must feel safe knowing that his cry is heard and that he will be soothed; his needs answered with kindness.

We are not all able to hire nannies nor should we. What happens in our future depends on what we do today. Look into your future before you make your decisions. Here are two pictures to look at.

There are two ways of being wealthy:

Wealthy with money:

You may be one of those who remembers your nanny with fond memories; your parents—well that is another story; if they were not involved in your childhood then they are strangers to you. Your feelings for them may be less than the stranger on the street or you may feel anger towards them for not paying you attention (and I do not mean with money I mean love and attention).

Wealthy with time: (even the poor can be wealthy with time—time is free to everyone)

If you are one who lived with loving parents who actually thought about you, loved you, interacted with you, conversed with you on a daily basis and gave you instructions about life—not complaints about what you did wrong but helped you learn your own way, then your soul was raised by soul parents. Your parents were the nanny of your soul.

A decision must be made by every parent:

- To spend your child's childhood trying to make more and more money or

- To spend less time working (doing housework, yes housework and talking on the phone or office work), be satisfied with less and spend more time interacting with children—talk to them—have conversations with them over milk and cookies or a hot homemade meal.

A decision must be made by every parent. If you are not a parent then by you.

- To be the soul or
- To be the ego

Your decision will give you the chance to complete your divine plan, your mission in life—fulfill your purpose or if you make the wrong decision you will fail to complete your divine work.

1. The soul knows the purpose of your life and can complete it.
2. Your ego knows only the past and has no creative talent—it lies, cheats and steals from the creative ones around him.

If it is your goal to become ego free—and that is the only way you will be able to find and complete your purpose in life, then you must begin every day by telling the truth about what you feel and think.

Anger cannot arise if you tell the truth about how you feel and think. Remember the crying baby. Speak nicely, do not let it go to anger. You are big now—BIG remember—you can talk. Speak.

The soul action for getting rid of anger is:

1. Speak the truth nicely about what you really want to do or what you really feel.
2. Make every action the truth about what you think and feel—be nice.
3. Think nice thoughts or none at all.
4. Say something nice about people or nothing at all.

Thank you for taking my class sessions. Paulette Renee Broqueville

What's in this issue?



- The soul action for getting rid of the Anger Ego-personality
- *Raising soul children*