

Unraveling Your Past to Get Into the Present

Pathway

One

The Soul/Sole Personality versus The Ego-Personalities

The Fork In the Road. Your two choices are:

To be the Soul that you were born to be.

*To hide behind ego-personalities pretending
to be you.*

Were you raised by parents who used a limited vocabulary of GRUNTS and GROANS, peppered with bursts of short temper and misappropriated blame? Were your parents deaf—to *the sound of your voice*? Did you keep your feelings to yourself because there was no one to share them with anyway? And now that you are “big” did you turn out to be just like him or her, a chip off the old block, just like you never wanted to be?

Or were you raised by parents who helped you grow up peacefully and encouragingly, who taught you how to think and encouraged you to think; parents who liked to hear your opinions and who encouraged you to express your opinions?

I once heard a speaker divide people into two broad categories: functional and dysfunctional. I call the functional: the unmasked, or soul/sole-personality people; and, the dysfunctional: the masked, or multiple ego-personality people. The multiple ego-personality people learned early in life that they needed protection from harmful blows and words, in an inhospitable world. To protect themselves, each one put on a mask, because the faces of their souls were—*frightened*.

FUNCTIONAL PERSONALITY IS THE SOUL/SOLE-PERSONALITY

The functional people or the unmasked people are those who have been raised by parents who discussed things with them. When they were little people, they were made to understand why things were done the way they were. Their questions were encouraged and answered. Their parents listened to them, and they listened to their parents. They were free to express their own opinions, and more importantly, their own feelings. They are the ones who have been raised without violence as their teacher; and therefore, they have had the freedom to learn from observation and study; as well as having had the luxury to express their true feelings without reprisal. When one is raised in this way, one does not have to hide behind a mask or other personalities to protect oneself—to protect one’s true self—one’s soul personality. This is how we teach our children to think for themselves and to be their own leaders and their own teachers. Parents teach by their example:

1. Parents with well thought out opinions can explain to their child why they have made their decisions to allow an activity or not to allow an activity.
2. This will teach the child to think about his or her decisions to act or not to act.
3. This will teach the child to be responsible for his or her own actions and words: the child learns to be his own leader and to think for himself or herself. This is the object of parenthood.

THE MASK

In our search for who we are, many of us have traveled far and wide to other lands and peoples, all the time asking ourselves, “Who am I?” What is stopping us from being ourselves or knowing who we are? Could it be that we have been playing a role—someone else—all of our lives? A role that others have expected us to play or a role which has been safe to hide behind—in other words, a Mask. “If I have been playing a role all of my life,” you say, “then how can I find out who I am?” I have written this book to help ‘you’ discover who ‘you’ are. We will go step by step to unravel your past, to get you into the present as ‘you.’ We will begin by discovering how some of us learned to be someone else, learned to play a role, began wearing a mask—and it all begins in childhood.

CHILDHOOD IN THE DYSFUNCTIONAL FAMILY

Growing up in a dysfunctional family, the baby, ‘you,’ began to express yourself—your wants, your likes and your dislikes. You soon learned that you were not free to have an opinion different than the adults. You learned to feel fear because you could not make yourself heard, much less understood. This leads to a fear that your needs will not be fulfilled, such as: thirst, hunger, sleep, peace and quiet, happiness, time to play, and positive attention from parents or adults. Your next survival thought is, “How can I get what I want without directly asking for it?” From this lack of freedom to be honest about ‘who I am’, we learn to build a life on make-believe, we learn to play a role: become an actress or an actor, just to get our needs or wants met or to get the attention of someone we want to love us. Becoming dysfunctional—wearing a mask or playing a role—is a survival technique in a dysfunctional family. We grow up concentrating on other people’s ‘wants’ and ‘don’t wants.’ Based upon the other person’s ‘wants,’ we know which mask to wear to get our ‘I wants’ fulfilled. This is how we learn to play a role and put on a mask. All this is to convince or trick the other person into giving us what we want. Some of us play as many or more than 20 roles: always being someone else, wearing masks, living a make-believe life, never being able to be ourselves. I call these masks, **ego-personalities**.

EGO-PERSONALITIES

Ego-personalities are a defense mechanism adopted by children whenever they are not free to express their ‘wants’ and ‘don’t wants.’ This lack of freedom could be a situation created by family, friends, teachers, neighborhood groups, or a traumatic experience with an adult. Dysfunctional behavior is created by fear—fear of not being loved or liked, fear of not getting what we need, fear of displeasing an adult, fear of not knowing what to do. The ego-personalities are meant to entertain others, to make people want us, love us, be happy with us or believe that we are smart and good, and give us what we want. There is no trust between people who use ego-personalities, because one minute you are talking to one ego-personality and the next another ego-personality appears. One ego-personality is happy with you and the other is unhappy with you. There is no continuity. You cannot be sure that the same mother you left in the morning will be there after school. Dysfunctional people are irrational and do not know how to express themselves in words; they live in a make-believe world and make excuses, rather than look at the facts and search for the truth. All this make believe to keep other people happy, while one’s true personality, one’s soul, the ‘who I really am’ suffers silently in pain and sadness.

When do you know when someone is using ego-personalities?

If you wonder who is ruled by ego-personalities, look into the eyes. Are they glassy, staring, unresponsive; is the verbal response you hear an automatic response? Automatic responses are the result of being on automatic pilot and that is when the soul is out and the ego-personalities are in. The glassy-eyed look is when you could say, “No one is home!” and “No one is listening to me!”

Here are some examples of ego-personalities—roles we play and masks we hide behind:

- **the arrogant personality**
- **the joker**
- **the workaholic**
- **the drunk or drugged personality**

- **the angry personality**
- **the jealous personality**
- **the personality that tries to impress (the embellisher)**
- **the dictator personality that treats animals and children and those closest to them cruelly: like slaves or inanimate objects**
- **the sexual personality (people only like me when I am sexy)**
- **the bad girl, the bad boy personality, (I get attention by being bad)**
- **the “I am right and everyone else is wrong” personality**
- **the depressed personality**
- **the tyrannical personality**
- **the “I am a martyr” personality**
- **the sadistic or masochistic personality**
- **the vegetable personality**
- **the gossip**
- **the criticizer**
- **the “I am better than—superior to you” personality**
- **the “I agree with everyone” personality (I have no opinion of my own) the “everyone is so nice and no one is capable of doing wrong” personality (“I can’t believe the truth even when I see or hear it”—head in the sand)**
- **the “I only believe what I want to believe” personality (the personality that does not listen to what you say, and imagines life as if in a dream, refusing to face reality)**

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Do you know any people who wear these masks and how do you react to these ego-personalities? Keep in mind that none of these ego-personalities are ‘the real you.’

None of the ego-personalities are the ‘Real You.’ “Then, who am I?” you say. You will find out by first removing the masks—the ego-personalities—that you have been hiding behind.

Created in childhood, the ego-personalities are the way to the goal, which is to feel loved, feel welcome, feel warm, feel worth while—feel alive.

Playing a role by using ego-personalities never allows your soul-personality to speak or act. Sadness, depression, and anxiety are the feelings we have in our soul because our souls are crying. So who are these impostors of our souls?

The Arrogant personality is someone who believes himself to be superior to you. You are being put down either verbally or by the thoughts and the looks, the expressions you are given.

The joker is someone who is always making fun of people. We laugh and enjoy the joker until one day we are the brunt of the joke. We can tell the truth about our feelings by hiding them in a joke, “I didn’t really mean it—it’s just a joke!”

The workaholic is a person who avoids having to interact with people about personal feelings, hiding his or her feelings by avoiding them, “I can’t talk right now, I have work to do!” (Avoiding truth—avoiding a personal life for fear of being hurt.)

The drunk personality is numb to the reality of everyday life, a convenient escape. Being drunk, we decide not to live our life but to escape from it! “I didn’t really mean it, you know I was drunk!” (Avoiding life, hiding out and living in a ‘make-believe’ world)

The drugged personality is avoiding living, forgetting about everyday life and giving up on life—no hope! “I was on drugs. You can’t believe what I say when I’m on drugs, you have to forgive me, I’m not responsible for what I do!” (Avoiding truth, hiding out and living a ‘make-believe’ life)

The jealous personality lusts after other people’s lives, snoops into other people’s activities or things, and finally blames others for one’s own life! This is living another person’s life vicariously; instead of making a life of one’s own. “She’s got everything and I’ve got nothing! He doesn’t deserve what he has but I do—I should have his life, his wife, job, clothes, car, children, happiness, money. I hardly have anything and people are trying to take what little I have away from me. I am a better person than she is and I deserve to

have more than she does!” (Jealous people want all your attention and they are not willing to share that attention with anyone else—even their own children.)

The embellisher, who exaggerates the truth in order to impress people, has never had the opportunity to be himself or herself—and does not know who that is. The desire to be someone special leads to a life of lies. When we do embellish, we actually believe our own stories, and our reality then—is unreality.

The dictator personality treats men, women or children or those whom they believe to be beneath them with disgust or disdain—like slaves or inanimate objects. This is a person with low self esteem who feels good only by pointing out the weaknesses of others.

The sexual personality is an act, in order to be hugged, loved, touched, and made to feel liked. The dysfunctional person does not know many ways to feel loved. Sex and being funny are two ways to feel loved.

The bad girl/the bad boy personality (rebellious): Attention is what these two want. Attention of any kind, even if it is a reprimand; it makes them feel that they are loved. Someone is paying attention to his or her activities and that means someone out there cares. This behavior pattern or ego personality continues until another way to get attention is found.

The agreeable personality (the chameleon): This one does everything perfectly or tries to, just to keep people happy and to cause less stress in the family.

The “I’m right and everyone else is wrong” personality, is someone who wants to feel that he is worth something. The ego is so fragile that there is no room for mistakes or faults—no room to be wrong.

The depressed personality: this ‘ego-personality’ is a sadness because the soul personality has not been allowed to speak or act—this sadness is really coming from inside—from the true ‘you’ your soul. The soul feels that there is no hope left.

The angry personality (temper tantrum): This personality has learned to demand everything in an angry voice because he or she has found that that is what works. “I get my way if I sound angry.”

The tyrannical personality runs everyone’s life, telling them how to do, and what to do, what he or she wants. No one around this personality can be an individual with a mind of his own.

The “I’m a martyr” personality is someone who does everything for everyone instead of asking others to do a share of the work. Those of us who are waited on by the martyr enjoy the attention never realizing that we should get up and help. Those of us who are not martyrs will not do it all. We demand help from others—we delegate authority.

The sadistic or masochistic personalities are personalities who feel people are deserving of punishment instead of praise, encouragement, gentle attention, love and kindness.

The vegetable “I don’t talk” personality is someone who is afraid of receiving criticism for his or her thoughts and ideas. These people talk freely, about you and to you—in their heads. You can see their thoughts on their faces and in their moods and in their attitudes. They never stop talking and that is why they do not hear you when you speak to them. You are interrupting them!

The gossip or criticizer personality is someone who does not have a life of his or her own, and must snoop into other people’s business in order to have people to talk about. There are four different conversations people can have: there are those who talk about people, those who talk about things, those who talk about places and those who talk about ideas. The gossip is stuck mentally and needs to go on a diet of speaking only about ideas, things or places. The problem with the criticizer is that the stories he or she relates are only one-sided. The truth could be known if the gossip relayed the ‘why’ someone said or did this; or even took the trouble to ask if the information was, at all, true.

The “I am better than—superior to you” personality is a person who has very low self esteem. This personality sees all people, especially the great ones, as flawed. Being flawed reduces each person to the same level or lower. Since each person, great and small, is equally flawed, there is no need to strive to greater heights. To see through this person’s eyes is to see only the negative—the flaws in everyone.

The “I agree with everyone” personality (I have no opinion of my own) is someone who refuses to have confrontation or disagreement on anything with anyone. This person has given up without a fight. “Whatever you want to do is fine with me. I do not care.” Anything to have peace. This person will never find his or her soul this way because the soul has ideas.

The “everyone is so nice and no one is capable of doing wrong” personality “I can’t believe the truth even when I see or hear it:” head in the sand, is someone who lives in a make-believe world where there are only positive thoughts, words, and actions. This person sees only the good, which is the direct

opposite from the personality who is superior, who thinks and sees only the negative. Both are extremes and neither faces the reality that in life there is good and bad.

The “I only believe what I want to believe” personality does not listen to what you say and imagines life as if in a dream, refusing to face reality. This personality sees only his or her side of the story and refuses to see truth, which is both sides of the story. Much like the gossip and criticizer, this personality refuses to see the truth.

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Remember: None of the ego-personalities are the ‘Real You.’

Created in childhood, the ego-personalities are the way to the goal, which is to:

Feel loved

Feel welcome

Feel warm

Feel worthwhile

Feel alive

Feel smart

Feel accepted

The problem is that your soul is imprisoned, and cries to be free. Ego-personalities are a death to your soul if you do not let your soul speak and act.

“If I am not me, then who am I?”

And in all this the real you is hidden within—unable to speak or move—imprisoned by the ego-personalities who have run your life since the beginning. The real you is your soul/sole personality who has been hidden away, staying quiet for fear of reprisal. Your soul can be a baby, a toddler or an adolescent in your 20, 30, 40, 50 or 80 year old body. The maturity of the soul is measured according to the amount of time the soul was allowed to speak and to act, develop a personality of its own, based upon its likes and dislikes—its ideas. As a dysfunctional person our true age is the age at which our soul’s development was arrested by dysfunctional adults. For example, you might have been raised by dysfunctional parents from babyhood and your soul never got an opportunity to develop a personality—or grow up. Your soul may be in babyhood and cannot yet talk, express its wants in words. (You are probably silent most of the time.) Or your soul development could be as old as you were when your life changed from living in a functional family to moving into a dysfunctional family, neighborhood or school. Or the change could have taken place after having had a traumatic experience. You could be two years old, five years old, twelve years old, according to your soul’s experience level and yet have the body of a 35, 55 or 85 year old.

Dysfunctional people have multiple ego-personalities; they are led by their desires and don’t even know what their soul—their inner being—the person inside the body—the true self, is wanting or feeling. The person who is raised by dysfunctional people becomes a robot, and the soul within the body is upstaged, overshadowed—actually obliterated—by ‘ego-personalities,’ none of them being the real soul-personality. Ego-personalities are all of the characters that one uses when one needs to interact because one’s soul has not been trained to express itself. The soul—the creative being within the tiny baby is so sensitive and timid that the large bodies and loud voices of dysfunctional ego-acting parents scare it into hiding. Soon the baby talks and walks, imitating parents, siblings, friends and the Media. It grows “Big” and becomes exactly what the mother or the father or society has exemplified.

The soul-personality has no teacher in a home where the parents and siblings interact as ego-personalities. The person’s soul—the person inside the body—is untrained. The soul/sole-personality remains untrained allowing ‘ego-personalities’ to speak for it and to act for it. A dysfunctional/multiple ego-personality person is really an untrained inexperienced soul and the functional person is really a trained soul—a ‘soul-personality.’

Multiple ego-personality people want, but they have not learned to verbalize what they want. They are afraid that they won’t get what they want so they try to trick the other person into giving them what they want by lies, anger, crying or the silent treatment. Multiple ego-personality people are unconscious and controlled

by their habits. They talk about what they have read, seen or heard. They are on automatic pilot. They react to the present by assuming it is the same as what they have experienced in the past. They react rather than act. This is emotional dysfunctionality. As children they were not trained how to express their opinions about what they liked—or did not like—what they wanted to do—or what they did not want to do. More importantly, they were not given a chance to explain why they did or did not do something, or why they did or did not want to do something. They grow up thinking that they have no choice. They repeat the same mistakes. Their lives are a repetition of the same thing over and over. They are bored and they are surrounded by multiple ego-personality people (verbally or physically or both); therefore, they try to escape from the world by drinking, taking drugs, using sex or responding to stimuli with verbal or physical abuse. They are led by their desires, such as: “*I am hungry, therefore I eat—anything! I am thirsty, therefore I drink—anything! I am sexually aroused, therefore I will have sex with anyone!*”

The soul personality remains untrained allowing ego-personalities to speak for it and to act for it. Functional means having one soul-personality. Dysfunctional means having ‘ego-personalities’ with an act to fit every occasion.

There are those people who do not develop their soul-personality nor do they take on ego-personalities to talk for them. These people are the hermits. They do not talk or interact. Their soul is there but it has not been trained—it is still in babyhood—unable to communicate. If one has been abused by being raised without intimate conversation—soul to soul—and without affection—love and adoration of his or her soul; then this soul will not mature verbally, mentally, emotionally or socially. This soul will not have the ego-personalities to talk for it and will not have the experience of expressing any ideas, likes or dislikes. The soul’s development will be frozen in time, until a decision is made by that soul to grow up. At this point, the soul begins to teach itself how to live and how to interact with people. This soul lives alone to protect itself from people; being self-stimulated—usually creative—the soul is satisfied to be—alone. Whether the soul is hiding behind the ego-personalities or whether it is hiding silently within the heart, it is still immature—and it needs to grow up and express itself.

THE SOUL PERSONALITY

Functional people use their soul personality and they express themselves verbally. They make it clear what their needs and wants are and what their expectations are. You might say that ‘soul-personality’ people are aboveboard, honest, straightforward and conscious of their feelings and able to express them. They have been educated to think—to discuss issues, alternative ideas, and to formulate opinions. The soul-personality is not manipulative or possessive, nor would it enslave or control another soul, as do the personalities of the ego which function with the goal of manipulation in mind. The ‘soul-personality’ loves and wants to be loved, inspires and wants to be inspired, gives and wants to be given to, listens and wants to be listened to, speaks and wants to be spoken to. What else is there in life but to be loved and to love, to be inspired and to inspire—to give encouragement to someone else that he or she might express the talents of his or her soul individuality? Let us take charge of our own education and train ourselves to speak from our hearts, from our souls, and quit the acting and the hiding. When your soul makes the decisions in your day; what to do, where to go, and what to say, ‘you’ the ‘soul’ are happy. Who is making the decisions for your soul?

Now that you know what your soul-personality is not, let us begin to uncover *your soul*. Discover your true self. Listen to your own soul speak. Let *your soul* decide what to do with your life.

Let the Stepping Stone exercises bring you back to The Fork In the Road.

WHAT WILL THE STEPPING STONE EXERCISES DO FOR ME?

Reading the exercises will help you, the soul, to speak and act. The exercises will help you to disassociate yourself from the robot within—the ego-personalities—the subconscious mind—the automatic-pilot life—which makes you act according to what other people want instead of what you want. They will stop you from acting defensively: fear-based reactions such as putting on an act to cover up your fear. The stepping stone exercises are your directions to unraveling your past and getting you into the present as ‘you’ the ‘soul.’

Stepping Stone One: Questions for you to think about that you may get the answers from your own soul

Were you raised so that your soul could flourish and mature into adulthood or is your soul hiding behind ‘ego-personalities?’

1. Are you an ego conglomerate or are you an individual soul?
2. Are you an actor—an ego—with all of your lines memorized or are you a soul full of inspiration, never knowing where your heart will lead you next or what you will say next?
3. Do you know who you are—the soul within your heart—and do you love who you are?
4. Are you at the mercy of what other people want you to do, or are you honest about what you need to do; that which is right for your soul?
5. Are you living your life or is someone else living it for you?

Too many people’s souls are hiding behind the ego-personalities. We have all met someone whose precious soul comes out in rare and special moments and we fall in love with that soul only to find that it rarely ever comes out to talk to us or hold us again. We hang on to that love in spite of the abuse that the ego-personalities give us; until, one day, we leave that one who is hiding behind the conglomerate of ego-personalities to find someone whose soul is there, to talk to us and hold us and love us, all the time. And that is what this book is all about—finding the one who is a soul-personality and being a soul-personality ourselves.

How do ego-personalities control your life?

We have all experienced getting sick or getting into an accident so that we did not have to do what we did not want to do. We have all experienced feeling angry or depressed or sad or lifeless, whenever we have agreed to go somewhere we did not want to go. Who are we trying to please? We are not pleasing ourselves—our souls. We are all trying to please each other and we are all angry with one another. One day the top will blow sky high and we will each decide not to take it any more. Why not take conscious control and make that day—today! Who is that person inside who has finally had enough of the role-playing, the games, the pleasing everyone else but—me! Who is “me”? Who am I?

This is what this book is all about—finding out who is ‘me’ and answering the question: “Who Am I?” Health care facilities and personnel are overworked and under-educated to cope with the problems of the soul who finally says, “If you won’t listen to me—if you won’t take care of me and give me what I need, and if you won’t do what I want, then: crash, smash, bang, boom; an accident, cancer, pneumonia, even the common cold, or a suicide attempt will stop you ego-personalities from running away with my life.”

“I want my life back,” cries the soul inside—cries me—cries my true self, the one whom I want to be; so that I can say, “I know who I am.” Let us all get healthy. Be true to yourself—be your ‘soul/sole-personality.’

Having discussed the problems of dysfunctionality—the inexperienced or untrained soul—let us discuss the solutions. The following stepping stone exercises will give you the tools to begin your journey from multiple ego centered living to living free—as your soul. Train your own soul—raise yourself to be someone whom you can be proud to be. The exercises are intended to give you ideas of how to begin being a fully capable, confident and happy soul, expressing itself 24 hours a day. The movies suggested throughout this book are examples, in film, of what I mean to say in words. View them for their examples of how to be, and how not to be.

° See the movie, *Overboard*. This is a movie about a woman whose soul was silent while ego-personalities acted, thought, and talked for her soul. One day, all that changed, as she got a chance to forget all that she had learned. She got amnesia and was given a second chance to be her soul/sole-personality.

Stepping Stone Two: Take time to be you—practice being yourself

In order to regain control over one’s life, one can remove any unwanted ego-personality by going into nature

and spending time by one's self in the silence. Ego-personalities can come and go just like any habit. Go places alone and interact with strangers, who won't expect you to be anyone but who they see right now. Who do you feel inside of you who wants to be seen and heard? *Your soul*. Where will you go to be alone in nature? Where will you go to be alone in a crowd? Where will you go to be with strangers who will only see—*you—the soul*? Can you be yourself—your soul-personality—with children? Remember the soul is kind, the soul is sensitive, the soul is truthful, the soul is like a child who resides inside of you. You are a child talking to children. Be kind to each other's souls.

◦ See the movie, *Enchanted April*, a British film which depicts the transformation of a number of guests who are visiting an Italian castle in the mountains; taking them from a role-playing ego-personality life to being themselves—the soul-personality.

Stepping Stone Three: I am my own parent, raising myself, teaching myself, my soul, how to grow up to be somebody

If you did not have parents who taught you how to grow up, then start raising yourself, even if you are 19 or 59. Start by watching for examples of how to act and how not to act by looking at movies and at people in real life. Watch people. Copy the actions that you think are the best and begin to be a real person—an individual soul. Realize it, when you begin to fall into an 'ego-personality' and change yourself. You are your own teacher and student. Do a good job of raising yourself so that you can be proud of yourself.

HOW DO YOU KNOW WHEN YOU ARE AN EGO-PERSONALITY INSTEAD OF YOUR SOUL?

Answer these questions: After being with a friend, evaluate your own behavior and words.

1. Were you on automatic pilot?
2. Did the words come out as if you had a script, or were you spontaneous and gently honest about what you thought, wanted or felt?
3. Did you try to hide your feelings so that the other person would not know them?
4. Did you agree when you really wanted to disagree? Did you see through the act of your friend?
5. Did you feel your friend's real feelings behind the facade he or she was trying to portray?
6. Did you say anything to your friend to draw out these hidden feelings?

Happiness is your key to being the soul-personality! Your key! When you are the soul personality, you are doing what your soul:

- Wants to do right now
- Wants to say right now
- Wants to be right now

If you are where your soul wants to be, then you are happy: happy in what you are doing right now, happy with what you have right now, happy with where you are right now. Happiness is only achieved by being the soul personality. The real you, *your soul*, is making decisions of what to do, where to go, and what to say. When this is how you make your decisions, then your soul is happy. The soul is depressed in the person who is led by 'ego-personalities.' The soul must make the decisions. Decisions, soul decisions, are very easy to make. Decide what will make you happy and that will be the soul's decision. Happiness is the key to being the soul-personality, and being the soul is being the true you. As you experience your soul speaking and deciding, you can then say, "I know who I am. I am my soul."

Stepping Stone Four: What do you do when someone is sad?

We, who are dysfunctional people, people with ego-personalities, tend to hide our feelings. We do not tell anyone when we are sad, hurt or disappointed. We lie to each other about how life is going for us. We tend to cry by ourselves because we somehow know that no one will understand—or worse, that no one will be able to make it better. This comes from being a child—crying—without being able to tell anyone why—and

sadly—no one wanted to know. There was no one to make it better. We need to share our feelings with each other. We need to listen to each other and make it better for each other. Say, “I am so sorry about what happened to you or I am so sorry that you had to go through that,” when someone is sad about an experience. Give comfort and even though you may not totally understand someone’s pain, do understand that your friend has pain.

Stepping Stone Five: Learn to love people’s souls

Enjoy interacting with people. Look behind what people say to you—look behind the front that some souls hide behind—look at the person—not the act that they are putting on. Look at the soul; look into the eyes not at the body. Find friends that you can trust to treat you well, to love who you are, and whose personality you like. Choose people who like your soul—who see your soul and not your body. Speak to the soul within the person and notice who talks back to your soul. Be with people who are like you, and with whom you can be yourself, not an actor or an actress, but a sole/soul-personality. Find friends who will talk to you in a positive manner, with respect and encouragement. It is harder to climb to the top when people are putting you down.

Stepping Stone Six: Think: How do I feel and what do I want?

When asked, “What do you want? What do you feel?” people who have been raised by ego-personalities will not know how to answer. A person raised by ego-personalities is numb to pain, to criticism, to hatred, and until his or her feelings are awakened to know, “What am I feeling now?” this person may go through life accustomed to the level of pain, or numb to the pain with which he/she was raised.

Say to yourself:

“To know what I want, I must know what I am feeling. How do I feel now? What do I want to do now, this minute?”

Ask yourself this several times a day. Ask yourself when you are alone and when you are with each person in your life. After you know what you want to do that will make you happy, then go and do it. Remember we cannot force another person to make our happiness. We each must decide what to do, where to go, or where to be in this moment where we will be happy. Unhappiness is not being where you should be in this moment. Depression is when your soul is unhappy with where or who you are right now. Your heart feels hollow.

Say: “I am filling my heart with hope and with joy.” Keep saying this. Look at the sunset, sunrise, a child’s smile, think of a favorite moment in your past or present, someone who makes you laugh and reclaim your joy and your eternal hope of a better life today.

Say: “I do not have to live in pain; I am in charge of my time and my space.” Then act to change your life for a new life where you are free to be the happy you—the ‘sole/soul-personality.’

Answer the following questions: (Say the first words that come to mind.)

- I feel good when I am with
or doing
- I feel terrible when I am with.....
or doing
- I feel great when I am with.....
or doing
- What do I want to do now
(be spontaneous)
- Where do I want to be now

Once we know what we want, it takes courage to be able to say it to a friend, mate, or work partner. It takes practice to form a good habit in exchange for a bad habit. The first step is to KNOW. The second step is to DO.

Always let happiness be your signal. When you are talking to a friend, there will be a moment when you want to leave. That is your signal from *your soul* that you must go somewhere else or do something else to be happy. When you do not leave when *your soul* wants to, the soul gets sad or angry—depressed—in a negative mood. Be truthful about what *your soul* wants to do and do it. *Happiness will follow you always.*

Stepping Stone Seven: I know what and I know how!

Words have power to build and to heal; and words have the power to destroy and to poison. We build or destroy with our words. When we say, “I don’t know how, I don’t know what, I don’t know who, I don’t know this or that,” we are commanding our subconscious mind to be silent. Command your subconscious mind to give you the information by saying,

I know

I know how

I know why

I know who

I know what.

When you begin to say, *I know*, instead of, *I don’t know*, you will begin to experience what a creative genius experiences when he or she creates, invents—thinks. The answer comes to each one differently but the answer does come as a thought, an idea, or in words from a voice inside your heart; in your sleep, in a dream or in a flash as if a picture appeared in your mind.

Stepping Stone Eight: Saying what you feel and think.

Speak without emotion, but with conviction, and with the attitude that “it is my turn to speak and my turn to express my opinion.”

Say, “I think—”

Ask: “What do you think?”

Say, “I feel—”

Ask: “What do you feel?”

Say, “My opinion is—”

Ask: “What is your opinion?”

Make your life the life that you want to live, that you are happy to live and that you look forward to living. Do not remain silent and let life go past you or you will be living in an imaginary world inside of your head.

◦ See the movie, *Dad* This is a film about an older man who has lived his life in his mind because real life has been a disappointment to him. He has a wife who has told him what to do and how to do it, and he has never had the strength to be himself, to do what he wants or to know what he wants. He has come home every night of his life, and has sat in his chair, and slept in front of the TV, or so it has appeared. Instead of sleeping, he has been daydreaming: living another life (the life his soul has yearned for) with another wife, and another family on a farm. His dream life is revealed as his mind weakens in old age and he starts asking about his dream children, and his dream wife. This movie is an example of what we must remember, and that is to let our soul speak and act, and to disassociate ourselves from the robot within—the ego-personalities, the subconscious mind, the automatic pilot life which makes us act according to what other people want instead of what we want.

Stepping Stone Nine: How am I ruled by automatic pilot?

- How am I being controlled?
- Habits: how do your habits control you? Are your habits good for you or are they ruining your life, creating disease?

List your habits here:

- 1.
- 2.
- 3.

ADDICTIVE HABITS

The goal of the soul is to be happy, creative, inventive and to be a leader. The addictions of the body: drugs, alcohol, sex and food do not allow the soul to be any of the above. So how do we get over the addiction and on to the act of being the soul: the creative, happy, inventive leader that we are inside? Ancient Chinese healing consisted of manipulation of the joints (chiropractic), acupuncture, herbal medicine and food (nutritional consultation). They understood that there were five flavors that stimulated the 10 organs of the body. If the five flavors were eaten daily, there would be balance in the body's health and in the personality of the person. Mood control! You can prepare your food using the five flavors by correctly seasoning your food, and in the selection of the foods you eat.

PRESENTING THE FIVE FLAVORS

After 5000 years of waiting their secret is revealed.

- **Sour** stimulates the liver and the gallbladder: lemon juice, vinegar, sour fruits such as grapefruit; pickles, and olives
- **Bitter** stimulates the heart and the small intestine: green vegetables, bitter green leafy vegetables: collard greens, mustard greens, cilantro, watercress, spinach and kale
- **Sweet** stimulates the spleen and the stomach: honey, sugar, red, yellow and orange bell peppers; sweet fruits
- **Pungent** stimulates the large intestine and the lungs: garlic, ginger, cayenne, cumin, curry, horseradish, peperocinis
- **Salty** stimulates the kidneys and the bladder: salt, soy sauce, Bragg liquid aminos

These five flavors should be in your diet daily to keep the balance of the ten organs. If the balance is disturbed, you will feel a craving for anything from bread and sugar to drugs and alcohol.

THE FIVE FLAVORS ALSO INFLUENCE YOUR MOODS.

A flavor, if it is missing or eaten in excess will cause bad moods.

- sour: too much or too little causes anger; the sound of the voice is yelling
- bitter: too much or too little causes a person to be giddy; the sound of the voice is laughter
- sweet: too much or too little causes reminiscing of the past; the sound of the voice is a singing.
- pungent: too much or too little causes grief; the sound of the voice is crying or whining.
- salty: too much or too little causes fear; the sound of the voice is groaning.

TO CONTROL MOODS AND CRAVINGS

Take the emergency five flavors by fingertip taste hourly

- to balance your **moods**.
- to stop cravings (Taking The Five Flavors worked on one man to get him off heroin with no side effects.)

THE EMERGENCY FIVE FLAVORS:

Take them by fingertip taste; as many times as necessary to feel the craving or the mood go away. Carry these flavors with you in a small five-compartment pillbox.

- Sour—lemon peel
- Bitter—celery seeds
- Sweet—sugar
- Pungent—cayenne pepper
- Salty—salt

Read the book, *The Power of the Five Flavors: From Plate to Palate* by Paulette Renee Broqueville for more information on how to dine and with The Five Flavors.

EATING HABITS

Bad habits: Eating a diet poor in nutrition, ‘junk food,’ processed foods or ‘fast foods’ such as: sugar, sodas (diet sodas included), chocolate, hamburgers, hot dogs, tacos, desserts, alcohol, wine, beer, and candy. Did you know that poor nutrition gives us malnutrition or vitamin and mineral deficiencies which cause mental, emotional and physical symptoms sometimes called diseases: ADD, hypertension, insanity, diabetes, heart disease, malfunction of organs: pancreas, gall bladder, kidneys, bladder, liver, stomach, and intestines; hormone imbalances: PMS, menopausal symptoms, and others? Take care of your mind—it is the brain of your soul. Thinking and loving are the primary functions of the soul and we cannot think if we are too tired, weak, drunk, drugged, or confused because we are low in vitamins.

Good habits: Eating *multi-colored* salads, stir-fried vegetables, juiced vegetable drinks, and steamed vegetables. The color of the vegetable tells you which antioxidant, which vitamin it contains. We need all of the nutrients, so eat all colors of the rainbow when you eat vegetables. **If you are a farmer, rotate your crops; let the land rest between plantings so that it can replenish itself with minerals and vitamins.** A vegetable or fruit without flavor is a food without the full nutrients it should have gotten from the land. Add to this, fresh fruits, grains and whole grain breads, vegetable oils (they contain vitamins A, D, and E), fresh fish, fowl, and meats, with plenty of eggs. Eggs contain the good cholesterol which your body needs to make hormones. Take care of your body—it is the home of your soul.

DRINKING HABITS

Bad habits: Excessive caffeine; too much coffee, sodas or chocolate; too much alcohol, beer or wine.

Good habits: Plenty of water. Your body is made of water and salt; drink half your weight in ounces and do have some salt daily. If you weigh 50 pounds, drink 25 ounces per day or you will become dehydrated. If you drink more than half of your weight in ounces you will wash out your electrolytes: sodium and potassium are electrolytes and they are necessary for normal nerve function.

Also, drink fruit and vegetable juices, unless you have a sugar imbalance. If you have a sugar imbalance it is better not to drink fruit juices, but instead, to eat the whole vegetable or fruit. If you lose energy when you drink fruit or vegetable juices, it means that you have absorbed too much sugar in too short a time for your body.

Read the book: *Your Body’s Many Cries for Water* by F. Batmanghelidj, M.D.

DRUG HABITS

Bad habits: Taking street drugs or prescription drugs to make you feel loved and feel good or to forget your problems. Smoking cigarettes or drinking alcohol to forget what your life has become.

Good habits: Seek professional help to solve the past hurts so that you do not have to take a drug to forget it. Live in the present and find happiness in being pain free, in charge of your life, and in fulfilling your own I WANTS. Separate your soul from the ‘ego-personalities’ and do what your soul wants to do. Live the life that your soul wants to live.

Take Multiple B vitamins; they control the personality, without proper levels of B vitamins in your system you will have: PMS (B2, niacin, B1, and B6), personality imbalances, some insanities (niacin), excess anger (B1 and Calcium), depression (niacin), irritation (B1): all negative traits.

SEXUAL HABITS

Bad habits: Having sex with someone you do not know, who does not love you and whom you do not love. Being promiscuous because of an inability to say 'NO' or fulfilling a desire to have power over another person. Having sex to feel masculine or feminine or to feel loved or to just feel alive. Sex is a habit. It may take years to control a bad sex habit. The goal is to make-love, soul to soul, instead of body to body.

Good habits: Having sex with someone who does love you and whom you love—a committed relationship.

If you have an unhealthy sex life, seek professional help and resolve your past hurts. Begin having sex for positive reasons, not negative reasons. Think about your past sexual relationships. How have they affected your sexual habits? How has sexual abuse affected your sexual self? Have you had sexual partners who have affected your sexual behavior such as having partners who were: sadomasochists, sexually abused as a child, or afraid that sex is bad?

List the habits that you feel you would like to get rid of so that you can have more spontaneous love-making with your partner—loving each other's souls.

- 1.
- 2.
- 3.

Have drugs or alcohol changed your sexual habits?

The soul has the best habits—the natural way. The ego-personalities need drugs and alcohol and lies or lines, pat phrases, to give them personality; they need toys and games to arouse themselves sexually. The natural soul personality interacts with the soul, the heart and the mind of his or her partner in love-making. The ego-personalities have a different life style of having sex, food, and drink than the soul personality. The ego-personalities prefer the 'plastic' synthetic life style and the soul-personality prefers the natural life style.

1. Are you using sex to get affection?
2. Are you giving affection—without sex?
3. Are you receiving affection from the people you love?
4. Do you need toys and games to enjoy sex with your partner?
5. Are you having sex with ego-personalities?
6. Are you a conglomerate of ego-personalities having sex with your partner?

Did you know that if a baby is not touched, not held and loved, that it will die from lack of affection and love; even if it is given food and drink from a bottle?

Is your soul crying to be touched?

Is your soul crying out for affection and love?

Is your soul slowly dying from lack of love?

Look for—pray for—search for people who will love you and whom you will love. Make love your goal. Think of your soul as a tiny baby inside of you.

WHICH LIFE STYLE HAVE YOU BEEN LIVING? PLASTIC OR NATURAL?

The soul—'your soul'—will be starving for affection and love if you have been living the synthetic life style of the 'ego personalities.' Love 'your soul' and the 'soul' of the one you are with, and if you cannot—then leave that one to find the one 'your soul' loves and the one who loves 'your soul' in return.

◦ See the movie: *Heaven Can Wait* with Warren Beatty and Julie Christie. This is a film about a man who mistakenly dies before his time. His soul is temporarily put into another body until a permanent body can be found. Julie Christie falls in love with his soul. When it comes time for his soul to go to the permanent body, he tells Julie Christie to remember him, and the sound of his voice, his eyes—remember the feeling of being with his soul.

This is how we 'feel' each other's souls:

- the sound of the voice
- touching eyes

- the feeling of being around that soul

Are ego-personalities interfering with your Life?

EMOTIONAL HABITS

Bad habits: Expressing your needs, wants and desires with emotional outbursts of anger, tears, screams, whines, pouts or the silent treatment? All this emotion because you feel that you have not been heard or understood.

Good habits: Make an agreement with your mate or family to listen to each other. Be the first to say, “What did I do to upset you?” Then keep your mind silent and listen. Repeat what you have heard before you say anything. This will let the other person know that you have understood the complaint. Respond to what he or she tells you by saying, “I can understand why you thought this way and I will be more careful in the future so that it does not happen again.” Then give your side of the story—your opinion. If you listen to the other person first, he or she will be calm and will listen to your side of the story.

MENTAL HABITS

Bad habits: You allow ego-personalities to talk in your mind—arguing with each other.

Good habits: You have no ego-personalities talking in your mind. You are at peace and your mind is quiet. You are able to listen to what people say to you. You want to know the truth when you hear someone talking to you. You listen for the truth with an open mind.

STRESS HABITS

How do you react when you do not get what you want? How do you handle stress? Do you get in the way of solutions by worrying?

Bad habits:

1. Anger
2. Pouting
3. Screaming
4. Crying
5. Violence
6. Sleeping
7. Sex
8. Shopping/spending money
9. Ignoring it: giving people the silent treatment
10. Giving up: leaving
11. Eating
12. Getting sick
13. Taking stress out on a scapegoat: other drivers, strangers, the dog, the kids, husband or wife.

Good habits: You think of a solution to your problems, face them, take responsibility for your own actions and your own happiness. Meditation: listening for inspiration on what to do. Say, “I know what to do,” while waiting for inspiration to come to you. You think of another way to accomplish your goal. You relax and wait for inspiration to come to you and then you act. You pray for guidance.

LOVE HABITS

How do you give love?

- In money or gifts?
- In time?
- Hugging, listening to and inspiring those whom you love and who love you?

How do you receive love?

- Can you accept a compliment?

- A hug?
- A kiss?
- A sweet look of affection?
- Are you embarrassed, uncomfortable about affection?

Whom do you love?

- Do you love the looks, the body, or the money—the life style?
- Do you love the personality, the soul, the ideas, and the conversations?

WITH WHOM DO YOU SURROUND YOURSELF?

1. People who need you (control you) for money, and the people you control for power? This may make you feel powerful, it may make you feel needed but does it make you feel loved; does it make you feel free to be you?
2. Are you taking care of the injured, the abused, the vacant, the needy people by living with them, or marrying them?
3. Have your talents grown and has your life flourished around these people?
4. Have you lost yourself and your way? Have you lost contact with your soul?
5. Have your talents been put aside just because you have so many fires to put out? And whose fault is it?
Yours!

WE DESIGN OUR OWN LIVES EITHER BY OUR ACTIONS OR BY OUR INACTION.

1. What are you going to take away with you when this life is over?
2. What talents perfected?
3. What ideas for a better way of life—a life filled with happiness?
4. We can only take with us what we are: our talents, our ideas, our wisdom—our souls.

Stepping Stone Ten: Design a better life: schedule your life.

PLAN YOUR WEEK

1. Delegate authority—give household and cooking jobs to individual members of your family.
2. Wash clothes once a week on schedule.
3. Clean once a week.
4. Plan your meals for the week.
5. Plan your clothes for the week.
6. Shop once a week for food.
7. Hang up your clothes and put away your things after using them (less time taken away for cleaning).
8. Set aside time to be with friends and family
9. Set aside time to be alone, to work on you or on your projects:
 - Artwork: painting,
 - Design: sewing, building, sculpting, drawing
 - Writing: stories, journaling, articles, books
 - Sports: walking, running, biking, rollerblading, gymnastics, ballet
 - Studying: how-to books, college courses,
 - Reading: novels, magazines,
 - Exercising: kick boxing, martial arts, exercises at the gym or home: walking, swimming or isometrics
 - Cooking: natural foods, gourmet foods
 - Meditation: reflection, prayer, listening for inspiration
 - Music: playing, composing, listening, studying

WHAT DO YOU EXPECT OF YOURSELF?

Is what you expect of yourself unrealistic? Impossible at this time without:

1. Better health
2. More training
3. Bigger muscles
4. Better tools
5. More education
6. Being younger or older

BEGIN NOW, TO GET THE EDUCATION, THE TRAINING, THE TOOLS YOU NEED TO ACHIEVE YOUR DREAMS.

1. Are you behind in projects because you have not planned time to do them?
2. Is what you are doing now an emergency, or can it wait; is it someone else's job, can it be delegated to someone else?
3. Put out all the fires and then plan to accomplish the most important job first, leaving the least important jobs until later.
4. Do the jobs that are easy to do at the end of the day and do the jobs which take the most thought or energy in the early part of the day.

Answer these questions about your pet project:

1. If I accomplish this project, how will my life change?
2. Do I want this change?
3. Am I afraid of what people will say about me—about my project?

Functional people who act with their soul do not care what others think. They care what they think of themselves. Do not show people your project who will criticize or discourage you. Show it to the people who will give you courage—encouragement.

Change your behavior so that you are the 'soul' thinking, feeling, acting and speaking.

Stepping Stone Eleven: How can I change to being 'my soul' speaking, feeling, and thinking?

1. Go and be who you really are—be alone with yourself. Plan time out to be alone; time to be with yourself. Let your soul give you ideas and tell you what makes it happy. If no one interfered with your life, what would you like to do most:
 - Right now
 - Tomorrow
 - Next week
 - Next month
 - Next year
 - The rest of your life
2. Separate you, the 'soul,' from your ego-personalities and become aware when you are putting on an act.
3. Separate yourself from the ego-personalities of:
 - Your family
 - Your friends
 - Your co-workers
4. Go and be with strangers and be you—the soul you. Find new people:
 - Strangers in stores
 - Strangers in restaurants
 - Strangers at games or dances

When you are with strangers, notice how you act. Do you feel natural?

- Spontaneous
- Honest

- Truthful about how you feel and think.

Your ego-personalities cease to exist if there is no one for whom to put on an act. Starve them by being silent, by being alone, and by interacting with strangers. Another good way to starve out the ego-personalities is by learning a foreign language and living in that country for a few months. Your personal-personality will blossom; that is, your soul/sole personality will strengthen and gain experience in living. This will give your soul the experience it needs to grow up so that you can be who you really are. As you feel your soul's desires and hear your soul's voice, you will experience a true happiness and a peace in your heart and mind. The next step is to have the courage to act on your soul's desires rather than act according to what is expected of you. Happiness comes when we act and think and speak what 'our souls' want, rather than to act on automatic pilot, just to please other people.

Stepping Stone Twelve: Who is talking in your head? Is your mind silent or is someone else talking?

The mind that is always talking cannot listen and therefore does not hear what other people have to say. The mind that is always talking cannot think, because an inspiring thought cannot get a word in edgewise. If we want to be thinkers—original thought thinkers; and, if we want to be good listeners, then we must command our minds to STOP TALKING. The mind that is full of chatter is a mind that is heavily laden with ego-personalities, who are all trying to get on center stage. Kick the ego-personalities out, and let the mind be a listening mind. The mind of a genius is a listening mind: the listening mind can receive inspiring thoughts; therefore, the deeds of such a mind are great works of art, music, oration, writing or invention. Start by commanding your mind to STOP TALKING. By this simple command, said in your mind every moment the chatter begins, you will be free to be a thinker, an inventor, a creative person who has opened up a life of creative thought, independent of the masses: you will be able to think at last. You will have peace and you will have quiet, and only then, can you begin to be free of the ego-personalities.

Stepping Stone Thirteen: As you hear yourself speaking, is that the voice of your soul or is it someone else's voice?

Make a tape recording of your voice. Is that your voice? Is that the voice of 'your soul'? If your answer is 'NO', then work to change the voice from the voices of the 'ego-personalities' to the voice of the 'soul/sole personality.'

Read the book, *Change Your Voice—Change Your Life*, by Morton Cooper. Do the exercises that are prescribed; hear your voice change, and then experience the effect your voice has on people. People will begin to want to hear what you have to say.

Most people say their name and greetings, such as, 'Hello' 'Good morning' and 'Good evening' with their own 'soul voice;' the ego-personalities begin speaking after the greeting. Practice with a tape recorder saying your name and saying greetings. The ego-personalities will not speak during this exercise and you will get a feel for your own 'soul's voice' and be able to stop yourself when the ego-personalities begin to ramble. It may take you nine months, more or less, of practice; but you will eventually be able to carry on whole conversations using your very own 'soul's voice.' The ego-voices are contrived and are uncomfortable in your throat but the soul's voice is smooth in your throat and natural; because it is your very own voice.

Speak in front of a mirror or videotape yourself speaking to a friend. When the ego-personalities speak, you will see your face contort (make funny faces) causing wrinkles and bulges. When the 'soul' speaks, there is no contortion or distortion of the face. The forced unnatural sounds that the ego-personalities utter will wrinkle the face. The easy, natural sounds of the soul's voice do not distort the face.

You will know that you have succeeded when you see yourself on videotape without distorting your face when you talk; and when you can make a tape recording of your voice and say, "That is my voice!"

Stepping Stone Fourteen: What is it that prevents you from completing your life's work, from expressing or practicing your talent?

Compare your list of 'Should do' with your list of 'Want to do' to answer the question: Is your 'Should do list' preventing you from completing your life's work, that which you were born to do?

List here:

Should do: (ask yourself "WHY?")

- 1.
- 2.
- 3.

Want to do: (ask yourself "WHY?")

- 1.
- 2.
- 3.

When you answer the question, "Why?" does your list of 'Should do' and 'Want to do' make sense? ' In order for us to get on with our life's work and to get rid of our problems, we must find the courage to find a solution.

The answer to your question, "WHY?" must be from your soul:

1. Because my heart wants to.
2. Because it is my life and my love
3. Because it is necessary to daily living

What do you avoid doing, because you hope that it will go away, disappear?

- 1.
- 2.
- 3.
- 4.

Do you avoid doing these things because:

- "I don't want to do it!"
- Are you sure you must do it?
- Can you stop promising to do it?
- Can someone else do it for you?
- Can you go on in your life if you do nothing about it? Will it stop your life from progressing?

How do you avoid doing something? Place a check by your habit patterns.

1. I don't have time!
2. I forgot!
3. I am late—or too late to do it!
4. I am sick!
5. I do not have the money
6. I procrastinate—putting it off!

All of these habits are a sign of ego-personality behavior! Excuses are made up by the ego-personalities because the real reason is not admitted. The courage to say the real reason rests within 'your soul.' You have a right to be happy. You will only be happy when you are doing what 'your soul' wants to do.

One who speaks from one's soul, says: "No, I don't want to or I'm not interested in doing this now." Parents and friends who are demanding, put 'ego' controlled people into a corner. We are intimidated by their demands and we see no other answer than to agree with their demands. The only way out is to get sick, to be late, or to procrastinate.

To get what we want, we make ourselves sick, so we do not have to say, NO! We are now so sick we cannot do anything—not even what we would like to do. We have spent so much time trying to please the other person and please ourselves, that we have pleased no one. In short we are late—always late!

Whose fault is this? It is not the demanding person's fault—it is your fault for not saying—NO—in a nice way, but in a firm way that will stimulate discussion. Guess what happens when you say "NO! "The person you have said, "NO! " to, says, "Well, what do you want to do?" And now is your chance to say what you want

or need.

Do you want to:

1. Rest during the holidays?
2. Stay home on your vacation?
3. Do it on another day or not do it at all?
4. Go somewhere else?
5. Do something else?
6. Work on your project?
7. Go later or earlier?
8. What do you want to do or can you do?

The other person—the demanding person—will then say, “Okay, then you do that and I’ll do this.” Or he will say, “I’d like to do that too,” or “I’ll go with you and then, will you come with me?” Something like this will transpire to balance out both of your wants and needs. People’s ‘souls’ are slaves to the demanding masters of their own ego-personalities who do not want to say NO. Set yourself free—be true to your heart and say what ‘your soul’ wants.

Parents, mates and friends who appear demanding actually know what they want. All that is left is for you to know what you want, what ‘your soul’ wants. Suddenly, people do not appear demanding any more.

Read the book, *The Gentle Art of Verbal Self Defense* by Suzette Haden.

° See the movie, *The Kid*. A forty-year-old high-powered businessman meets himself as an eight-year-old boy. Little Rusty’s soul interacts with Big Rusty’s ‘ego-personalities’ until Big Rusty’s soul awakens to take charge of his life: deciding, thinking, speaking and acting. This movie is what I am talking about in this book: finding out who you really are and what you really want to do that will make you happy.

° See the movie, *Pretty Woman*, an American film about a man who has gone through the therapy necessary to release him from the past and allow him to live in the present as a ‘soul personality.’ Do not let the wealth he has divert your attention from his ‘soul’ portrayal of a man who relates to the ‘soul’ of the girl rather than limiting himself to the body of the girl. He is well mannered and kind. He shows a lot of respect for people. It is this kind behavior and attention to Julie Roberts that draws out her ‘soul personality.’

Having manners is having respect for each other’s ‘soul’—the person within the body. We must all be given the opportunity to grow-up with respect for each other’s souls; for, if we lose respect, we are barbarians who do not value life. Speaking a common language gives us the opportunity to communicate our ideas, our needs, our wants. Not having good language skills—a good vocabulary—limits our ability to understand what others need or feel and prevents us from expressing what we need or feel. Not being able to understand the language of people breeds prejudice: not understanding or appreciating different ways of living, speaking and acting. We can be prejudiced against someone because of one’s behavior: if one is a criminal, a murderer, a thief, an abuser or otherwise evil. If we are prejudiced against someone because of one’s color, religion or nationality, then we are looking at the body and not the soul.

PEOPLE WHO ALLOW THE EGO-PERSONALITIES TO SPEAK AND ACT FOR THEM WILL NEVER:

1. be able to listen to what someone is saying, because the ego-personalities chatter all the time—in the mind—and no one can get a word in edgewise.
2. be able to explain, in clear English, a need, a want, a feeling or a thought because all of the ‘ego-personalities’ cannot agree on what has happened: was it an accident or was it an intentional hurt? For this reason:
 - a hurt feeling turns into anger and blame.
 - a feeling of love, a tender moment, turns into embarrassment.
 - the truth is not sought out but, instead, the event turns into a story, “What story will get me what I want, what will protect me from blame or get me sympathy, make me look good?”

Get rid of your ego-personalities. Get Real! Be yourself and let your soul decide what to do with your life.

Have you ever looked into someone’s eyes and made contact with the ‘soul’ of that person? Have you felt in that moment of contact, your soul’s meeting?

This is what this book is about: the meeting of the souls. You are studying *Soul Psychology*. *In the next chapter on the 'male soul' and the 'female soul' we will uncover more about your very own individual 'soul personality.'*

Paulette Renee Broqueville
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