



Window to the World review

Radio Show on Recovering from a Broken Spirit

There are two parts to our personalities: the phony you—the ego
And the real you, your soul

We catch egos like we catch the common cold — from each other, our parents, friends, TV and movie personages.

- The soul is the secret you, you know inside of you The one who wants but seldom gets what he or she wants. The one who cries inside of you while the ego puts on a face to fool the other person.
- The book, *Unraveling your Past to Get Into the Present*, helps you to get rid of the ego so that you can live your life, do what you want, make your own decisions and be yourself—your soul self.

The ego speaks and acts on automatic pilot. The ego is an out of control brat that takes over our bodies, minds and mouths. The soul experiences the broken heart left from the ego's rampage.

So how does the ego interfere with our happiness and ruin our lives?

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The Injured Soul in a World Full of Egos

1. Do you know a child who has changed from a happy go lucky girl or boy to a withdrawn and sad faced child—or maybe you know an adult like this, maybe the adult is you?
2. Have circumstances in your life broken your heart? Would you like to know the steps to healing. Our next guest, Dr. Paulette Renee Broqueville will give us some ways to heal.
3. Are you surrounded by people who pick on you. Have you taken the role of the victim? Our next guest will tell us how to get out of the victim role. Dr. Broqueville will give keys to help each one of you get into your own world living your own life in peace.
4. Who's living your life your ego or you. No, your ego is not you according to our next guest who is the authoress of the new book called *Unraveling Your Past to Get Into the Present*. Her name is Paulette Renee Broqueville. (brookville) Who am I if I am not the ego, Dr. Broqueville?

These are the suggested questions for the radio show.

Movie: Seabiscuit

Every once in a while along comes a movie that has such a strong message for the soul that it changes how we think and act. *Seabiscuit* is just such a movie. A true story, the people and the horse all represent the soul in action. How rare is that to be treated to a group of people on screen who are kind to each other. Yes, kindness indicates soul interaction.

How the souls interact with each other is an example for all to follow. The keys of interrelationships between souls are found in this movie. Understanding another person's feelings and his or her reasons for feeling this way is key. Each person with the exception of Marcela, had experienced abandonment or loss of loved ones. Each one had a broken heart. And the horse? He had a broken heart as well. The soul of an animal has feelings just like your soul. The soul feels two emotions happy and sad. The soul of *Seabiscuit* was not allowed to live as he wanted to live—to live with dignity, respect, love, freedom and peace.

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Window to the World

- Why people have broken spirits.
- How to choose a new life after your heart has been broken.
- Keys to healing your soul.
- Movie: *Seabiscuit*

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- Seabiscuit was not given time to be alone and time to do what he loved to do—run.
- Red Pollard, the jockey, was not given time to do what he loved to do—make a living by riding.
- The trainer, Tom Smith, was not using his talent, which was a sense of horses; since the advent of cars, horses had gone by the wayside.
- Seabiscuit's owner, Charles Howard, needed to make sense out of his life again after losing his youngest son in an accident. He needed to have a new meaning to his life—a reason to live.

The soul who bonds becomes so attached to the soul of special family members, lovers, friends, children and pets— even rescued victims become bonded with the rescuer. A separation, the loss of a loved one or maltreatment by words, as in put downs or violent actions against the soul breaks the heart of the soul.

Seabiscuit had been abused by lack of attention and by being over worked, he felt unloved. The once affectionate soul of Seabiscuit became angry and refused to eat, sleep or run; all things he once loved to do.

How does the soul heal from a broken heart; which then if untended, unhealed, leads to a broken spirit?

Here are three keys to healing the soul whose spirit has been broken.

Keys to Recovering

- First: Someone gives you hope by giving you an opportunity. Someone gives the soul an opportunity to express its talents; to do what the soul is good at doing. This may mean separating from the toxic people who have put your soul down. Find new friends who are positive and who reinforce your talents through compliments. Get away from people who put you down immediately.
- Second: Your confidence is restored by someone having faith in your abilities. Someone praises your soul; thereby, giving it the courage to go on.
- Third: The soul leaves his broken life and steps into a new life. He focuses on healing, blocking out the experiences of the injury and instead concentrating on the positive outcome of the dream of a new future.
- Fourth: Spend your spare time taking care of the defenseless: animals, horses, children. Get in touch with your own soul by being with the souls of children or animals. Stay away from the ego bound phonies. The ego bound take away your reason to live and the free souls give your soul new life by allowing you to be you. Another soul can mend your spirit, being with

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another soul is healing; being with an ego bound person is death to your injured spirit.

In the movie, Seabiscuit, not only were these few souls helping each other to heal from broken lives but all of the people of the United States were suffering from broken spirits because of the October 29, 1929 Stock Market Crash. 25% of the work force became out of work. Seabiscuit took over the airwaves of radio and people gained strength by hearing about Seabiscuit's triumphs and failures. "You don't throw a whole life away just cause its banged up a little." A line from the movie that seemed to typify the theme of the soul to soul kindness between man and man and man and horse.

The Triumph of the Spirit

The invisible part of you is your soul. Your soul is how you feel about people, your home, your life, your schedule. Start the repair of your soul, come back to life by doing only that which your soul wants to do. It takes courage to say what you really want to do in the face of people whom you are supposed to please. (that is do what they want you to do) Stop living to please others. Begin today to please your own soul. Stop dragging your soul kicking and screaming (silently in your head) to events to which your soul does not want to go. How can you do this? It is hard to learn how to be the soul, thinking and acting and speaking; deciding what to do in your life. How can you learn to have this courage? I learned to have it by writing and then becoming through reading my own book, *Unraveling Your Past to Get Into the Present* a total of eight times. By the eighth reading I had become my own book.

To my readers:

We are a nation of broken hearted people. We need a change. The only way we can have a change in our society is one person at a time: that means that we each have to change ourselves. Become self-disciplined souls. *Unraveling Your Past to Get Into the Present* does just that: it helps the reader rethink his/her life and make the change. Being the soul is being in control—being the ego is being out of control. Go to our web site at www.unravelingyourpast.com and take a look at *Unraveling Your Past to Get Into the Present*. Purchase one for a friend in need or for your own soul.

Paulette Renee Broqueville

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