



Window to the World review

Radio Show on How to be Happy Inside Your Heart

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.
- My 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, pick your mate 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. Sadness! There is a reason for sadness and it is that the soul's wishes are not granted: food, sleep, receiving kind treatment, encouragement, peace, quiet, time alone, being loved, play time. When fulfilled give happiness. These are your keys to happiness.

Are you at war, with yourself: Your soul versus your ego?

1. Do you want to be happier? Are you taking something to give you happiness? Our next guest will tell us why we are not happy and what we can do about it with a drug free solution.
2. Do you ever fight with yourself? Who's fighting? Who's winning? Our next guest will tell us who's fighting and give us the edge on winning the battle within ourselves. Listen, because she will give us the key to having a lasting happiness.
3. Do you feel torn between what you want to do and what you think you have to do? Our next guest will tell us how to choose to do what you want to do and to let others around you choose what they want to do.
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.

The soul versus the ego

Everyone seems to understand when the ego has taken over: disaster has struck. Few seem to know when the soul is in charge of one's life. Perhaps we can blame poor examples, movies and TV shows that depict ego-bound personalities; parents and adults more interested in how they look rather than how they act in front of their children. How can we do better if we have not had the example of how to do better.

There is a war going on inside of each one of us. The war is between what the soul wants and what the ego wants. The ego runs wild and the soul pays the price with: loss of respect, loss of a mate, loss of a job, a reputation, a broken heart or even jail time. So how do we know what the soul wants? Do you take Prozac or something else to make you happy — to stop your soul from crying, telling you what it wants, while your ego runs your body night and day? Your soul is telling you "I am not happy in this life that you (ego) have forced me to live against my will." Against my will? How can that be? Yes, the soul is imprisoned by the

IN THIS ISSUE *Window to the World*

- Why have an ego?
- How to live your own life, your soul's life, rather than your ego's life
- Keys to winning the war with your ego.
- Movie: *The Pianist*

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ego when the ego has taken over living your life. Take it back. Find out what makes you happy.

- Living in your home or in another state, place, town, alone or with someone else?
- Working alone, at home, in an office, with people, being your own boss or being bossed?
- Having your own quiet time whenever you need it or being with people all the time?
- Being married, being single, being in a relationship?

You will know when your soul does not like your life. You will be unhappy. So who would not want happiness? Why do people not do what their souls want them to do?

- Because they are listening to other people telling them what to do!
- Because they are meek and inexperienced in acting as the soul making decisions and standing up for their rights.
- Because they are run by the ego on automatic control. The soul ends up saying, "I don't know why I said that!" I know why you said it, you were not in control your ego was.

Say, I am free and throw your arms in the air. Your soul is free to choose the life you live. If you dare to do it you will be guaranteed happiness 24 hours a day. This is the key to happiness. "24 hours a day?" Yes, barring any physical or mental or emotional attack on you or someone you love. If your soul is in charge then you are following the path of happiness. What is going to make the people around you happy? Doing what each one wants to do, within reason using moral, lawful behavior of kindness to others and their rights to have happiness. Decide today to be the soul deciding your life and let other's souls decide their lives. Say, I want to do this, or stay home or rest or go out. What do you want to do? If the two of you agree, do it together; but if your decisions are different, then decide to do what makes each one happy. Go out and let the other person read and be alone until the two of you want the same activity. Be on soul time not on ego time.

How can you change from being ego-bound to flying freely as your soul?

First make a decision to live life as your soul. My book, *Unraveling Your Past to Get Into the Present*, teaches a step by step way to gain the courage to live your life and not the life that your ego chose.

How do you know if the ego is choosing? You are not happy. How do we know if the soul is choosing? You are happy.

Keys to winning the war with your ego are:

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- Write down your true thoughts everyday by taking a brain shower. Expose the ego and its selfish desires, its criticism of you, the soul, and its negativity that only tears your soul down.
- Exposed, the ego has no where to go. You are learning when the soul is thinking and when the ego is tearing your soul down. The soul is kind, the ego is mean. When you get the impression of the mean ego in your thoughts, say, STOP TALKING. Keep this up until you begin to feel a change. Allow only the positive thoughts of your soul.
- Banish the ego. Ask the angel, Archangel Michael to take his sword of Light and remove your ego so that your soul can grow and learn how to live in happiness, in peace and in truth. Imagine the blue sword of Light in action. Imagine your freedom to be happy. Take back your life from the ego.

Movie: The Pianist

This film begins with ego-bound people living their lives as we all have lived. When the Jews are put into the camps the ego still persists until the awakening: So much sorrow, so much hardship, so much toil, so little comfort; all this banishes the ego, leaving the souls of the people bewildered. The soul takes over and we see that the soul is meek, kind, just wants to be loved, the soul is truth, the soul is—unable to defend itself. Why? The ego had lived the life. The ego had run the company, the marriage, the family, the day to day events. What did the soul do? Stayed quiet, did the crying, the silent dreaming—wishing for a new life. Let your soul be free and start today to learn how to live as the soul.

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. Please help by telling the right people who could donate our books to schools and prisons to go to our web site at www.unravelingyourpast.com and take a look at *Unraveling Your Past to Get Into the Present*. Paulette-Renee Broqueville

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