



Window to the World review

Radio Show on : How to Develop Your Soul -personality

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 never 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, 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.

So how does the ego interfere with with your soul being your leader?

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Who are you ? Are you a strong soul-personality?

1. Have you lost who you think you really are or were and would you like to find out how to get it—that is, you, back again. Our next guest is Dr. Paulette Renee Broqueville and she will tell us just how to find yourself—again.

2. Are you a follower, that is, are people always telling you what to do, say and think: at your job, at home—with your friends? Would you like to know how to take charge of your own life? Our next guest will give you three things you can begin doing today that will help you take your life back, with you in the drivers seat.

3. Who is it that you want to be when you grow-up? Dr. Paulette Renee Broqueville will give you three clues to help you find your answer, stay tuned.

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?

5. Did you know that your ego could be your soul's captor just like Elizabeth Smart was captured and held. Who are you really? Do you know? Tell us, Dr. Broqueville, how do we know if we are the ego or the soul making our life decisions.

These are the suggested questions for the radio show.

News: Elizabeth Smart

Elizabeth could be you or me. How would you act if you were dependent upon another person—not as a baby but as an adult. That is what Elizabeth was: dependent upon her captors for her life. What happened to her personality, her soul? How did she adapt to save her life, or find happiness in her day? The soul has two emotions: happy and sad. Continued sadness will only destroy hope and the soul's life, so the soul must find happiness in the small and the simple in its everyday life just to survive. The soul of each person is connected by love; so if the soul is treated with kindness by the captor, who could be anyone with whom you feel trapped, love will exist. With love comes bonding. The Stockholm syndrome was named for what happened after the bank robbers and the people were locked in the bank vault for so long together. They found a commonality—they felt a soul to soul bonding. When all else is lost and your life depends upon sticking together you see the soul of the other person. The soul is good and the victims

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- How to live your own life: decide your own future.
- 3 Keys to being the real you—your soul.
- News: Elizabeth Smart

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Who is your leader? A friend? Your boss? Your mate? Your ego? You? To be your own leader you must be a soul-personality.

Who do you want to be when you grow-up?

You—the soul or your phony self—the ego? Yes, it is easier to follow and be the ego, but it is much more fun, interesting and challenging to be the soul—leading yourself.

Here are your 3 clues to begin today being your soul.

- Decide today, I want my soul to take charge of my life. I am my soul living my life. Say it everyday, several times a day and feel the difference within.
- Know that when you are making a decision that the one that brings you peace and happiness is a soul decision. The one that brings you stress is an ego decision.
- Begin asking your heart and soul what do you want to do: today, in this situation, about this matter, with this person?

This type of thinking or questioning is a soul activity. Blindly acting on automatic pilot is an ego activity. Choose to be the soul when you grow-up.

Take your life back

This implies that you once had a clue about what your life means. Children raised in nature know more about who they are than the child raised by the TV. Were you raised by the TV or nature? The problem we all face in the present day overworked, overbooked, no time for yourself world is that our souls are not in charge. If the soul were in charge you would not be overworked, overbooked and you would have plenty of time. Now you know if you are run by your ego or your soul, don't you. At least you have a clue. Here are three things you can do now to begin to take your life back:

- Make a list of all the things that you do that make you happy: in your work, in your home life, in your social life. Think about that happiness when doing them.
- Make a list of things that you would like to do, that you believe would make you happy. Do one of them today and feel that happiness.
- When an event comes up that you must attend whether it be family, friends or work related think to yourself: Do I really feel happy about doing this? If you do it and do not feel happy then your soul is not in charge. You are subjected to the whims of your captor: your ego. Happiness is your clue that your soul is in charge and doing what you want to do. Unhappiness means that your ego has your soul behind bars.

Why are we followers?

Who do you want to be when you grow-up? Your happy soul self or imprisoned and unhappy by your phony self, your ego; or following someone else's ego: it's why we are followers.

Continued from page one: Elizabeth

find they want to protect the soul they know, who is inside the person who has captured them. This is always the case. The soul is the good part of each one of us. What makes us do evil then? The ego. The ego that becomes our personality leads us, rules our bodies, tells us what to do. We are generally held captive by our own egos, so what is the difference between being held captive by someone else's ego or our own. We quickly make the adjustment from our own ego control to a stronger ego held by the captor. Life threatening events make us want to surrender our will to a greater will. We are basically followers. Elizabeth found a way to enjoy her life by making peace with her captors. They showed her their soul sides and she bonded: soul to soul. When the police picked her up she was still in the Stockholm syndrome: protecting the ones with whom she had bonded. No, she said, she was not Elizabeth Smart. Indeed she was not. She had become another ego-personality with another name and another lifestyle to which she had accustomed herself. Elizabeth Smart is any one of us. She is a survivor who has had little training to be her soul-personality. What does the soul need to know to grow-up? Training, experience, examples from other soul-personalities. Are you a soul-personality? Do you run your own life or does your ego or someone else's ego—or soul decide for you? Could you lose yourself in an alternative life? Have you already?

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.

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