



# Window to the World review

## Radio Show on How to Take Back Your Life From Your Ego

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.
- 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, be your individual soul self—not a group of egos imitating the group.

The ego speaks and acts on automatic pilot. The ego is your out of control part that takes over your body mind and mouth and who gets you into trouble. The soul is your think before you speak and act part. Your soul is capable of listening to people without responding, which is what you should do in gathering information about a disagreement between two people. When you have gathered into your soul the information you need then respond strongly. How do you defend the truth?

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## Who is Running Your Life and Who is Living Your Life?

1. Who are the villains we see in our movies and in our lives? The ego-personalities. Who are the innocent victims—the soul personalities. The ego has ruined more lives—is your ego ruining your life?
2. Are you living with an ego-bound person or are you living with a soul. Our next guest will tell us how to tell the difference between the ego and the soul.
3. How do you, the soul, get the courage to stand-up for yourself? Our next guest will tell us what she did and how she learned how to defend herself.
4. Judge Judy sees through people's stories to get the truth. Do you want to know how you can see through to the truth? Our next guest will give us some clues we can use to get to the truth in any conversation.
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. (Pronounced Brookville) Who am I if I am not the ego, Dr. Broqueville?

Above are the suggested questions for the radio show.

## Movie: Nicholas Nickleby

Here is a classic tale of the life of an abuser—enter the ego-bound person and his victims—the innocent souls. What is the purpose of watching a film with a moral but to think about your own life. Do you? Think about what is happening in your own life? Which character in the movie was you or someone you know? In this movie the wealthy relative of a poor but honest loving family tries to destroy the lives of everyone who is nice—the soul. He is the wealthy uncle, Ralph Nickleby. He befriends all who are ego-personalities (no soul controlling their lives). Being bad, abusive and destructive simply means that your soul is not in control of your actions, mind or mouth. This movie is a great example of people who are souls controlling their lives and the ego-bound people whose lives are ruining other soul's lives not to mention their own lives.

Who are the people who have developed courageous and competent soul personalities: sister and brother, Kate and Nicholas Nickleby.

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- If it is a lie about you personally: publish it in the paper by either talking to all who have heard the rumor or lie or writing to them. Give your side of the story when gossip has surrounded you.
- Listen to the ego's opinion without interruption. When you have heard everything, gathered all the facts, come back but come back hard. I mean with a firm but emotionless voice that only your soul can use to express truth. This way you will be talking to the soul of the person not the ego. (Watch Fox News for examples)

Your ego lives in an imaginary world. Your soul lives on earth—in reality or in truth. Why are people ego-bound?

- The majority of people today were raised by the TV characters who have given the example of the ego: mean, cutting, critical, name calling, making excuses for bad behavior when caught, place the blame on the innocent person. It is rare that a show gives the example of the soul.
- The soul never got a chance to express itself, it is inexperienced and frightened of the loud mouthed egos, even if it is your own.

How can you change from being ego-bound to flying freely as your soul? I mean free to be yourself: a nice person. You are free as long as you do not take away the freedom of others. You are not free to be mean, tear down a person or fabricate stories and lie about a person.

- Make a decision to live life as your soul. "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 chooses.

How do we know if the soul is choosing? What does that feel like?

Test your decision: Are you happy with the decision? Then your soul made it. Are you unhappy with the decision? Then your ego made it.

Here are the three keys to getting rid of your ego:

- First, decide today who you want to be, the ego or your soul.
- Second, do no harm. Go on a mental, verbal and physical diet of think, speak and do only that which is good for the other person.
- Third, remove yourself from the company of people who do harm to others by their negative opinions. Go on a starvation diet of having no ego-bound people around you: gossipers, criticizers, mean-spirited people bragging about how mean they have been.

See the movie Schmidt for an example of a man who lived his life as an ego making comments about other's lives while his life was left going nowhere. He found himself alone with no one to criticize and loath, that is when he realized it: when it was too late. He had no life because his ego had taken it.

Movie: Continued

Other soul personalities are the abandoned boy, Smike who has been so abused that he needs to be rescued and young girl, Madeline Bray, who has also been abused. She too needs to be rescued. Their souls are so frightened from the abuse that they cannot speak-up or stand-up to their abusers to leave. The example of the mature soul is seen in the characters of the brother and the sister, Nicholas and Kate. The souls who need to be rescued, protected, helped, need to have someone stand-up for them until they can stand-up for themselves are Smike and Madeline. The idea that Cinderella gave girls and boys the idea that they would be rescued and live happily ever after was a valid belief. If it did not come true is an exposé on our time. Where are the mature souls who stand-up for the meek who have yet to learn how to defend themselves due to past abuse from ego-personalities. The TV and the movies do not help to teach souls how to be strong, courageous, individuals who are self-disciplined, self-reliant, self-directed knowing who they are, so well, that any criticism unfounded would not sway their self-confidence.

Who are the ego-bound characters: the uncle, Ralph Nickleby, his friends and the entire Squeer family. What the ego-personalities do in this film to destroy souls is typical of your life today. The ego's methods are of jealousy, revenge, lies, cheating, pretending to be nice when they are full of hate, anger, blaming others for what they have done, stealing, physical, mental and emotional abuse. Not only do the ego-bound characters put other souls down but in the process they are keeping their own souls imprisoned which is how the movie ends—with this realization.

**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 re-think 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](http://www.unravelingyourpast.com) and take a look at Unraveling Your Past to Get Into the Present. Paulette Renee Broqueville

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