



# Window to the World review

## Radio Show on How to Make Soul Decisions

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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## Happiness for the Ego vs. the Soul

1. Have you noticed the anger in the lyrics of the rock and rap singers. Have you seen the resentment and anger on their faces. Our next guest will tell us why this is happening to our young people and therefore to us as adults.
2. Do you have happiness? How much of the day are you happy? Our next guest, Dr. Paulette-Renee Broqueville, will tell us what we do to choose unhappiness rather than happiness. Yes, choose unhappiness, that is what she says we do.
3. Our next guest says that your ego gets you into trouble and your soul pays the price for it. She will tell us how to stop the ego from committing the crime, how to release your soul from its prison and how to make soul decisions.
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: Daddy Day Care

A story of a child, a boy, whose father's ego interacts on cue with him. The ego has an act it performs. The ego does what it "imagines" the soul wants. The ego even "imagines" that it can fulfill the soul's desires. The father, so busy acting rather than interacting, is totally unaware that his son is not happy. Yes, acting or reacting is not interaction with the soul. The soul needs to have interaction with other souls. If the soul of the parent is not in charge and the ego is on automatic pilot then what happens to the soul of the child? The child grows up to act or react rather than interact with the very parents who raised him or her. What kind of a relationship do you want to have with your children when you are 70 or 80 and they are 40 or 50 years old? Do you want your child's soul or your child's ego to take you to the doctor or make the decision of where you are going to live. Will you, the soul, have a choice of whether or not to be put into a home for the elderly? The movie's father wakes up in time to raise his son with a soul to soul relationship.

### Window to the World

- Why people are unhappy
- How to live your own life rather than your ego's life
- Keys to meeting your soul
- How to make soul decisions
- Movie: Daddy Day Care

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Your ego lives in an imaginary world, La La Land. The land where you take other people's ideas for your own, where you do what other people want you to do, where you follow the crowd, where the opinion of your pals outweighs the opinion your soul has of your attitude, life-style, work, profession or time management. Your soul lives on earth—in reality or in truth, where you do what makes you happy 24 hours a day, where the only opinion that matters is your soul's: what you think of yourself.

What happens if you let your ego make your decisions? You have chosen to be unhappy. Your soul has only two emotions: happy and sad. A soul decision will make you happy. An ego decision will make you sad which will bring on an ego-personality called anger or irritation. Are you living as the ego or as the soul. Are you unhappy or are you happy each day? How can you change from being ego-bound to flying happy and free as your soul?

First, make a decision to live life as your soul.

Second, read *Unraveling Your Past to Get Into the Present*. It teaches a step by step way to gain the courage to live your life, the life of your soul, and not the life that your ego chose. Read it slowly for it is helping your soul to teach itself how to grow-up. The ego skims it or speed reads it and nothing changes.

How do we know if the soul is choosing?

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

## The Soul and Happiness (a joy in living)

Happiness. "Are you happy?" a contentious interviewer recently asked me. "Yes, I am." I replied. "I don't believe it!" she angrily replied.

The soul is a very simple being, with simple pleasures. It needs no money to be happy, it does not need a party or a material gift or purchase, nor does it need anyone to entertain it. The simple pleasures of wind on the face, sun, the comfort of the covers and the pillow, the joy of a child's laughter or an idea that comes to mind, something to create or make, an afternoon nap, loving someone, being loved, a moment with a stranger that brings a smile to your face and his, doing what the soul wants to do and loves to do, something that gives importance to life such as helping others, and something to hope for. Here are the simple pleasures of the soul and here is why I could say "Yes, I am (happy)" Happy with the small and spontaneous happenings in life. It is a feeling of quiet contentment. Have you felt this way? Perhaps when you are on vacation with no one else imposing time restrictions on

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you, a time when you can be you all by yourself, with no one to impress, no one to account to but yourself. A quiet happiness. That is how I live. I do what my soul wants to do 24 hours a day.

## The Ego and Satiation (highs and lows)

The ego has times when it is satiated which is what most people believe to be happiness: receiving or buying something it wants (material gain), getting satiated with a taste treat, a sexual sensation or center stage attention; drinking alcohol or taking drugs/medications to get happy. The ego derives a happiness from being satisfied or satiated but it is always at the expense of someone else or at the expense of one's health:

- The jealous ego is satiated by the removal of the other person who rivals him or her
- The anger ego is satiated by the change of behavior it can impose on others simply by imprisoning another person's free will, altering another person's time or space, or choice of how to complete a task.
- The ridiculing ego is satiated by putting down someone's soul.
- The arrogant ego is satiated by finding fault in someone's soul.

The ego has many heads and as each one rears its ugly head and becomes satiated another one is there needing to be feed. If we are lucky when we are children our parents let us know when the ego has reared its ugly head and they chop it off by a reprimand until we ourselves learn to chop the ugly heads off ourselves.

Many people do not know who they are inside. There is too much sadness when they think of themselves—the person they are inside—the soul. The soul has not lived the life and therefore the emotion the soul has is sadness. That can change by learning who you really are and letting your soul out of the prison called ego-personalities.

Here are three keys to meeting your soul.

- First: Desire to meet your soul. Happiness resides within your reach. It comes when you do what your

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- soul wants to do.
- Second: Would you choose happiness or a million dollars? You can only choose one answer. Do you believe that your soul could make a million dollars and be happy doing it? Believe it. It is true.
- Third: Make your decisions based upon which decision will make you happy.

Begin to raise yourself today to be someone whom you can be proud to know. Take our course: *A Course in Recovering* which gives you the lessons which your soul needs to grow-up. The *Course in Recovering* is found on our web site.

### Our youngest reader:

I have wondered about at what age we can introduce *Unraveling Your Past to Get Into the Present*. Many children are being raised by children, TV and the egos of parents. Can the children unravel their lives before too much damage is done? Two girls both age 12 are reading *Unraveling Your Past to Get Into the Present*. Brittany told me the other day, "You know those faces you talk about in your book." "Faces?" I said. "Yes, those masques, you say people have. Well, I think my mom has a lot of them!" Just learning the difference between the soul's voice and the ego's voice at that young age can save the life of the soul from the imprisonment of the ego-personalities.

### When I do an interview or speak to a person:

Whenever I speak to an audience or I am interviewed I speak to the souls of the people. How do I do that? I do not answer to the ego and the ego's comments. Ridicule, put downs, side comments, or any anger with which the interviewer's ego may come at me is noted as ego. I discount it from the conversation always hoping that the soul will speak to me at some point. You too can separate out the real person from the synthetic person—the ego when you speak to your employees,

your friends, relatives or mate. Start today to recognize when the "nice" soul speaks to you and when the mean or fake "ego" tries to impose on you. Listen to your own thoughts, listen for the soul's voice and the ego's voice—in your head.

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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