



Window to the World review

Radio Show on How to Keep a Relationship Loving

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, 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 our relationships and ruin our marriages?

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Who are you sleeping with: the soul or the ego

1. Have you gone through a divorce or a breakup of a relationship and you wonder what hit you besides the attorney's fees. You ask yourself, Why didn't it work? Our next guest is here to tell us three things we must do to get, keep or save a relationship.
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 relationship.
3. How do you choose your dates, your marriage partner, your friends? Our next guest is going to tell us why marriages, relationships and dates can leave you brokenhearted. And it is all in how we choose them. She will give us 3 keys to follow to make better choices that lead to lasting relationships.
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: Possession

A story of love that begins with eyes touching; a sparkle that ignites two hearts that connect his soul to hers. The story takes place in the 1800's when egos were harder to come by (no TV or movies) and had fewer chances to take over the life of the soul (parents lived at home, families ate meals together and children were supervised and taught how to grow up. They were expected to be truthful, polite and kind. Hardly your latchkey unsupervised children with no direction of how to grow up except from what they learn—from each other. Children raising children.

The movie is interesting in that it depicts the style of the 1800's juxtaposed with the style or lack thereof of the present day courtship. The couple who are living in 2002 are not looking into each other's eyes. They are afraid of soul to soul contact. As if to say if you look into my eyes you might see me—the secret me. This movie is a good study of what I am saying in this review. Choose to have a soul to soul relationship. Work to achieve it.

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- How to live your own life rather than your ego's life
- Keys to finding someone to love and be loved by.
- Movie: Possession

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Your ego lives in an imaginary world, La La Land. Your soul lives on earth—in reality or in truth. What happens if your ego chooses and marries someone? You get a divorce because your soul won't love or live with the person.

Do you ever fight with yourself. It is your ego and your soul battling over what to do. Who should rule? If you choose your ego to rule you will have disaster in your relationships. Choose your soul and you will have love. The choice to be your soul and then choosing what to do is the key to having a lasting relationship.

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 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.

Here are the three keys to choosing, keeping and saving your relationships?

- First: Decide today who you want to be, the ego or your soul. The soul is on earth so to reinforce the choice: Stomp your feet and declare, I am my soul. Do this whenever you have a fight with yourself or your mate. That will bring you back to reality, give you strength in being your soul and having the courage to be you. It brings you to your senses when your anger ego takes control of your mouth.
- Second: To make contact with the soul of a person, look into his or her eyes. What do you see. Blank stare! That is the ego. Bright sparking eyes? That is the soul. Now that you have seen his or her soul is there an interest in you? Is there chemistry of soul to soul? This is not what you experience in your genitals. That is ego. This is a feeling in your heart. If you choose someone by the thrill of your genitals you are headed for divorce or breakup. The ego is a fickle lover and will soon choose another lover but the soul actually loves your soul and will stay for love not the thrill of lust. Look into the eyes and choose your partner from

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the eyes and what they tell your heart. What does he/she feel about you? Answer that question with what his/her eyes tell you. The eyes cannot fool your heart.

- Third, begin to recognize when someone is ego bound—phony. Know with whom you are sleeping. Are you sleeping with the ego or the soul of your mate. The soul is tender and loving, the ego is toys, games and sex for sex. The sexual relationship of ego to ego ruins marriages. Look for a soul to love and make love with. Find love first and sex second.

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 and take a look at *Unraveling Your Past to Get Into the Present*.

. Paulette Renee Broqueville

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