

AWAKEN YOUR AWARENESS



THE
NOBLE
PATH TO
EMOTIONAL
FREEDOM


NOBLE ONE
KRISTEN RUPPRECHT

AWAKEN YOUR AWARENESS

MY INTENTION FOR WRITING THIS BOOK IS TO SHINE A LIGHT ON YOUR PATH TO EMOTIONAL FREEDOM. THERE ARE MANY ROADS THAT LEAD TO AN AWAKENING AND EACH OF US WILL FIND A PATH THAT LEADS BACK TO SELF IN DIVINE TIMING. THERE IS A HIGHER ASPECT OF YOU, SERVING AS YOUR GUIDE, THAT IS REVEALING SIGNPOSTS AND SYNCHRONICITIES FOR YOU TO FOLLOW.

THE GREATEST SOURCE OF WISDOM COMES FROM WITHIN YOU; THAT GUT FEELING, YOUR INTUITION, A DEEP KNOWING. WHEN YOU GET AN INTERNAL NUDGE THAT FEELS LIKE DESIRE, CONSIDER YOUR READINESS TO OPEN YOUR MIND TO DEEPER CONCEPTS AND EXPAND YOUR HEART ON AN EMOTIONAL HEALING JOURNEY. THIS SACRED JOURNEY WILL ELEVATE YOUR ENERGY AND EXPAND YOUR CONSCIOUSNESS TO REVEAL THE INNER TRUTH ABOUT THE NOBLE ONE YOU WERE BORN TO BE.

CONSIDER THIS BOOK AN INVITATION TO SELF-ACCEPTANCE, EXPLORATION OF NEW IDEAS FOR PERSONAL TRANSFORMATION, AND A COURAGEOUS STEP ON A NOBLE PATH TO EMOTIONAL FREEDOM.

MY PRAYER IS THAT THE TRUTH, GOODNESS, AND BEAUTY I FOUND WITHIN ME WILL ILLUMINATE THE TRUTH, GOODNESS, AND BEAUTY I SEE IN YOU.

IN NOBLE SERVICE,

KRISTEN RUPPRECHT

WINOBLE ONE
IT'S A BEHAVIOR

THE LIGHT ON YOUR PATH TO EMOTIONAL FREEDOM

Each of us are presented with unlimited opportunities for personal growth on our journeys through life. We develop ways to cope with our emotions early in our lives to avoid pain, which results in layers of unprocessed feelings deeply burrowed in our mind, body, and spirit over time. We are programmed to believe that good fortune and success is found outside of us through hard work, incessant striving, or stumbling upon it by luck or coincidence. There are no eternal awards for the one who grinded away at life the hardest or for the one that checked every box society defined as greatness. When we find ourselves unable to meet the insatiable expectations that have come at us since early childhood, we can get caught up playing the role of victim in our own life's movie.

Awakening to the truth that your life is co-created by your thoughts, feelings, and beliefs combined with a Universal force of consciousness is a mind opening concept to grasp and not included in most educational curriculum. We spend the majority of our time seeking things outside of us like money, jobs, relationships, materialism, or experiences in an endless pursuit of happiness. Yet we are not here to suffer before we can be happy. Our natural state as humans is designed to be of ease and flow which comes from our internal presence or "beingness". When we get caught in too much human "doing" outside of ourselves, we lose sight of our power point which is in the presence. We each hold an innate ability to reprogram any area of our lives by accepting the truth that we are the creators of our personal reality through the mastery of our mind. This awareness is possible by becoming the observer of our thoughts, understanding all associated feelings, and adjusting any limiting beliefs to align with what we desire to create. Through an awareness practice connecting to your inner-self and surrendering your limitations by processing your emotions, you will gain control of your mind allowing you to break negative patterns, change behaviors, and reframe your beliefs to work on behalf of creating the life you want.

Your North Star is the bright light that resonates and emanates from your heart that we call intuition. This inner guidance system is a subtle messenger always communicating to you with an instinctive knowing of all the answers you seek. Your mind is the master control center of thoughts and beliefs, your body presents feelings and emotions in response to mental or physical signals, and your higher-self reveals each step on your path when you utilize the power of your intuition.

Societal programming and conditioning, emotional avoidance, self-distraction, and lower vibratory feelings and emotions disconnect you from your intuitive and creative gifts that are meant to assist you in discovering your personal truth. Gaining mastery over your mind will reveal your ability to influence formerly unfathomable outcomes with your thoughts alone. When you combine this mental artistry with your free will of choice, imagination, and intentional feelings about how you want your life to be, you become the architect of your outer reality. As within so without. The unfolding of this inner wisdom mixed with desire, faith, and right action, is the key to unlocking your super-powers.

THE POWER OF THOUGHTS & BELIEFS

Thoughts are positive, negative, or neutral mental activity that consist of our ideas, opinions, and beliefs about ourselves and the world around us. These include our unique perspectives we bring to situations or experiences that have colored and shaped our point of view. Governing systems, family, media, education, religion, and entertainment have succeeded in externally influencing our personal and collective beliefs. Our primary caregiver's shaped our beliefs about what is right, wrong, good, bad, true, or false. With emotional awareness we can observe our thoughts and beliefs and choose to change any that no longer resonate with us, which in turn levels up our consciousness. Your life up to this point consists of your past experiences, your current reality, and the future you imagine which is one hundred percent related to the dominate thoughts held in your mind right now!

Our thoughts, feelings, and behaviors are always building and shaping the reality we project into our experience in every moment. For example, if you believe you will always struggle financially and that fearful story predominantly runs in your mind, this will manifest in your life because you held a consciousness of lack. Becoming a conscious observer of your dominant thoughts and beliefs awakens your awareness to understand where your emotional blocks are, connect to where you desire change, and learn what practices will course correct you on a noble path to emotional freedom.

An untrained mind and negative self-concept is limited in what it will accomplish and create. You can use the power of thoughts and beliefs to take charge of your life mentally, physically, socially, emotionally, and spiritually and move forward in the direction of your goals and desires. When you are the conscious driver of your thoughts by recognition and observation, you will find the ability to steer them becomes easier. Your thoughts are the colorful palette of paint that the skilled artist uses to paint your canvas of beliefs.

SHIFT WITH INTENTION

Intention is the locomotive behind your thoughts. When you can control your thoughts through mindfulness, the next step is setting your intention on what you desire. Everything that is in our physical experience now is the result of choices we previously made with the notions we had for our lives in past moments of time. Our intentions can be subconsciously running on autopilot or consciously sent to the destination of our choice through training of our subconscious mind. Getting in a habit of asking yourself "Why am I doing this?" before you make choices will clarify your reasoning and the truth about what motivates your actions. Moving your finger is a mechanical or subconscious use of your will power. Spending 20 minutes a day in a meditative state using your imagination to focus on what you desire to see manifest in your life is conscious use of intention.

Like a springboard, intention is an unseen energy that we can call on in any moment to jump to a different choice if we want to land at a different outcome. When you accompany the power of positive thought with desire, inspired action, and unwavering determination you will become a propelling force of creative energy.

It is wise to use your intentions constructively, and not in harmful or meaningless ways. Like an arrow, aim your intention toward purposeful self-growth or in service to other people. The power of intention can be likened to goal setting. If you are wavering on making a choice or acting on something, simply ask yourself, "What is my intention behind this?" If it stems from fear, a programmed belief, or a past negative behavior, it is worthwhile to spend time in reflection before putting it in motion. Practice setting small intentions first and as you become confident using this superpower and seeing the results of your effort, you can focus on larger manifestations.

FREEDOM IS YOUR DESTINY

When we take our first breath, we begin our soul's agreement with our personal destiny. No matter what experiences have influenced your journey up to this moment, you came fully equipped with an internal intelligence system always standing by and awaiting your request for assistance. Many refer to this power as God, Source, Holy Spirit, or the Higher-Self. The disconnection from the unified creative source of consciousness and our intuition began when we were born. We were fully dependent on our parents and caregivers to meet our basic needs and teach us how to walk, talk, and survive in the world. Without establishing emotional intelligence while accumulating all of our life experiences, we were reliant on seeing through the lens of others, listening to their compilation of rules and directives, and taking on their behavior patterns and beliefs. We entered education systems where we became heavily influenced by teachers, peers, and our social environment.

We all have had traumatic experiences where undefinable feelings and emotions formed our self-identity and painted our internal pictures of how we fit into this world. Our egoic perceptions and beliefs solidified our personal stories about what was good, bad, right, wrong, or safe for us. We saw and judged others to be different and separate from us if they didn't share our same beliefs and behaviors.

We make decisions based on what we've been told we should be doing and to check all the boxes necessary to fit in, be happy, and achieve success. It's like running the ultra marathon race of a lifetime to try and beat a self-fulfilling clock of accomplishment in order to cross the finish line and receive a medal of validation. Standing on the podium, we can rest only momentarily because we are internally programmed to immediately get back in the race. What if you paused, caught your breath and asked yourself, "Is this what I really want? Do I have to continue running towards external achievement and goal attainment or could I choose a different path?"

The Noble One already knows the answer to that question. It's your choice to hang up your racing shoes at any time because avoiding what you truly desire won't escape experiencing emotional pain or fulfill you when the next "I'll be happy when..." falls short in providing inner peace. Take that pause, catch your breath and consider the only time you have is right here and now to begin to change your life.

Freedom lies in awakening to this evolutionary potential and learning to create your reality from a new lens. Connecting with your nobility to rediscover what you already know inside of you will fuel your thoughts and intentions towards your destiny. Whatever path you are on right now, you have an opportunity in every moment to choose emotional freedom!

STARING IN THE FACE OF FEAR

One of the most challenging emotional states to navigate is fear. Lingering fear from our personal experiences, internal and external belief systems, mass media, and societal programming constantly surrounds us in negative energy. A tremendous amount of our personal energy is utilized by our emotions and fear is the largest exhaustor of our life force. It weakens our innate abilities, siphons our energy, and plays havoc on our human frequency and vibration. Fear disrupts our ability to regulate our feelings and discern situations with clarity, leaving us either emotionally reactive or mentally paralyzed. It attacks our physical health impacting our nervous and immune systems by keeping us in prolonged reactive states or under long term stress.

Fear will snuff out your confidence to make important decisions that could otherwise lead to your personal growth and expansion. Fear is a daunting emotion that impacts your conscious ability to control your mind. Repetitive thoughts ridden in fear creates false stories that prevent you from living your truth. Within those stories the answers to why you are fearful can be found within your limiting beliefs. Without a crystal ball to predict your future distress often comes from the tremendous mind share we give to fear of the unknown.

Our *Emotional Guidance System can be illustrated by upward and downward spirals with the most common human feelings and emotions placed somewhere on the continuum. When we are spiraling downward emotionally we are also moving to a lower frequency or vibration, therefore, we don't feel good. When you compare the spectrum of feelings, fear is the lowest vibrating emotion along with guilt and powerlessness. On the other end is love, joy, and freedom. By invoking the powerful emotion and energy of love, you uproot the grip of fear that keeps you stuck in physical or mental situations. Love is not capable of judging you or anyone else because its meaning lies in unity. Love is a law without an opposite. Its wholeness is the power that holds everything together as One. Love always conquers fear.

The way to overcome your fear is to walk straight into it believing you wear a protective armor of love, carry the vibration of love, and emit the frequency of love. There is no difference between who you are and what love is. Through the practice of self-love comes the remembrance that fear is an illusion made up of thoughts, feelings, and beliefs. You are not any of these things. When we become curious and question the source of our fear it is either rooted outside of ourselves or planted as an internal limiting belief. Are we trying to please other people, chase material things, or worried that we will fail? By choosing the noble path, your emotional awareness will spiral up to levels of consciousness that hold positive frequencies and vibrations where fear will not stand in the way of your freedom. Facing your fears, big or small, by uncovering the truth behind them builds confidence to make new choices, hold new beliefs, and implement new behaviors,

FAILURE IS A STEPPING STONE

Failure creates opportunity. Planting the seeds of knowledge learned from failing gracefully is what leads to an abundance of personal growth. During challenging times emotions will be triggered for personal analysis so you can decide to create change or make decisions. There is no such thing as failure in being courageous to try something new, whether it works out or not according to known or unknown expectations.

No matter the number of times you fail, finding the strength to get up and try again builds personal resilience. Success is the result of integrating the lesson from any situation in the past and applying the knowledge you gained from it to your present experience. Failure simply shows you what you don't want so you can learn and focus on what you do want. What will you decide to do with the wisdom you have gained?

Many people spend an entire lifetime trying to avoid failure through a variety of coping mechanisms like control, overachieving, perfectionism, manipulation, or escapism.

When we practice compassion and forgiveness for ourselves and others, failure will assist us in developing wisdom, gratitude, and emotional resilience. The choice is ours whether we allow failure to lead us down a path of despair or catapult us further on the noble path to emotional freedom.

PROSPEROUS POTENTIALS

An abundant mindset knows that the Universe is plentiful and overflowing with everything you want or need. There is no lack or limitation of material or worldly gifts that you can attain. These gifts flow to you through your creative mind when your conscious thoughts and intentions fuel the choices that you make. The higher power that is always guiding you wants what you want. You can determine if your intentions and desires are noble by asking a few questions. What is it I value by making this choice? What is attracting my mind to this desire? What purpose will the object of my desire serve? Will having it be a reflection of my higher self? Will this choice bring more emotional and physical freedom?

Your participation lies in choosing positive thoughts and feelings of prosperity, joy, and love and eradicating all poverty, lack, or fear consciousness from your mind. One of the most powerful methods to declutter the mind, release entrapped emotions, and reprogram beliefs that no longer serve us is through meditation or prayer.

There is not a one-way to pray or rules to follow in mediation other than to sit quietly with yourself. Find time in your day to be still and listen to your own inner guidance. Removing external stimulation is like taking the time to tune in your radio. Static and background noise will quiet down and eventually subside once you attune your mind to the appropriate station. As you practice this, your mental receptivity increases through the clarity of your own channel.

Jesus one of the great spiritual teachers said, "Ask and it will be given to you, seek and you will find, knock and the door will be opened to you."

This is in reference to the time we spend in communication with our higher power, seeking our personal truth, requesting our heart's desires, and allowing the doors of opportunity to be opened for us when we trust and believe in co-creation with higher consciousness. Ask for what you want and imagine it in your mind going into a powerful current of energy that can deliver it to you. Focus on how it will feel when you get what you are wanting. Let go of the how and when and focus on the trust and belief that what you want is not only possible, it is already done. Express gratitude for blessings big or small; a new job, a friendship, a sunset, a smile, a good night of rest. A thankful heart puts you into the vortex of receiving and communicates to the Universe you are in alignment with your intended creations.

Devoting time to sit quietly and develop a spiritual practice unique to you will increase the power of prosperity to flow towards you. By withdrawing your attention from distractions, slowing down your thoughts, and focusing your imagination on what you want to attract in your life, you will begin to receive information through signs about the next step towards this abundance. Your ability to manifest your greatest potential is your birth right, and it begins in your mind. As you clear self-limiting emotional debris and focus on positive thoughts and intentions, the noble path to emotional freedom becomes the zero point where you create and control your destiny.

THE NOBLE PATH TO UNITY

To be Noble means “having or showing fine qualities or high moral principles and ideals.” To be One represents “unity”. We are here collectively during a remarkable and transformational time on Earth to create positive change through our evolution, to discover our unique and purpose driven contribution, and to love and accept ourselves and one another above all else. By releasing the belief that we are separate and refusing to follow narratives around the division of people, we can come together as the Noble Ones.

You can have health and wealth but without emotional freedom you will continuously seek outside of yourself for external and material fulfillment and validation. Enlightenment is the remembrance of your own light from within and its wisdom to strengthen and direct your mind to create your reality from a place of internal peace and universal harmony. Your thoughts, feelings, and beliefs will either reward you or punish you based on the ones you choose. By releasing mental and emotional burdens, allowing yourself to feel, and letting go of personal limitations, you will rebuild your story from truth and attain the freedom and life you desire.

There is no difference between student and teacher. "When the student is ready, the teacher will appear." The greatest curriculum for all learning and teaching is through our relationships, experiences, and communication with others. A great student will take new knowledge and apply it to their own experience. A great teacher will take that knowledge plus the confidence from the positive result of its application and share it with others.

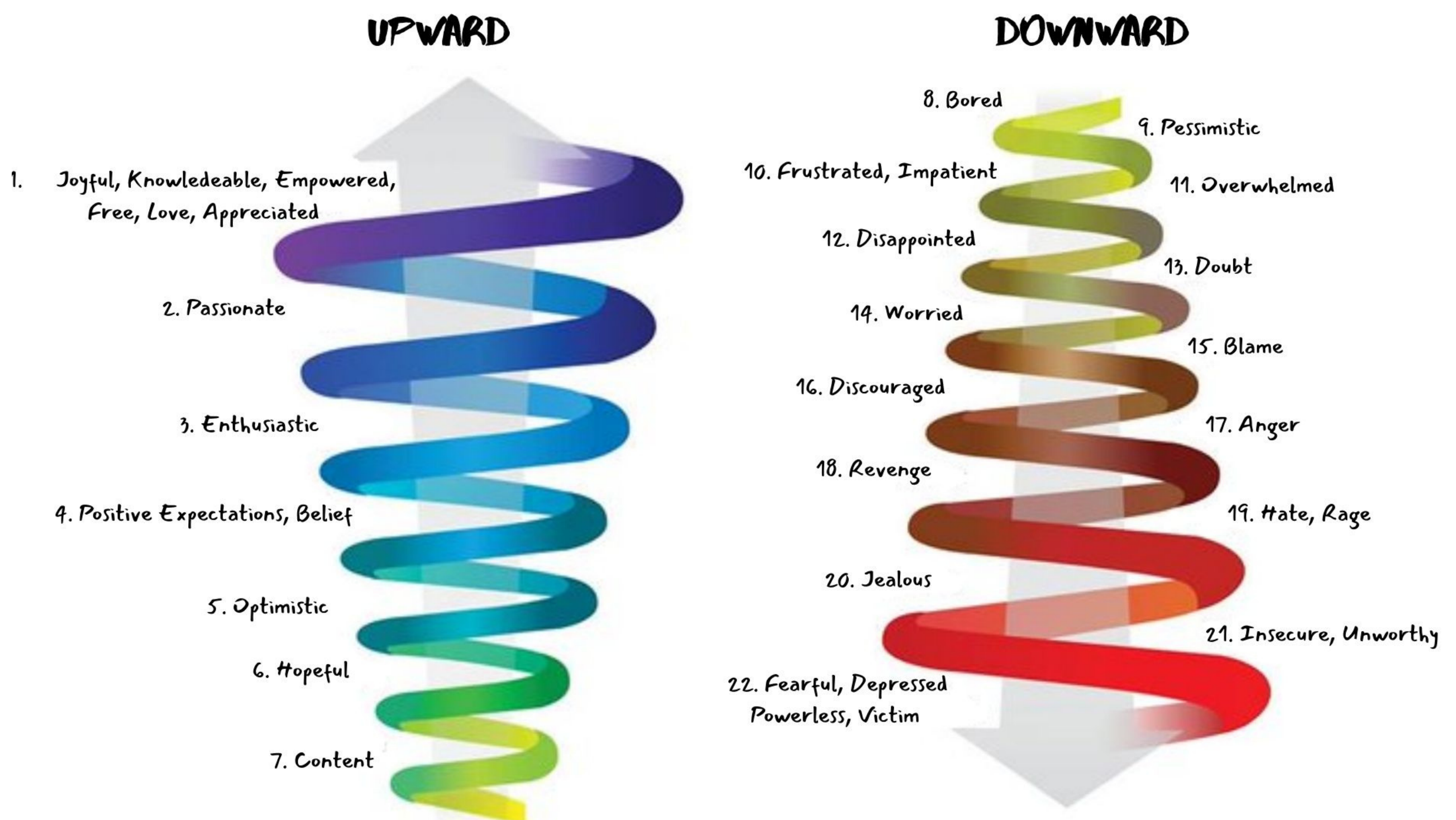
Once you awaken to the truth of the love that is you, it emanates a light so bright, there will be no other choice for you but to shine for others on the path with you. You are a Noble One remembering the sacred self-mastery of your mind. Through the power of emotional awareness you will raise your consciousness to meet the highest version of you.

Enjoy the journey!

*THE EMOTIONAL GUIDANCE SYSTEM

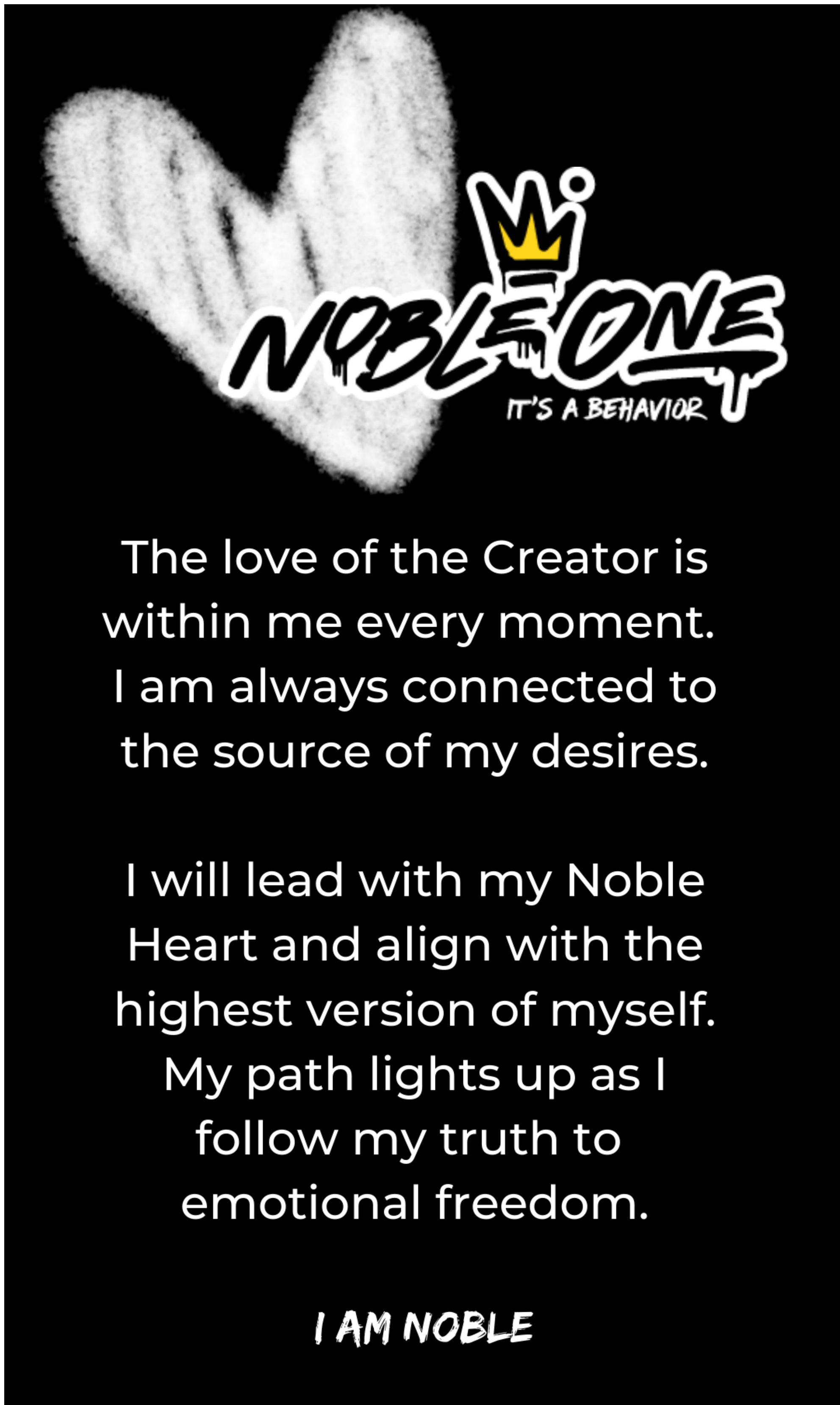


EMOTIONAL SPIRALS



These emotional spirals are an adaptation from “The Map of Consciousness” developed by Dr. David Hawkins M.D. Ph. D. In his findings from over 250,000 muscle testing calibrations, spanning 30 years of multiple research studies, Dr. Hawkins defined a range of values that correspond to different levels of consciousness and the correlation to our attitudes, feelings, and emotions. He has written several books that expand on his research and teaching.

NOBLE ONE AFFIRMATION



The love of the Creator is within me every moment. I am always connected to the source of my desires.

I will lead with my Noble Heart and align with the highest version of myself.

My path lights up as I follow my truth to emotional freedom.

I AM NOBLE

ABOUT NOBLE ONE



Noble One is a behavior brand on a mission to disrupt the Mental Health crisis by shifting the paradigm through emotional awareness and prevention education.

The Noble One Emotional Processing Method™ is an innovative and foundational approach to empower others on a path to emotional freedom. Visit their website to take their online courses!

Noble One is impacting mental health through personal coaching, online education, community leadership, public speaking, and a streetwear brand. The company's pillars; Coaching, Connection, and Community are aligned to bring their message forward and maximize reach to build a global community of Noble Ones.

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