

Noble Soul, Noble Spirit

The Code of the Noble Spirit



Christopher Van Buren

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Introduction

When I discovered the concept of the Noble Spirit while doing an exercise in personal values, I immediately knew I had found something deeply meaningful, both personally and in a general way.

I realized that I had inherited an awareness of the Noble Spirit from both my mother and father – that their greatest legacy has been their nobility of spirit, as expressed in each of their lives uniquely.

My life shifted, as will happen when a profound idea takes hold.

Everything started falling into place around the concept of the Noble Spirit – from my feelings about god and religion, to concepts of ethics and social responsibility... from politics to economics... from self-help teachings to the esoteric.

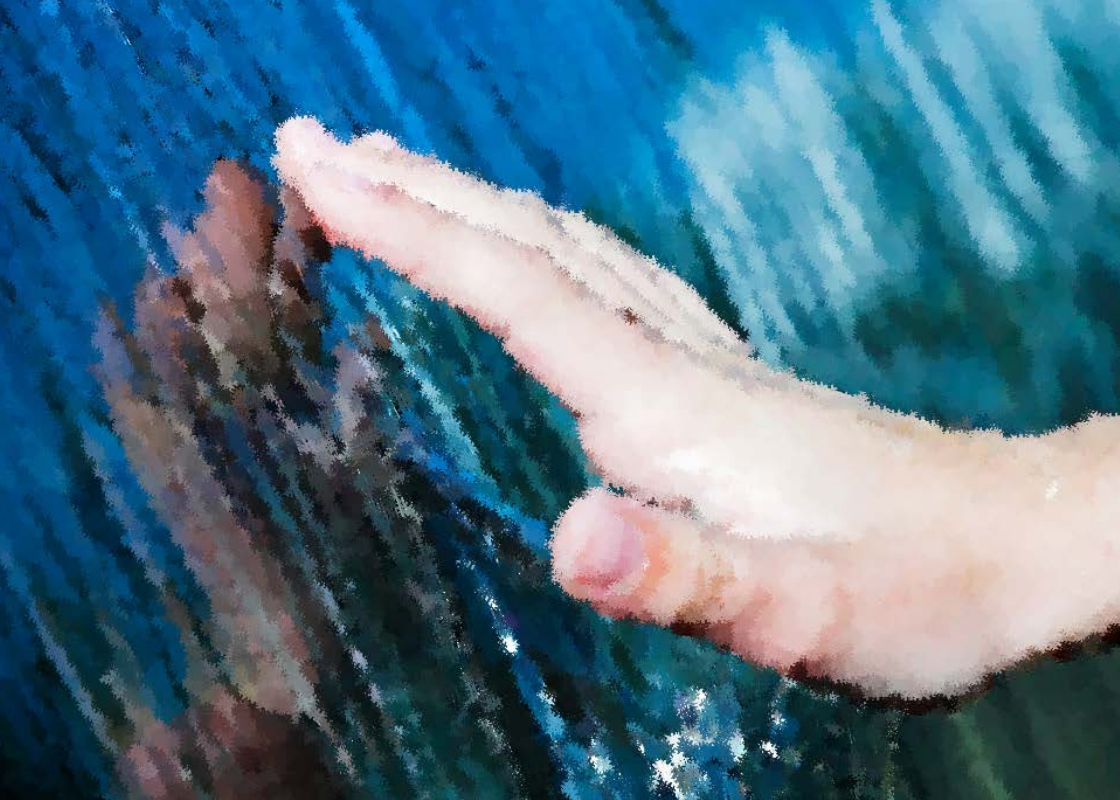
It all connected to the concept of the Noble Spirit.

This book is the opening statement about this idea. In it, I attempt to set the stage for the importance of this idea and how it fits into our lives. The remaining books in this series delve into the internal process of expanding the Noble Spirit in our lives through emotional presence and inner guidance.

In my opinion, the Code of the Noble Spirit is our best ethical and moral model for humanity, based on our highest ideals, rather than ancient myths and fear-based religions.

I hope you find it worthwhile and seek to expand your own Noble Spirit.

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Who Do We Want to Be?

Nobody knows how the future will turn out. Nobody knows what happens after death. Nobody knows how consciousness exists and how our universe was created.

So the truth of the matter is that we're moving along life's path in these specific ways...making the choices that we make...without any absolute knowledge of the outcome, the purpose or even why we're here. So we move forward based on what we believe and how we decide to act on those beliefs. In essence we go through life based on who we are in each

moment – or perhaps more accurately, who we have become up to that moment.

But there is a flaw in this approach. We are always going to run into fears, doubts, and uncertainties in life. Survival, love, relations, peace among nations, equality and other such lofty ideals are rife with difficulty and confusion. We don't always know exactly who we are in each moment. We act on our best beliefs in the moment.

In day-to-day practice, we make choices that are influenced by all of our fears, doubts, uncertainties, judgments and preconceived notions. Those influences are mixed together with our past experiences, traumas, and dominant influences that color our choices and influence our beliefs.

No wonder we feel lost sometimes. So many people turn to supernatural beliefs, traditions, and superstitions to feel guided. Or we may try to define who we are, our purpose and our mission in life and base our choices on that.

The best guiding light, however, is not based on who we are, but on ***who we want to be***. Anything else is based on inadequate facts, beliefs, and perspectives. Only “who do we want to be” sets a moral guide that we can always count on.

The only trustworthy barometer that you have is *who you want to be*.

So ask yourself...in each moment, which choice is consistent with the person you want to be? Which choices bring you closer to that person? Which choices help you become that person?

Some people decide who they want to be based on faith, or on role models. Others may decide based on an accumulation of experience and observation. Still others may use intuition, nature, the golden rule, or a combination of things.

The Noble Spirit bases his/her decisions on a code, a set of precepts that guide the Noble Soul into expression in our lives and as our lives.

This is the code of the Noble Spirit.

This is who we want to be.



First Precept: Living a Noble Life is More Important Than Survival

Our culture reinforces the notion that survival is the ultimate test of life...and that “winning” the game of life is the ultimate goal for every human.

But there are things more important than survival, more important than winning. How you live and who you are and living a noble life is more important than surviving.

Living a noble life means nurturing your noble spirit...becoming the noble spirit and expressing your noble soul. We do this by holding true, as true as we can in each moment, to four qualities – four codes.

First Noble Code: To Be Absent of Pettiness in Words and Actions

If we lived our lives trying to be without petty words or actions, we would have a marvelous world.

Notice that we don't say "absence of pettiness in thought" because thoughts may enter the mind from out of nowhere. We've all experienced having bizarre thoughts or imaginings that we would never express. Sometimes these thoughts even cause us to stop and wonder "where did that come from?"

But we don't have to act on these thoughts. Nobility is not about never having ignoble thoughts. Rather, it's about not acting on them when they come.

Our job is to wait... and to let our prefrontal lobes – which only a few beings on this planet possess, including dolphins and elephants – do their job.

These lobes are the part of our brain that allows us to wait, to evaluate what we're thinking and to project this into the future. We can ask, "how would this turn out in the future". Because of our frontal lobes, we can imagine how things might turn out in the future.

So nobility is the active employment of our natural gift of frontal-lobe activity. It takes practice. It's a noble habit to build.

You react in the place of fear, uncertainty and doubt... or you wait and act on a noble choice.

Those are the choices. This is the human challenge. Do we put the courage to be a noble spirit ahead of our beliefs and conclusions that are based on fear of survival?

We don't, because the Noble Spirit values its noble expression over survival.

Perhaps the greatest and most difficult of the guidelines, the absence of pettiness, means living without vindictiveness, refraining from speaking badly about others, and always taking the high road -- even when confronted with ignorance or aggression.

- Pettiness is being small.
- Pettiness is being sarcastic.
- Pettiness is acting for your own best interest.
- Pettiness is speaking from ego.
- Pettiness is holding onto the trespasses of others and not letting them go.

What would you add to this list? Write down your own definitions and ideas that support this noble code. What does it mean to you personally?

Second Noble Code: To Not Be Desperate

Acting in desperation is acting according to fear.

Desperation breeds fear and survival. It keeps us in our instinctual, reptilian, reactionary brain. But our higher brain is one of forethought and contemplation. The Noble Spirit waits before reacting and never reacts from desperation.

But it's more than just waiting before reacting...it's also about not getting yourself into a situation that requires desperate acts. It's about taking care of your needs before taking care of your desires – so you are never without resources. The Noble Spirit thinks always of the future and plans ahead for best possible outcomes, to avoid desperation. This also means...

- Planning ahead and never letting yourself become desperate.
- Waiting and thinking before reacting.
- Allowing for life's challenges and knowing you are able to survive them.
- Knowing that some things are more important than survival or winning and never letting need dictate our actions.
- Never being selfish because there is no need.

What would you add to this list? Write down your own definitions for this Noble Code.

Third Noble Code: To Seek Balance

Balance is a key to living well. A balanced mind is one that has no dogma, fanaticism, or disease. A balanced body is one that is in equilibrium and health with all systems working together. A balanced life is one in which desperation does not appear and all things are provided.

Remember when striving for balance that absolute balance is never achieved. Like a surfer riding a wave, you are always in a state of imbalance and course correction, thus achieving a wonderful ride in the end. The goal is to stay up and enjoy the ride.

Balance is among the most difficult achievements in life. It requires that you constantly observe and make adjustments to avoid going too far in one direction or another. This applies to thoughts as well as actions.

- Always remain open to new understanding. Only the closed mind is certain.
- Never judge, as this creates imbalance within.
- Remember that flexibility supports balance. The bending reed sways and remains to grow and thrive.
- Balance is a lifelong practice, not a goal to be achieved.
- Balance requires constant review and ammendment of pre-existing conditions.

What would you add to this list? Take a moment to define this Noble Code for yourself.

Fourth Noble Code: To Be Generous

The word “generous” is practically synonymous with the concept of nobility. In fact, it comes from the Latin word “generosus” which means *noble* and *magnanimous*. Magnanimity, which is a form of generosity, was the original definition of a noble person.

Magnanimous

Adjective: very generous or forgiving, especially toward a rival or someone less powerful than oneself.

Synonyms: generous, charitable, benevolent, beneficent, big-hearted, handsome, princely, altruistic, philanthropic, unselfish, chivalrous, noble

True generosity includes all of the other noble qualities: lack of pettiness, lack of desperation, and balance. To be magnanimous is to be all of those things in a single moment.

Generosity also..

- Keeps us focused on others, rather than on ourselves.
- Commands that we seek understanding and awareness...for then we can know what others need.
- Prohibits us from taking advantage of others or the planet.
- Helps us to be grateful for our circumstances.
- Eliminates judgment.
- Exercises our other noble qualities.

What would you add to this list? Write down your own definitions for this Noble Code.



Second Precept: We Have Noble Souls

It's a common myth that we somehow need to transcend our current reality, our current perceptions, the limitations of our four-dimensional realm in order to connect with the soul and the "higher realms."

In fact, the opposite is true. Our job here is to allow the soul to come through our physical bodies and four-dimensional reality. It's by flooding our physical reality with the information and character of our soul's reality that we thrive and sing here on Earth.

Neuroscience has been able to track and measure what happens in the brain when we are experiencing intense, peak moments...moments like bliss, ecstasy, deep meditation, channeling, intuition and even clairvoyance.

The frontal, temporal and parietal lobes (basically, the middle and front of the brain) quiet down and the information coming from the occipital lobe (the back of the brain) is allowed to come through clearly. This is a kind of meditative or trance-like state.

Science does not know if the occipital lobe is recalling stored information or picking up a broadcast of information from a field of collective consciousness. It's difficult to explain clairvoyance, remote viewing and other such phenomena that sometimes occur when this state is reached, without including some type of non-local field of information.

It's possible we are receiving information all the time -- information that is broadcast from the collective consciousness (the collective soul) and we only need to get quiet to hear it.

Are we receiving a flow of information and intelligence that is constantly being broadcast from the universe?

And are we able to interact with this flow? Communicate with it? Instruct it to bring us what we want like changing a TV channel? And can we insert information into it?

Quantum theory tells us that even the mere intention to measure quantum particles will always change their state in an unpredictable way. So while we cannot (yet) determine how our thought influences the quantum...we can be sure that thought does influence it.

So if particles and waves on the quantum level are broadcast signals that bring us the universal information and intelligence, then it's very likely that we can both broadcast and receive this information.

What is your station broadcasting? Is it consistent with your Noble Soul? Are you living a Noble Life?

The Noble Spirit knows that every moment of this life is broadcast into the collective consciousness and affects the collective soul. We hold true to our noble frequency for the good of all life.

We SEND information to insert our individuality and our will into the universal field of information. From there, any other lifeform can access this...so we want to be sure we're sending a clear signal. Unfortunately, our emotional and mental baggage distorts our signal.

The only way to clear this interference is to remove its charge and effect. And what gives it charge and effect is our fear and shame. Face your fear and shame and you'll discharge the interference, giving your soul's broadcast signal a clarity and beauty that will change everything.

The key is emotion (more on this in a moment).



Third Precept: Everything External is a Reflection of the Internal

Many self-help teachers focus on the power of belief and thought in changing our lives and realities. While that's all fine and dandy... it's not really where the power lies (they will hate me for saying that.)

The fact is, there is nothing more powerful than aligning your personality, your purpose and your actions with your soul. And that means you must do something much more challenging than "changing your beliefs" as the positive thinking movement would prescribe. You must look at and through the windows of your emotions...into your very soul.

The good news is – there’s nothing to “re-program” in your brain and no need to force yourself to think positively or remove negative influences. Your Noble Soul already exists. Your challenge is to let it shine through you and your life.

How do you let your Noble Soul shine through? Emotions are the key – they are the windows to the soul. And those windows work in both directions. By looking in the very face of your emotions -- especially the ones you are trying NOT to look at -- you can see into your soul and your soul can see back into this reality.

How do you face your emotions? Look for your reactions and emotional triggers. Notice when you get triggered. Notice when you react and find yourself controlling, offended, in denial, or angry. Then look deeper into the WHY of that reaction. What are you avoiding? Most likely, it's not as big of a monster as your fear has made it out to be.

If you live with unprocessed and unmet emotions, you essentially withhold information from the soul and limit its ability to express and evolve. For this reason, it’s important to work with emotions in order to care for the Noble Soul.

When you do this, you begin to live a Noble Life.

Emotional Perspectives: Mastering Our Internal World

Energy can be measured scientifically and expressed as wave forms. An energy wave describes the frequency of the energy. The smaller and “tighter” the wave form, the higher the frequency, or vibration. All energy can be measured this way, and we commonly see electromagnetic and sound energy

expressed as waves. This is merely a scientific method of “describing” the energy.

Light is another type of energy and it falls within a specific frequency range. The visible light spectrum ranges from red (low-frequency) to violet (high-frequency). Emotional energy also comes in a spectrum of frequencies, or colors. There are low and high frequency emotions.

Like other forms of energy, emotions also have polarity—positive or negative charges. As we perceive energy around us, we filter it through our emotional filters and perceptions and process the energy into chunks of information. Programmers can relate this to the concept of programming “objects,” which are chunks of code that serve specific purposes and can be accessed and re-used quickly and easily...for better efficiency.

We process information and energy, filter it through our emotions and store it as objects for efficient use later in our lives.

These internal objects include emotions, attitudes, perspectives, and beliefs and can be grouped into a series of “inner personalities.” We’ll use these perspectives as our ***internal guides***, because they are instrumental in showing us our internal world and guiding us along a Noble Path.

Your inner guides help you focus in the following areas of life:

Power & Flow: The Inner Entrepreneur

The inner entrepreneur is the part of us that makes decisions, establishes our life’s work, looks for purpose and meaning, handles our money matters and manages our inner resources (our power).

Beauty & Gratitude: The Inner Artist

The inner artist is the part of us that is in awe of life. It helps us see the beauty in all things and reflects what we see through our unique personal expression. The artist is the part of us that understands how to “just be”.

Magic & Manifestation: The Inner Healer

The inner healer is the part of us that creates change in ourselves and the world around us. It facilitates the connection between our world and the dimensions of the soul and spirit and it reminds us to “lighten up” and find the joy in each moment.

The [Noble Soul Noble Spirit series](#) delves into each of these areas and helps you recognize and channel your own inner guides – to help you see your emotional world and deep into your Noble Soul.

Consulting Your Inner Guides

The key to consulting your inner guides is to clear the channel through which their information flows. That means clearing your own energetic field of patterns, programs, and points of view that distort and sometimes even block the flow of information.

Calming your mind. Entering a state of tranquility. Releasing emotional charges. Reducing stress. These are all ways to open the channel to your internal guides.

In a recent conversation with renowned neuroscience researcher, Mark Waldman, we discussed the phenomenon of channeling and the brain.

Mark explained that during what we might call a channeling

experience, part of the brain (the part associated with reason and objective thinking) calms down and the intuitive part of the brain sends information, unobstructed by the "objective" part.

While Mark was quick to say that there is no evidence that the information coming from the intuitive brain could be coming from an outside source (that is, channeled from a collective field of information, a deceased person or other phenomenon), he did confirm that a different kind of brain activity was happening during these events and that significant parts of the brain were "quiet" to let the information flow.

Reaching the state where this brain activity happens is not unlike deep meditation or hypnosis. Practice deep states of relaxation and observation "the observer behind the eyes" and you will improve your ability to hear the intuitive brain (your inner guides) at work.

Living the Noble Life is about accepting the truth with patience and grace. It's about husbanding your noble spirit, tempering your emotional energies to create a rich harmony of emotional energy that is mature and expansive. It's about gaining mastery of life and living.

Channeling or accessing your own inner guides is a beautiful practice for expanding your Noble Spirit.



Fourth Precept: You Belong to a Noble Family

The soul can sometimes despair in this reality of ours. You can feel when that happens. It comes from the loss of hope and faith -- and from a sense of meaninglessness in this life's journey.

But don't despair. Just remember the one thing that makes this life most meaningful, rare and powerful: that we get to share it with our soul brothers and sisters.

That's really why we are here.

The stress, strife and struggles of this life are all part of the dance we are doing -- and the most important thing is WHO we are dancing with.

Be sure to recognize and give blessings to your soul tribe. See them in your friends and enemies. See them in your acquaintances. And be thankful that you have the opportunity to play on this Earth with your true family.

So it's important that we give our full attention to our relationships -- all of them. If you have the power to touch someone and become a footnote in the story of their soul, then you have the opportunity to create a Noble Relationship.

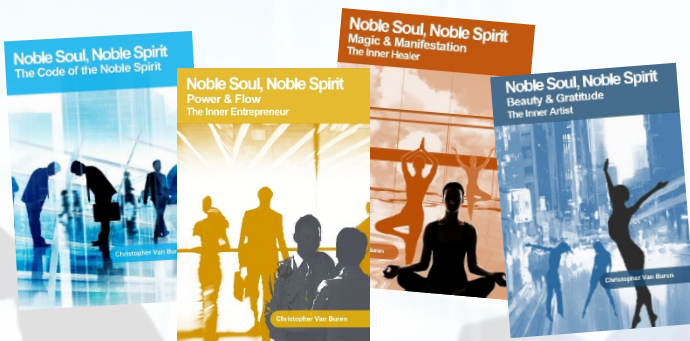
And there is nothing more satisfying to the soul than to reunite with an old friend who holds you in a place of love and warmth. Setup this experience for yourself and become a warm and loving footnote in the story of someone's soul journey.

Even your enemies in this life can be part of your soul circle of friends. Sometimes it's our enemies who serve us the most -- even if painfully so.

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The Inner Entrepreneur

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