

The Beginners Guide



NEXT LEVEL HUMAN

Dr. Jade Teta

Next Level Human, Beginners Guide.

What is a "next level human?" You can think of them like exercise junkies, except for the mind. Like a person who engages in physical fitness and health, a next-level type pursues personal growth and self-actualization just as vigorously.

The term "next-level" is used instead of "higher-level" out of a recognition that humans have three levels working inside them at all times; base-level, culture-level and next-level. All three reside in us, it is a matter of degrees. The goal is to use life to grow us, and show us, so that we can more fully reside in our next-level, higher-selves.

This is not a "better-than" thing. In fact, when a person is operating from a next-level place, they see themselves as no better or worse than any other person. Self-righteousness comes out of base-level & culture-level conditioning.

Next-level types are less concerned with status or "looking good," and more concerned with growing and getting better. They are committed to learning and growing themselves, as well as teaching what they have to offer to the world.

This beginners guide helps you understand the three types of humans that live inside us. It also introduces the six superpowers required to more fully realize our next-level selves. Finally, it provides directions for one of the most important first steps in becoming a next-level human; construction of an honor code.

These concepts provide a beginning blueprint, as well as a framework that outlines the steps successful, next-level types follow on their journeys of self-actualization.

To Your Next Level,

Dr. Jade Teta





The 3 Types Of Human

Base-Level Human:

Base-level human behaviors are motivated by fear and safety. Their behaviors contain an element of me-versus-you. They have a subconscious belief that life is not safe and they need to defend themselves. This leads to the more "grimy" human behaviors, like selfishness, greed, dishonesty, manipulation and any other approach that gives them an advantage, and/or puts you at a disadvantage.

Think about what happens to us when we get afraid and fear for our safety. We go into instinctual survival mode. This involves the fight, flight and freeze responses. In addition to being combative and rude (fight response), base-level behaviors can include cutting off communication, silent treatments and ghosting behaviors (i.e. the flight & freeze responses). If you have ever had someone lash out, avoid, bullshit, lie or ghost, this is their base-level side coming out.

Another way I describe base-level behavior, in myself and others, is to use the term "emotional scrub." This is someone who does not have the ability to express, communicate or deal with their emotions or yours.

Base-level behavior is also the basis of bigoted, racist and sexist behaviors. Anyone different is a threat to a base-level human. Appealing to people's base selves has been used throughout history to divide and manipulate large groups of people.

BASE-LEVEL HUMAN BEHAVIORS CAN BE SUMMED UP LIKE THIS:

Major concern: Safety

Emotional driver: Fear

Personality style: Pessimist

Reciprocity style: Taker

Relationship style: Avoidant

Motto: Me Against The World

Philosophy: Eye For An Eye (do unto others as they do unto you)



Culture-Level Human:

Culture level individuals desire belonging and fitting in more than anything else. For these types, being alone is the worst possible outcome and they will do all manner of things to make sure they "fall in line."

If the base-level narrative is about safety (like a child), then the cultural-level story is about fitting in (like an adolescent).

Think about how teenagers behave and think. They often act as if the world revolves around them. They can have difficulty considering other people. They form tight groups and teams. They evaluate some groups as "cool" and others as "less than." They want to be popular, and they embrace the idea that some are more worthy of attention and kindness than others.

Of course, adolescence is something that many never escape from. In a very real sense, many adults are still trapped in adolescence. Look at the gossip, shit-talking and team-taking in all manner of things; most notably politics.

The philosopher Alain De Botton has an elegant way of describing what a midlife crisis actually is, "a final attempt to escape adolescence."

CULTURAL-LEVEL HUMAN BEHAVIORS CAN BE SUMMED UP LIKE THIS:

Major concern: Status

Emotional driver: Certainty

Personality style: Envious

Reciprocity style: Matcher

Relationship style: Anxious

Motto: Us Against Them

Philosophy: Golden Rule (Do unto others as you would have them do unto you)



Next-Level Human:

These types are interested in self-actualization. They desire learning, growing and making a meaningful difference in the world above all else.

The goals of a next-level human are lead by what I call “the 3 imperatives.” These are the three reasons they believe we are here on the planet, to learn, to teach, and to love (or share).

These types are primarily concerned with kindness, generosity, honesty, freedom for themselves and others, community and communication. Life, liberty and the pursuit of happiness reside in the unconscious drives of next-level types.

To them, life is a series of growth opportunities. A human's job is to create meaning and purpose from the lessons and hardships of life. Next-level humans see all humans as connected, and they are willing to sacrifice for the greater good.

They are willing to fight for what they believe in. They believe in right thought and right action. For this reason they are independent thinkers, logical in their reason, evidence-based and hungry for knowledge. They know knowledge requires experience to become wisdom, and so they often push themselves to get out of their comfort zones to experience new places, things and people.

NEXT-LEVEL HUMAN BEHAVIORS CAN BE SUMMED UP LIKE THIS:

Major concern: Growth

Emotional driver: Happiness

Personality style: Optimist & Trusting

Reciprocity style: Giver (with boundaries)

Relationship style: Secure

Motto: We are all one

Philosophy: Platinum Rule (Do unto others as they would have you do unto to them)





The 6 Powers

6 Powers In 6 Steps

I have worked with successful people most of my career. Millionaires of the dot com era. Professional athletes. International celebrities. Amazing parents, teachers and coaches who elevated their children above self and created more magic for the world as a result.

I have also enjoyed my own success going from a lower middle class "dumb jock" to a doctor, author, international expert and successful million dollar business owner and entrepreneur.

Through studying myself, struggling and learning from my own journey and working with and coaching some of the most successful in our culture, I have discovered six key superpowers. They follow a simple acronym POWERS. P= Perception. O= Ownership. W= Wisdom. E= Engagement. R= Resolve. S= Sharing.

Each "power" has a corresponding latin phrase, a directive action step and a set of associated notes. This provides a very brief introduction & acts as a beginning guide to the next-level human model of self-development.



P ... PERCEPTION
VERUM VIDERE

O ... OWNERSHIP
VIVERE EST MILITARE

W ... WISDOM
SEMPER DISCENDUM

E ... ENGAGEMENT
MERITUM SECURUS

R ... RESOLVE
MEMENTO MORI

S ... SHARE
RELINQUAM AMOR

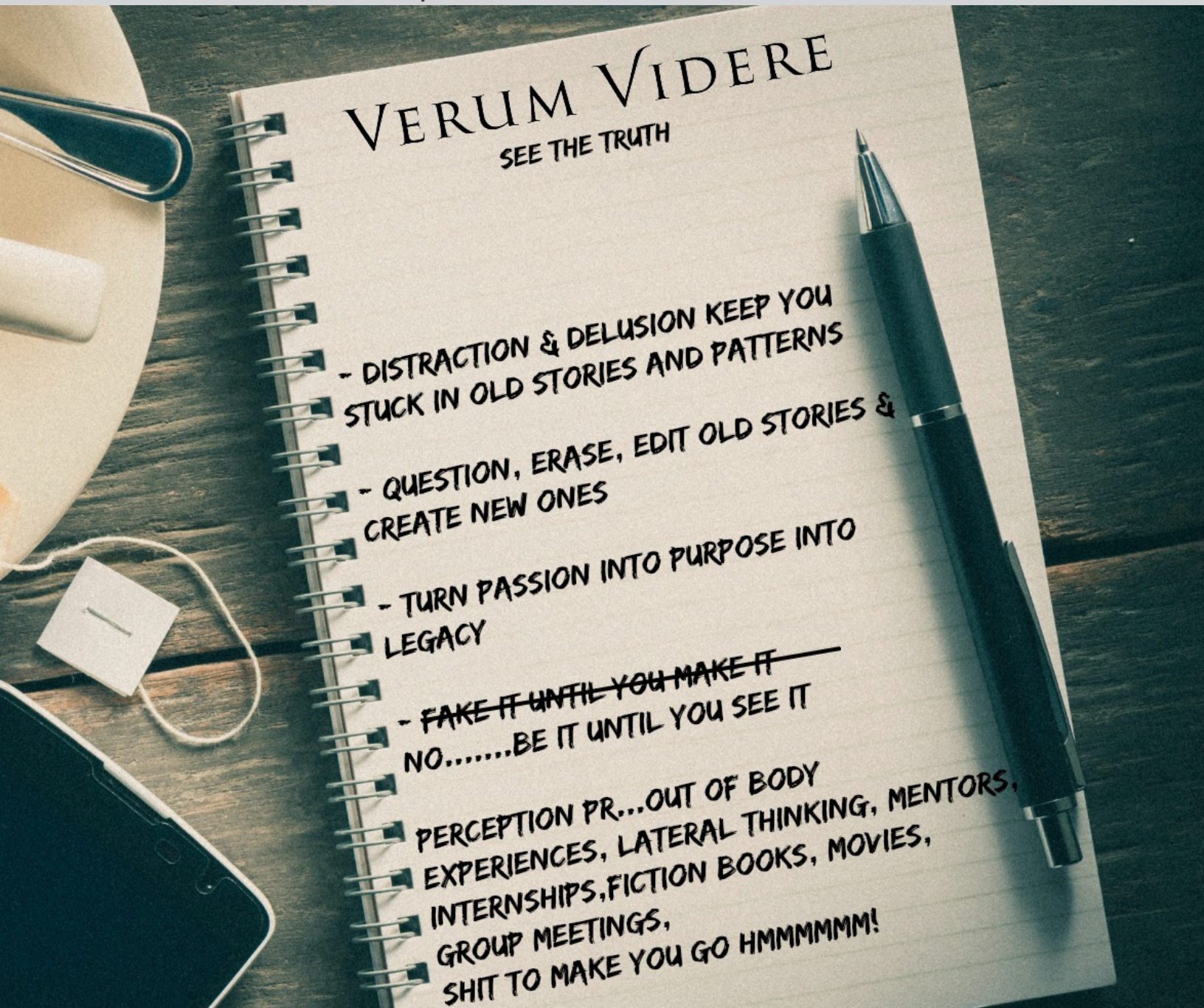


Step 1: Know Yourself

To know yourself is to study yourself in action. You must see the truth of yourself by analyzing the stories you are trapped inside; stories told by your culture, stories you absorbed as a child, stories born out of hurt, fear and failure.

Truth and knowing is about gaining a clear, unbiased understanding of the world you live in and your place in it. You must cut through the fog of distraction from the outside world and the delusion of your inside world. Free your mind and write a new story; one where you are the creator.

Learn more about the Perception Power: [CLICK HERE](#)



VERUM VIDERE
SEE THE TRUTH

- DISTRACTION & DELUSION KEEP YOU STUCK IN OLD STORIES AND PATTERNS
- QUESTION, ERASE, EDIT OLD STORIES & CREATE NEW ONES
- TURN PASSION INTO PURPOSE INTO LEGACY

~~- FAKE IT UNTIL YOU MAKE IT~~
NO.....BE IT UNTIL YOU SEE IT

PERCEPTION PR...OUT OF BODY
EXPERIENCES, LATERAL THINKING, MENTORS,
INTERNSHIPS, FICTION BOOKS, MOVIES,
GROUP MEETINGS,
SHIT TO MAKE YOU GO HMMMMMM!



Step 2: Choose Yourself

If you are like most humans, you have a sense there is something special about you. Something you are meant for. Perhaps you are searching for that thing as you read this?

Choosing yourself means choosing your code of honor; the thing you will stand for, fight for, bleed, scar, suffer and even die for. The meaning of your life is what you choose to make it mean. Own who you are meant to be. Step into that power fully.

Learn more about the Ownership Power: [CLICK HERE](#)

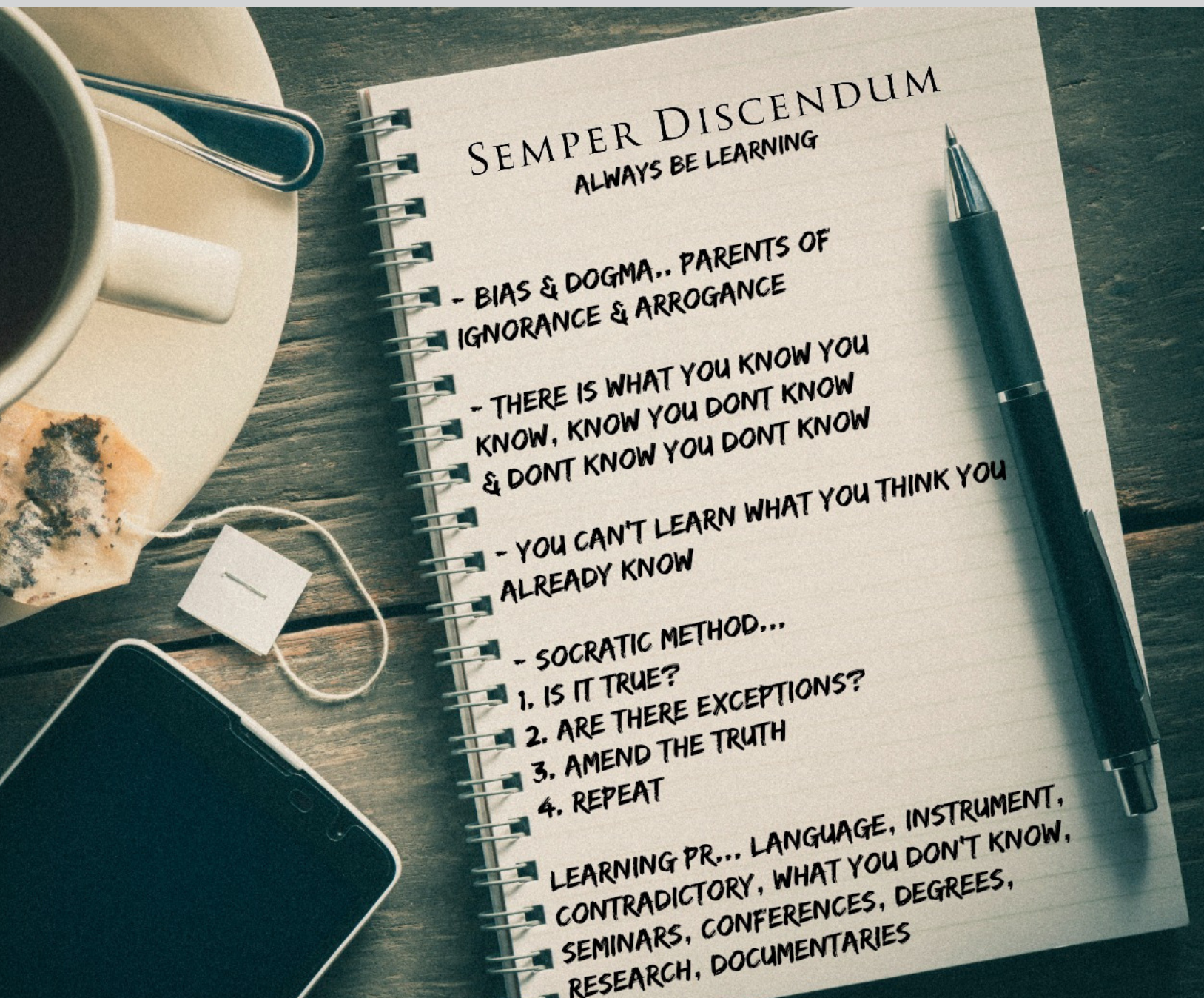


Step 3: Prepare Yourself

You have signature strengths and innate weaknesses. You, like all humans, are saddled with bias & dogma; the parents of ignorance and arrogance. You cannot learn what you are convinced you already know.

To prepare yourself is to turn your strengths into superpowers and your weaknesses into strengths. Seek out information. Learn to attain knowledge. Battle test what you think you know with real world experience.

The journey to wisdom is a rite of passage. Any human seeking a next-level existence must realize they know nothing; only then can they know anything.



Step 4: Earn Yourself

Change and challenge are the catalysts for growth. Without them, you are dead.

Life is change. Change requires challenge. No amount of thought can invoke change, only action can do that.

The battle of the base-self versus the higher-self must be waged in action. Your brain responds to what you do more strongly than what you say.

This will be hard, only a fool would want it any other way. Easy is earned.



MERITUM SECURUS EASY IS EARNED

- PEOPLE WANT THINGS TO BE EASY, BUT EASY IS SOMETHING YOU MUST EARN
- IN ORDER TO EARN EASY YOU MUST MAKE EXACTING CHOICES & TAKE DEFINITIVE ACTION EVEN IN THE FACE OF DIFFICULTY
- YOU MUST TEACH YOUR BRAIN YOU CAN TAKE RISKS & AND COME OUT THE OTHER SIDE
- ITS NOT READY...AIM.....FIRE,
- ITS FIRE...AIM....AIM.....AIM.....
- INSTEAD OF RISING TO THE OCCASION YOU MUST CREATE THE OCCASION
- FEAR PR...
YOUR MAJOR FEAR CHUNKED INTO SMALL FEARS
AND ATTACKED SO FEROCIOUSLY YOUR FEARS
START TO FEAR YOU.....

Step 5: Defend Yourself

You must complete what you are here to do. This is a battle of life and death, literally and figuratively. In order to matter & make meaning, you must go to war.

You are in a struggle against your base-self, a relentless enemy who will erect every obstacle it can to keep you from your life's work; procrastination, fear, indifference, distraction, delusion, bias, dogma, ignorance and arrogance.

Confront these obstacles with the full expression of your higher self. Physical death is there to remind you of what's at stake; the meaning to die for, and the focus to live for.



MEMENTO MORI REMEMBER YOU DIE

**-YOUR BRAIN IS WATCHING ALL THE TIME
AND THINKS YOU ARE FULL OF SHIT**

**-YOU ARE INHERENTLY LAZY, FEARFUL &
IGNORANT.**

**-FEARS & FAILURES ARE NOT OBSTACLES
THEY ARE STEPPING STONES**

**-NO ONE EVER BECAME LESS FEARFUL BY
AVOIDING THEIR FEARS**

**- OVERCOME YOUR FEARS & YOU OVERCOME
MANY OF YOUR BRAIN'S BLOCKS**

**- IT'S NOT LEAP AND THE NET WILL APPEAR,
IT'S LEAP AND WEAVE THE NET AS YOU FALL**

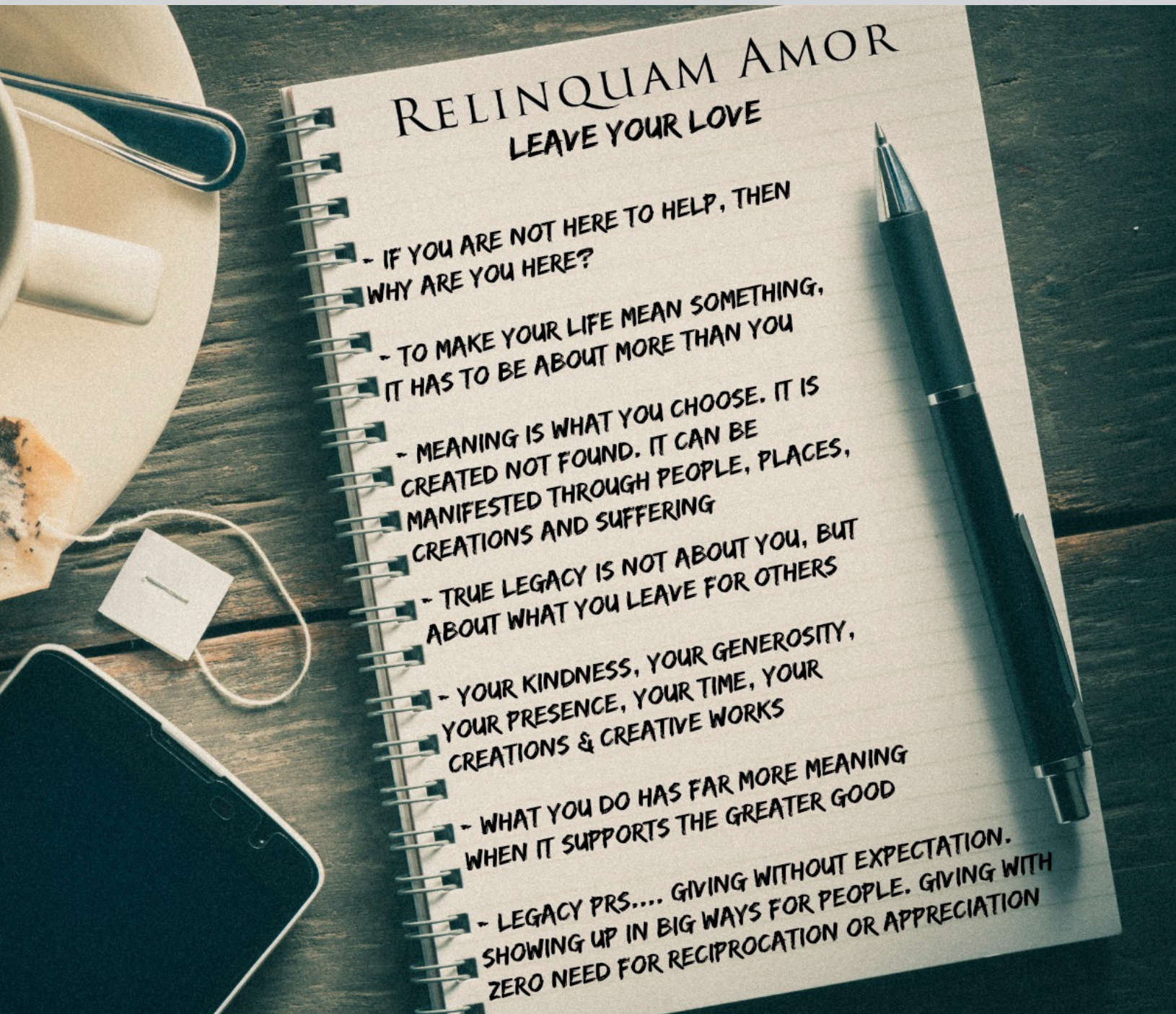
**- FINISH, DEADLINE & CREATION PR....
WRITE THE BOOK, MAKE THE COURSE, FINISH
THE PROJECT, COMPLETE THE TRIP**

Step 6: Share Yourself

Life is a shared experience. You are not an island unto yourself.

Your fellow human is an extension of you. Their base-self is a reflection of your base-self. Their higher potential is a reflection of your next-level self. It is your duty as a warrior to protect your tribe, to see it to its highest evolution.

Your purpose is to leave the world better than you found it. Your legacy is for others, not for you. All that remains when you are gone is what you created. Your creations embody your love. Your love is what you must leave.



3 LIFE IMPERATIVES

NEXT

TO LEARN

LEVEL

TO TEACH

HUMAN

TO LOVE



The Honor Code

The Honor Code & Code Of Conduct:

Part of our human struggle comes from our lack of certainty about who we are and what we want. You don't get to feel solid and sure if you are just "winging it." Waiting for the right time or situation more often than not leads to waiting forever.

Life requires real choices and real sacrifice. If you want an amazing career you need to plan to leave your current one. If you want real love, you need to be vulnerable, get over your fear/hurts and choose who you want.

With all things in life you need to decide and act. No one is going to figure that out for you and no amount of time is going to fix an uncertain, confused and scared mind. Action is the only antidote.

One thing that helps is an honor code. Writing down who you are & what you stand for. It is one of the most powerful things you can do. Want an example? Here is my code I wrote several years ago during some rough times. It has been like a mantra ever since.



An Example, My Honor Code:

"I am a warrior. I hold it down for my friends, keep my word to myself and carry any pain without blame, complaint or self-pity. I know I can generate happiness for myself in an instant through a warm gesture, a generous act or a forced, but real, laugh or smile.

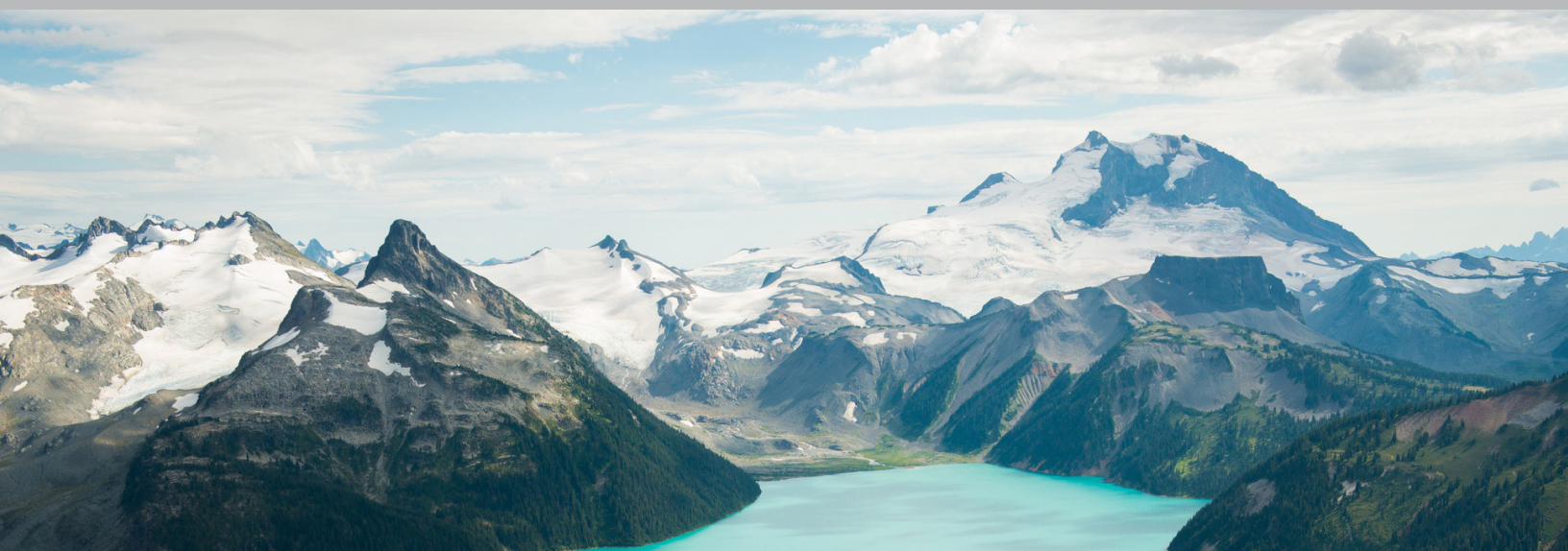
I am honest but never cruel. You can trust what I say. I will communicate clearly exactly how I feel. You'll never have to guess. Kindness is my religion, honesty my practice and generosity my action.

But I am a warrior, I do have limits and strong boundaries. I do not associate with rude, mean, greedy or selfish people. I loathe bias, self-righteousness, gossip, extremism and dogma, despite as a human I know I struggle with them too.

The desire for fame is a sickness I have little tolerance for. True beauty does not require attention. I avoid the emotionally selfish. I give freely and never keep score.

I will call out racism if I see it. I do not tolerate lies, by omission or otherwise, and will walk away and never look back if a friend insist on lying to me.

I am grateful for my struggles, hopeful about the future and willing to sacrifice everything for those I love and the things I stand for. You owe me nothing. True love does not ask for reciprocation."



How To Construct Your Honor Code. Part 1

The honor code is constructed by following several steps:

Step 1: Write down the names of your heroes. Try to get at least three, but no more than 10. These could be people who are famous, historical or fictional. They can also be mentors, coaches and other influential people.

For each hero, write 3-5 words that most embody their essence and the reason behind your admiration.

Step 2: Imagine your eulogy. You are a spirit sitting in the back of the room listening to people talking about you when you were alive. What would you want them to say about you? What words would they use? Write these words down.

Step 3: Flash forward to your death bed. Imagine yourself reviewing your life. What are the things you will be most proud of? What are the things you might regret? What words describe the life you want to have lived? Write these words down.

Step 4: Take a look at the words, ideas and descriptors you used in steps 1-3 above. Notice a pattern? Do certain ideas and words show up? Pull out the five to ten words or ideas that repeat again and again.

Step 5: From the isolated words, write a short 3-5 paragraph description that encapsulates the essence of who you seek to be. Write this in present tense as if it is already true. This is a description of your idealized "next-level self."

Step 6: Write down your boundaries. The things you will not tolerate from others. This is extremely important. All next-level types have the things they simply cannot abide. Once you have your boundaries, include this into your honor code statement.

How To Construct Your Honor Code. Part 2

As a last step, you may want to also construct a "Code of Conduct." This is your honor code distilled down into words and brief powerful statements.

This will act as your personal 10 commandments. This solidifies 5 to 10 ideals that represent how you will live your life. Take inspiration from the words, ideas and descriptions you uncovered in constructing your honor code.

I provided an example of my personal code on the next page to use for guidance.

The diagrams below summarize this entire exercise. They walk you through the steps in constructing your Honor Code & Code of Conduct.

Nothing is more powerful than defining for yourself who you are, what you stand for and what you will fight, bleed and die for.

In times of fear, turmoil, confusion and pain, your honor code and code of conduct will act as both anchor and lighthouse in the storms of life. They guide you back by reminding you of your next-level self, providing both clarity and strength.



Think of
your heroes
(past, present, real or fictional)

Imagine
You Are At Your
Eulogy

You Are On Your
Death Bed

Honor Code Part 1

Write this down
in 1-3 paragraphs

What are your
boundaries
the things you
won't stand for

What Is The
Essence. Find The
Words?



Start by Reading
Your Honor Code

Your Code Of
Conduct Is Your
5-10
Commandments

Choose 10-20
Action Oriented
Words You
Aspire To Be

Honor Code Part 2

(Code Of Conduct)

This Is Your Code.
Keep It With You
And Read
Whenever You
Feel Lost

Write 3-5
Sentences That
Expand On Each
Word

Choose The Best
5-10 And
Assemble In A List

My Code Of Conduct:

Do.

Don't talk about it before hand. Just take action now. Don't look around, hesitate or wonder what someone else will do. Don't announce it. Don't speculate on it. Just take epic action always. Epic action means brave definitive action even when the outcome is uncertain, the goal undefined and the intention unclear. Talk is cheap, action is rich. You are defined by what you do, not by what you say. Ironically, if all you do is talk and never act, you will be defined the opposite way in which you speak. Action defines who you are, talk degrades it.

Listen.

Seek to understand before being understood. Assume you are the most ignorant person in the room. A man who knows all, learns nothing. Allowing yourself to be taught by another builds trust and rapport. Only someone with a huge ego sees it any other way. You cannot not talk and learn, or speak and understand, at the same time. If you want to teach you must first learn, and to learn you must first listen.

Speak.

Speak the truth. When speaking truth remember two rules: first, your truth is not THE truth and second, the truth is almost always incomplete. Speak truth to the deepest degree you can. Truth can be subjective. When it is, clarify you are speaking "your truth" not "the truth." Truth is also often incomplete or one sided. When it is, acknowledge it is. When you speak ask yourself two questions, 1) is this true 2) is it necessary. Lies by omission or otherwise are poison to the soul.



See.

See the world clearly. Look at it carefully. Go beyond the distractions of the outside world. Be aware of the delusions of your inner psyche. Question everything, most of all your own motives and drives. When you don't understand, say so. If you need guidance ask for it. Look for meaning, not pleasure. The drive to pleasure is always there. You are human. But pleasure is fleeting. It can easily become a distraction. See life for what it is, a movie of your own making. Is your movie going to be about a hedonistic broken-down spirit in a drunken stupor of pleasure seeking? Or a movie of wide-eyed clarity, focus and purpose?

Own.

Own who you are. Declare it and then wear it like a badge of honor. What you stand for and what you are willing to fight, bleed and die for; that is who you are. Realize life happens to you, but you also happen to life. Anything that happens to you, or is in your field of awareness, is your responsibility alone. Blaming and complaining are toxins to the spirit. These things steal your honor. It is by choice alone you set your path in motion.

Fight.

Know when it's time to draw your weapons and protect your honor & your tribe. Create boundaries rather than carrying baggage. Boundaries are the lines in the sand we draw. Do not tolerate encroachment. Never let a person define your boundaries for you. You must defend what is most sacred, your honor code, your loved ones, your creations, your legacy. Never let a person try to define you in a way you know you are not, or no longer wish to be.

Bleed.

Know exactly what you are willing to bleed for. Never be afraid to accumulate another wound or battle scar. Each time you are willing to bleed for what you stand for, you solidify your honor and your legacy. Fears are not meant to be avoided, they are meant to be confronted. Feelings are not meant to be stuffed, they are to be felt. No one ever became less fearful by avoiding their fears. Know when it is time to fight, and then, be the first into battle and the last one out.

Create.

Create meaning and purpose in your life. There is no destination or arrival point. You don't arrive in the land of happy. You will remain ever dissatisfied. It is a mistake to deny this reality. Life is your canvas and dissatisfaction drives you to paint. It is the essence of your creative energy. Harness it and create something beautiful. Decide on your purpose & meaning. You are not given a painting of happiness or meaning. You can't buy a painting of happiness or meaning either. You must paint these things yourself. Recognize that your painting will never be completed. It is not meant to be. You don't put the paint brush down until you die.

Give.

Give freely without expectation, need for reciprocation or desire for thanks. Realize that generosity is an energy currency that is meant to flow forward and away from you. You are the conduit. Let abundance flow through you, and you will always attract it. It's like water, it follows the path of least resistance. Be the source of this currency. Realize that most humans are programmed to take. Do your part to change this reality by giving so freely, and in such big ways that others are at first shocked, but then inspired to do the same. Be the gift, be the kindness, be the change.

Leave.

Leave a legacy. With all your intentions and all your interactions think, "what will this leave behind?" Your life is like a giant stone dropping into a small pond, only you get to choose the magnitude and direction of the ripples. Will the waves of your life lift others and guide them to places they would not have otherwise reached? Or will they topple others making their life more difficult? The intentions we set live after us. Turn those intentions into shining marble statues that inspire all you touch, all you meet and all they too will encounter.