

PREFACE

The journey to mastering the mind is not one of comfort—it's a path that demands courage, resilience, and an unwavering commitment to self-discovery. *The Superior Mind: A Guide to Mental Liberation* was born from my personal journey through loss, adversity, and transformation. After the passing of my wife, I found myself in a space of deep reflection—questioning my thoughts, my purpose, and how to navigate life moving forward.

This book is a continuation of that journey—a blueprint for those seeking to break free from mental conditioning, societal norms, and self-imposed limitations. Drawing from my military experiences, spiritual awakening, and insights gained from working with diverse cultures, I outline practical strategies for developing a superior mindset—one that thrives in both calm and chaotic moments.

I believe that mental liberation is the key to unlocking our highest potential. By embracing critical thinking, mastering emotional intelligence, and adopting a fearless approach to life, we can redefine our reality and tap into a deeper sense of purpose.

Whether you're seeking clarity, inner strength, or a path toward self-mastery, I invite you to challenge your current way of thinking. Step outside the mental boundaries society has constructed and embrace the power of a liberated mind.

This book is not just about information—it's about

transformation.

Welcome to the journey.

— Mo Thompson

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INTRODUCTION: THE POWER OF FREETHINKING

The Collins English Dictionary defines a freethinker as "one who is mentally free from the conventional bonds of tradition or dogma and thinks independently." I would

expand on this definition by stating that a freethinker is someone who is fearless—a person unafraid to bet on themselves. As a teenager, I often used the phrase Dare to Be

Different, which I like to think I coined myself. Establishing a free and forward-thinking mindset in a tech- and social media-driven society can be a difficult challenge but is attainable. Our political affiliations, upbringing, religious views, and household demographics are major factors that shape our daily life decisions, often influencing our ability to think independently and break away from societal norms. The journey to developing a superior - freethinking

mind is similar to the intellectual pursuit of ancient Greek philosophers like Socrates, who questioned traditional religious teachings and sought rational explanations for the mysteries of the universe. These philosophers asked bold questions that many of us today are hesitant to voice for fear of backlash. During the pre-Socratic period, freethinkers relied heavily on scientific research, logic, and personal observations rather than divine authority. A true freethinker is mentally free from societal norms and conventional traditions. This does not mean abandoning spirituality or faith but rather embracing the courage to seek answers to difficult questions that help us better understand the world and, more importantly, ourselves.

A committed freethinker forms their beliefs through reason and critical analysis rather than blindly accepting societal norms, traditions, or authority—especially in areas like religion, ethnic beliefs, and politics. Contrary to common misconceptions, freethinking is not about rejecting your faith but rather about enhancing your understanding of yourself through mental enlightenment. This mindset unlocks our untapped intellectual abilities, abilities that often remain dormant due to fear and rigid thinking. By fostering a superior- freethinking mind, you will become a more composed, confident, and productive version of yourself. As Noam Chomsky, a renowned professor and freethinker, once said, "I was never aware of any other option but to question everything." Likewise, Marcus Garvey famously proclaimed, "Emancipate yourselves from mental slavery; none but ourselves can free our minds!" These words remind us that liberating our thoughts from oppressive ideologies is essential. Many historical figures exemplify the freethinker mentality, including Thomas Paine (father of the American Revolution), Iyanla Vanzant (Yoruba priestess), Neil deGrasse Tyson (astrophysicist and science

communicator), Nikola Tesla (inventor), and Warren Buffett (investor). Each of these individuals took risks, challenged societal norms, and bet on themselves—even when their choices were unpopular. A childhood memory that shaped my understanding of mental discipline was watching Bruce Lee's legendary martial arts performances. In the 1967 Long Beach International Karate Championships, Lee's mental and physical mastery was on full display. His now-famous one-inch punch sent an opponent flying into a seated position, and he performed pushups effortlessly on two fingers. Yet beyond his physical feats, Lee mastered freethinking—the ability to shape the world around him through a fearless and adaptable mindset. He famously said, "Be water, my friend." This philosophy teaches us to absorb what is useful, discard what is not, and make each belief and action uniquely our own. To achieve greatness, you must develop an unapologetic way of thinking—one that unlocks the full potential of your mind. As Socrates once stated, "I cannot teach anybody anything. I can only make them think." This book aims to do just that: to ignite the freethinker within you and encourage deep reflection on your life choices. Are you being true to yourself, or are you simply conforming to societal expectations? Do you take the "go along to get along" approach, or are you ready to cultivate a superior mindset—one that thrives in intellectual challenges and navigates life with clarity and purpose? If so, this book will guide you on a transformative journey toward mental ascension.

CHAPTER 1 LIVING LIFE, NOT JUST EXISTING

Phrases like "Live your life to the fullest," "Don't waste your life away," and "Life is for living" all share a common message: we should not walk through life on autopilot. Merely existing is not about accumulating material wealth, securing a career title, or amassing money in the bank. Instead, life should be about meaningful experiences and intentional living—not mindlessly adhering to societal routines. Viewing money, careers, and possessions as resources rather than as the ultimate measure of success allows you to think more clearly and begin breaking free from the "Matrix"-like cycles that keep you mentally confined. Living life rather than just existing means taking control—living by your own choices rather than allowing society to dictate your path. It means being courageous enough to be true to yourself, forging your own journey, and making fearless decisions. Life is full of crossroads, and choosing a path requires both awareness and self-trust. Maslow's Hierarchy of Needs, a psychological theory, suggests that humans are motivated by a progression of needs. Some key levels Maslow mentions are physiological needs, belongingness & love needs, and self-actualization. The hierarchy is often visualized as a pyramid, where physiological needs (food, water, quality of life, and rest) must be met before we can pursue higher aspirations. Though Maslow places self-actualization at the top of the pyramid, freethinkers often prioritize it above all else—valuing intellectual growth, creativity, and purpose over material concerns. Understanding this hierarchy allows us to

break free from societal expectations and live urgently—with intention and purpose.

When you are merely existing, life happens to you. But when you are truly living, your legacy begins, and you take control of your destiny. Keep in mind that our current and future needs will continue to shape our behavioral habits. The challenge is to determine which habits serve us and which hold us back. At this stage of becoming a true freethinker, it becomes even more urgent to outline your goals and pursue the dreams you were once too timid or afraid to engage in. You must adopt what I call an “Urgent Life” mindset. By embracing this approach, you remove procrastination, self-doubt, and fear from your life, operating with a heightened sense of urgency. While serving on various combat tours with the U.S. Army, I faced life-threatening events 24 hours a day. Being in a combat environment is a constant reminder that tomorrow is never promised. But you don’t need to be in a war zone to understand this truth. Too many people walk through life in a mental Matrix—on autopilot, simply getting through each day without true purpose. I often reflect on a scene from the movie *Troy*, starring Brad Pitt. In the film, Achilles’ mother presents him with two possible futures. If he chooses not to fight in the Trojan War, he will live a long life but be forgotten. However, if he follows his true destiny and fights, he will never return home—but his name will live on forever in history. In our modern, civilized world, we don’t face such extreme choices. But the lesson remains: whether you decide to embrace freethinking or remain bound by old patterns, the choice is yours. No matter what, you should always live an “Urgent Life” and refuse to let your gifts go to waste. Reflections

❑ What does living life to the fullest mean to you? Are you living with urgency or on autopilot?

❑ How can you apply the Urgent Life mindset to eliminate procrastination and self-doubt?

What small step can you take today?

CHAPTER 2 CHANGING THE WAY YOU THINK

Reflecting on my early childhood in central Mississippi, I remember a simple life shaped by strong religious beliefs, early marriages, and a focus on family. While there is nothing wrong with a traditional rural lifestyle, the freethinker within me longed for something beyond the controlled environment of the Bible Belt. Many around me—those who still reside there—don’t understand that this subtle form of control keeps freethinking suppressed because it is viewed as a social norm. So, how do we break free from years of tradition and heritage? How do we redefine our perspectives on morality, social norms, and personal growth without completely

alienating ourselves from those around us? The truth is that we cannot satisfy everyone's expectations and some won't relate at all. Knowing this, why not choose to live a more fearless, free-thinking life instead of playing it safe? Too often, people fall into the trap of the phrase "Go Along to Get Along." Changing the way you think starts with recognizing the influence of societal norms and family expectations. From an early age, these shape our beliefs, values, and definitions of success. They create implicit guidelines for our decisions— career paths, relationships, parenting styles, and social habits. These influences often cause us to unconsciously conform, leading us to replicate past trends and behaviors, even when they are unhealthy. Breaking the cycle requires courage and self-awareness. Think of it this way: If nature constantly adjusts a river's current to support life, why shouldn't we adjust our mental currents to support our own growth? Freethinking demands adaptability. Instead of remaining complacent simply because it feels safe, we must embrace change. Had I never left my small-town environment, I might have believed it was the center of the world. Exposure to different places and people broadened my perspective, allowing me to grow beyond my original surroundings. One of my favorite pastimes is watching documentaries about cosmic discoveries, world history, and military strategy. In one episode of *Cosmos*, I learned about Nicolaus Copernicus, the scientist who first proposed that the Earth orbits the Sun. For nearly 1,000 years, Aristotle's geocentric model of the universe was accepted as truth. Copernicus, fearing criticism from the Church and society, waited 28 years before publishing his theory in 1543—shortly before his death. Others who followed his ideas faced even harsher consequences, including Giordano Bruno, who was burned at the stake for promoting heliocentrism. This historical moment is a perfect example of how one-sided thinking stifles progress. Religious and political authorities resisted Copernicus' findings not because they lacked evidence but because they feared losing control over the masses. They maintained a Matrix-like environment, suppressing freethought altogether. When you strip away personal beliefs, religion is a system of control. It provides a moral compass, dictates social structures, and influences life decisions. The Church and political leaders feared that if people started thinking freely, chaos would ensue. As a result, they used threats of punishment to enforce obedience. Today, however, we have the freedom to choose our values, beliefs, and pursuits. Yet, despite having this freedom at no financial cost, many remain mentally confined. So, why don't more people embrace freethinking? The answer is fear—fear of change, of being different, and of alienating loved ones. However, as mentioned earlier, true freethinking requires comfort with adaptability. Removing complacency from your thoughts and habits is essential for intellectual and personal growth. This process has been central to my own journey of becoming a more keen freethinker. It may seem like a drastic transformation, but the only

real sacrifice is betting on yourself and uncovering your true self. You are not losing anything; you are shedding societal conditioning and outdated habits. Changing your thinking involves eliminating distractions (meditating), harnessing inner transformation (manifest), and aligning with your higher purpose (mecca). This journey starts with a mental reset—what

I call the 3Ms technique: Meditate, Manifest, and discovering your Mecca.

Reflections

🔍 What societal or family expectations have shaped your thinking? How have they influenced your decisions?

🔍 What steps can you take to challenge limiting beliefs and embrace a freer way of thinking?