

About the Author

Mo Thompson is a U.S. military veteran, author, and creator of the *Superior Mind* self-help series — a transformative body of work dedicated to mental liberation, emotional mastery, and spiritual elevation. After serving twenty years in the military and navigating the profound loss of his wife, Jennifer, Mo rebuilt himself through journaling, therapy, and a deep return to ancestral wisdom. His writing blends cinematic storytelling, Yoruba cosmology, and practical self-development, guiding readers through the inner architecture of awakening. With each book, Mo invites individuals to rise above limitation, reclaim their inner power, and step into the highest expression of themselves.

Superior Mind: Igoke — Ascension. Elevation. Transformation. is the fifth edition in the *Superior Mind* journey and the most spiritually expansive chapter of his work. Through this book, Mo continues to honor the people who shaped him — his late wife, his mother, his sister, and the inner circle of military friends who supported his evolution and encouraged him to turn pain into purpose. His mission is simple: to help others elevate their consciousness, transform their identity, and rise into the Superior Mind.

Dedication

To Jennifer — my late wife, my compass, my quiet strength. Your love shaped me. Your loss transformed me. Your memory fuels every page of this journey. Even in your absence, you continue to guide my rise. This book carries your light.

To my mother and my sister — the pillars who held me when life broke open. Your prayers, your presence, and your unwavering belief in me gave me the courage to rebuild myself from the inside out. You are the foundation beneath every step I take.

To my inner circle of military brothers and sisters — the ones who truly understand the man I've become. You saw the weight I carried. You witnessed the battles no one else could see. You allowed me to leave the

past in the past, yet use it as fuel to stay disciplined, focused, and driven. Your loyalty, your honesty, and your brotherhood helped shape the Superior Mind within me.

This book is for all of you — for the love that shaped me, the loss that refined me, and the circle that helped me rise. May these words honor your impact on my life and the ascension you helped me reach.

Preface

There are moments in life when the world forces you to stop. Moments when the noise of survival fades, and the truth you've been avoiding steps forward and introduces itself. For me, that moment wasn't gentle. It arrived through loss, through silence, through the kind of pain that strips a man down to his essence and asks him, *Who are you now?*

In that darkness, something ancient stirred. Not a voice, not a vision — a presence. A knowing. A reminder that the mind is not just a tool for thinking, but a gateway for rising. That was the beginning of my journey into what I would later call the Superior Mind — a way of living, thinking, and becoming that saved my life long before it became a philosophy.

But even then, I sensed there was a deeper root beneath everything I was learning — a spiritual architecture older than my grief, older than my discipline, older than my name. I didn't have the language for it yet. I didn't know the path. I only knew that something within me was rising, and it wasn't rising alone. Years later, standing on Yoruba soil in rural Ghana, I finally understood: *Igoke* — the principle of ascension, the upward movement of consciousness, the spiritual technology of rising.

Igoke “EE GO KEE” is not about climbing toward perfection. It is about returning to alignment. It is the recognition that elevation is not something you chase — it is something you *remember*. Something you activate. Something you allow. In Yoruba tradition, the mind is not separate from the spirit, and the spirit is not separate from destiny. Everything is connected. Everything is intentional. Everything is guided. When you rise, you rise with your ancestors, with your *Ori*, and with the wisdom encoded in your bloodline.

This book is the story of that rise. It is the bridge between the man I was and the man I became. It is the spiritual foundation beneath the Superior Mind philosophy. It is the path I walked — and the path I now offer to you.

You will not find empty motivation here. You will not find shortcuts or clichés. What you will find is truth — raw, ancestral, and transformative. You will learn how to elevate your mind through clarity, discipline, emotional alchemy, and spiritual alignment. You will learn how to listen to your *Ori* “OH REE,” how to honor your lineage, how to build relationships that elevate you, and how to create a life rooted in purpose instead of pressure. Most importantly, you will learn how to rise — not by force, but by design.

Igoke is the rise. The Superior Mind is the method. This book is the initiation.

Welcome to *Igoke: Yoruba Path to Mental Elevation*. Your ascension begins here.

CHAPTER 1 — The Path Begins: Awakening the Superior Mind

Opening Reflection — Where My Rise Truly Began

Every rise begins with a whisper.

Long before I understood *Igboke*, long before I studied the Yoruba concept of *Ori*, and long before I blended ancestral wisdom with the faith I chose as a man, I felt something shifting inside me — something ancient, something familiar, something that did not come from the world around me. It came from within. What I did not realize then was this: awakening does not begin with clarity. It begins with disturbance — a subtle friction between who you have been and who you are becoming, a quiet tension between your old identity and your emerging destiny. That whisper was the first sign that my spirit was preparing to rise.

The Intersection of Three Faiths — The Spiritual Architecture Beneath My Awakening

I was raised Southern Baptist — church on Sundays, gospel choirs, scripture, community, and the steady rhythm of Christian faith shaped my early worldview. In the mid-2010s, I made the conscious decision to embrace Islam, drawn to its discipline, clarity, devotion, structure, and the way it called me inward.

Two faiths. Two paths. Both teaching me to listen to the inner voice.

Then came Yoruba wisdom — not as a replacement, but as a revelation. A remembering. A return.

In Islam, the heart is the seat of understanding — the place where Allah places clarity and tranquility. In Yoruba cosmology, *Ori* is the divine consciousness: the inner head, the personal destiny, and the spiritual compass.

Different languages. Same truth: elevation begins inside.

Christianity taught me how to believe. Islam taught me how to discipline the self. Yoruba cosmology taught me how to understand destiny. Together, they formed the spiritual architecture of my rise — the awakening of the Superior Mind.

The Breaking Point That Became a Beginning

There was a season when everything familiar began to feel foreign. The routines I depended on no longer grounded me. The identity I carried no longer fit. The world around me kept moving, but something inside me had stopped — paused — waiting for me to listen.

I felt myself drifting between who I had been and who I was becoming. This was not depression. This was not confusion. This was transition — the spiritual kind.

Yoruba elders say, “When your *Ori* is ready to rise, your life will no longer tolerate who you used to be.” My discomfort wasn’t a breakdown; it was a calling. But I didn’t know that yet. All I knew was that something inside me was rearranging itself — quietly, steadily, intentionally.

The Subtle Shifts — When the Inner World Begins to Rearrange Itself

Awakening rarely announces itself. It arrives quietly, rearranging you from the inside out. I began noticing shifts that didn’t make sense at the time: silence became my sanctuary, noise felt heavy, stillness felt like truth, my sensitivity sharpened, my tolerance for superficiality evaporated, my intuition grew louder, discipline felt natural, my faith deepened, and my spirit felt restless — not anxious, but ready.

These were not personality changes. These were spiritual adjustments. My inner world was preparing for elevation.

The Moment of Recognition

There was a moment — quiet, unplanned, almost unnoticeable — when everything shifted. I realized my mind wasn’t breaking. It was awakening. The heaviness I felt wasn’t collapse; it was transformation. The silence wasn’t emptiness; it was instruction. The discomfort wasn’t punishment; it was elevation.

This realization changed everything. It was the first time I understood that the Superior Mind is not about thinking better — it is about becoming aligned.

Tap In — Your Awakening Has Already Begun

If you are reading this, you are not here by accident. Something in you is shifting. Something in you is rising. Something in you is remembering. Awakening is not dramatic; it is subtle, quiet, internal, and sacred. It is the moment when your spirit whispers, “It’s time.” Time to rise. Time to align. Time to become. Your rise has already begun.

CHAPTER 2 — The Call to Rise: Understanding Igoke

Opening Reflection — When Life Starts Asking You Bigger Questions

There comes a moment in every person’s life when the questions become louder than the answers — a moment when the routines you’ve mastered no longer satisfy the spirit you’re becoming, and life stops whispering and starts calling.

For me, that call had a name: *Igoke*.

Igoke did not arrive as a revelation. It arrived as pressure — a quiet, steady pull on my spirit. It was the feeling that something in me was rising, even though I could not yet explain why.

It was the same feeling I had when I transitioned from the Southern Baptist faith of my childhood into the disciplined, introspective path of Islam. Later, when Yoruba wisdom found me — not as a replacement, but as a missing piece — that same pull returned.

Christianity taught me how to believe. Islam taught me how to discipline the self. Yoruba cosmology taught me how to understand destiny.

Together, they formed the spiritual architecture of my rise.

But *Igoke* — *Igoke* was the moment that architecture began to activate.

A Personal Story — The Night Everything Shifted

There was a night — quiet, ordinary, and unremarkable on the surface — that changed everything.

I was sitting in my rocker chair in the backyard, the one place in my home that felt like a sanctuary. Tall privacy fencing wrapped around me like a cocoon. Large trees arched overhead, their branches swaying gently in the night breeze. Thick vegetation framed the yard, giving it the feel of a hidden nature retreat tucked inside the city.

Above me, the sky was wide open — a canvas of stars scattered across the darkness.

I leaned back, rocking slowly, letting the night hold me.

No music. No phone. No distractions. Just me, the trees, and the sky.

It was the kind of silence that feels intentional.

As I stared upward, something in me felt unsettled — not in a painful way, but in a purposeful one. It felt as if my spirit was pacing, as if something inside me was trying to rise but did not yet have language.

I tried to shake it off. I rocked a little faster, took a deep breath, and looked away from the sky.

But the feeling didn't leave.

It grew.

It felt like the night itself was leaning in — like the stars were watching, like the air had shifted.

Then, without warning, a thought rose in my mind with a clarity I couldn't ignore:

“You're not living at the level you were created for.”

It wasn't self-criticism. It wasn't guilt. It wasn't pressure.

It was truth.

A truth that felt older than me. A truth that felt as if it came from the same place my prayers came from. A truth that felt as if it came from my *Ori* — my inner head, my divine consciousness.

Sitting under that sky, surrounded by trees and silence, I felt something stand up inside me.

That night, I didn't rise physically. But spiritually, something shifted.

That was the beginning of *Igoke*.

What Igoke Really Means

In Yoruba cosmology, *Igoke* means “to rise,” “to ascend,” or “to move upward.”

Spiritually, it means something deeper:

- rising into your destiny
- rising into your clarity
- rising into your character
- rising into your purpose
- rising into your higher self

Igoke is not about climbing socially. It is about elevating spiritually.

It is the moment when your *Ori* — your divine consciousness — begins to guide your steps with more authority than your fears, your past, or your environment.

Igoke is the upward movement of the soul.

It is the spiritual technology of rising.

The Intersection of My Faiths — How Igoke Found Me

My spiritual evolution didn’t happen in a straight line.

I grew up Southern Baptist, learning scripture, community, and the emotional depth of Christian worship. In my adult years, I embraced Islam, drawn to its discipline, devotion, structure, and emphasis on inner purification.

Then Yoruba wisdom entered my life — not as a contradiction, but as a confirmation.

Christianity gave me faith. Islam gave me structure. Yoruba cosmology gave me identity.

I didn’t abandon anything. I expanded.

I didn’t switch paths. I elevated.

I didn’t lose my foundation. I built a higher floor on top of it.

Igoke was the moment all three paths aligned.

The Call to Rise — How Igoke Shows Up in Your Life

Igoke rarely arrives with complete clarity. More often, it arrives through disruption.

Here's how the call to rise usually begins:

1. **You feel a pull you can't explain.** Something inside you wants more — not materially, but spiritually.
 2. **Your old life stops fitting.** The habits, environments, and relationships that once felt comfortable now feel restrictive.
 3. **You start questioning everything.** Not out of doubt — out of awakening.
 4. **Your spirit becomes louder than your circumstances.** You feel guided, even when you don't know where you're going.
 5. **You feel both excitement and fear.** Because elevation always requires leaving something behind.
- These are not random emotions. These are the early signs of *Igoke*.

The Psychology of Rising — What Happens in the Mind

From a psychological perspective, the call to rise looks like this:

- increased introspection
- heightened emotional awareness
- desire for solitude
- discomfort with stagnation
- craving purpose and clarity
- loss of interest in distractions
- a shift from external validation to internal truth

Your mind begins reorganizing itself for a higher level of functioning.

This is the Superior Mind in its early formation.

The Spiritual Mechanics of Igoke — What Happens in the Soul

In Yoruba cosmology, *Igoke* is not just mental — it is spiritual.

When your *Ori* calls you upward:

- your intuition sharpens
- your dreams become clearer
- your emotions intensify
- your energy becomes sensitive

- your ancestors draw closer
- your path begins to rearrange itself
- your spirit becomes restless until you move

This is not coincidence. This is alignment.

Guide Section — How to Know Igoke Is Calling You

If you are reading this and wondering whether you are in your own rise, here are the signs:

1. **You feel “in between” versions of yourself.** You’re not who you were, but not yet who you’re becoming.
2. **You’re losing interest in things that once defined you.** Your spirit is outgrowing your old identity.
3. **You’re drawn to deeper conversations, deeper truths, deeper living.** Surface-level life no longer satisfies you.
4. **You feel guided — even if you can’t explain by what.** Your *Ori* is speaking.
5. **You feel a quiet courage forming inside you.** Not loud. Not aggressive. Just steady.

These are the fingerprints of *Igoke*.

The First Step of Rising — Surrendering the Old Self

Every elevation requires release.

You cannot rise while holding on to:

- old habits
- old fears
- old identities
- old wounds
- old expectations
- old versions of yourself

Igoke begins the moment you stop resisting who you are becoming.

Closing Reflection — The Rise Has Already Begun

Igoke is not a destination. It is a direction. A movement. A shift.

It is the moment when your spirit whispers, **“There is more for you.”**

And even if you don’t know where the path leads yet, the fact that you feel the pull means you’ve already stepped onto it.

Your rise has already begun.