

Lesson 10: How Do You Become Cognitively Sovereign?

The goal is neither obedience nor rebellion. It is governing your own mind.

The Beginner's Investigation · Lesson 10 of 10

The Big Idea

Cognitive means relating to thinking. **Sovereignty** means having authority over yourself. **Cognitive sovereignty** means learning to govern your own thinking.

Two Mistakes to Avoid

Mistake #1	Mistake #2
Believing the official story just because an authority said it	Believing an alternative story just because it sounds rebellious

Both are forms of dependence. The goal is neither obedience nor rebellion.

What It Sounds Like

When You Hear...	You Respond...
"This is what happened."	"Show me the evidence."
"Everyone knows this."	"How do we know?"
"That's just the way things are."	"Who made the rules?"
"You're either with us or against us."	"I'm going to investigate for myself."

The Real Lesson

The purpose isn't to make you hate school, hate America, hate any group of people, or distrust every teacher. Those conclusions would just be another form of programming. The purpose is more demanding: learn how systems work, how stories are built, how incentives and power move, and how evidence is weighed. Then make your own judgment.

Your New Rule

1. How do I know?
2. Who decided?
3. What evidence supports it?
4. What evidence contradicts it?
5. Who benefits?
6. What should I do with what I've learned?

Use *The Investigation Method* to put these questions to work on anything.

Final Project

Take one commonly accepted claim and investigate it from beginning to end using the six steps. Write down what you expected to find — and what you actually found.

Don't take our word for it. Investigate.