

FREEDOM -EXPANDED-

Book 2 – The Transformation

Freedom Expanded is an elaboration by Jeremy Griffith on the breakthrough biological explanation of the human condition that he presents in his main book, *FREEDOM: The End Of The Human Condition*.

Freedom Expanded comprises two books: *Book 1* which focuses on the biological explanation of the human condition; and *Book 2* which focuses on how that explanation is able to transform the human race.

www.HumanCondition.com

"I have no doubt this biological explanation of the human condition is the holy grail of insight we have sought for the psychological rehabilitation of the human race."

Professor Harry Prosen, former president of the Canadian Psychiatric Association, from Part 2

BLANK PAGE

FREEDOM -EXPANDED-

Book 2 – The Transformation

Jeremy Griffith

Freedom Expanded is an elaboration by Jeremy Griffith on the breakthrough biological explanation of the human condition that he presents in his main book, *FREEDOM: The End Of The Human Condition*.

Freedom Expanded comprises two books: *Book 1* which focuses on the biological explanation of the human condition; and *Book 2* which focuses on how that explanation is able to transform the human race.



Freedom Expanded: Book 2 – The Transformation, by Jeremy Griffith

Published by WTM Publishing and Communications Pty Ltd (ACN 103 136 778)
First published in Australia 2009

Minor Additions and Editing July 2020



All enquiries to:

WORLD TRANSFORMATION MOVEMENT®

Email: info@worldtransformation.com

Website: www.humancondition.com or www.worldtransformation.com

The World Transformation Movement (WTM) is a global not-for-profit movement represented by WTM charities and centres around the world.

ISBN 978-1-74129-012-7

CIP – Biology, Philosophy, Psychology, Health

COPYRIGHT NOTICE

This book is protected by Australian copyright laws and international copyright treaty provisions. All rights are reserved. No part of this book may be reproduced by any process without written permission from the copyright owner. The moral rights of the authors Jeremy Griffith, Tim Macartney-Snape, Harry Prosen, Prue Westbrook, James West, Stacy Rodger, Genevieve Salter, Sam Belfield, Annie Williams, Tony Gowing, Susan Armstrong, John Biggs, Doug Lobban, Nick Shaw, Neil Duns, Tony Miall, Anthony Landahl, Pete Storey, Prue Watson, Monica Kodet, Anthony Clarke, Polly Watson, Connor Fitzgerald and Sally Edgar are asserted.

Freedom Expanded copyright © Fedmex Pty Ltd (ACN 096 099 286) 2009-2020.

The drawings and charts by Jeremy Griffith, copyright © Fedmex Pty Ltd (ACN 096 099 286) 1977-2020.

Trade marks: WORLD TRANSFORMATION MOVEMENT, WTM, the arms-raised man before the rising sun logo, Foundation for Humanity's Adulthood, FHA and the Foundation for Humanity's Adulthood logo are registered trade marks of Fedmex Pty Ltd (ACN 096 099 286).

Cover computer graphic by Jeremy Griffith, Marcus Rowell and Genevieve Salter, copyright © Fedmex Pty Ltd (ACN 096 099 286) 2009.

Edited by Fiona Cullen-Ward.

Typesetting: designed by Jeremy Griffith, set by Lee Jones, Sam Belfield & Brony FitzGerald. Font: Times; main body text: 12pt on 15pt leading; quote: 10pt bold; quote source: 9pt; comment within a quote: 11pt; digits and all caps text: 1-2pts smaller than body text. For further details about the typesetting, styles and layout used in this book please view the *WTM Style Guide* at www.humancondition.com/style-guide.

Freedom Expanded is dedicated to the future of the human race by the World Transformation Movement's founding members: Annabel Armstrong, Susan Armstrong, Sam Belfield, John Biggs, Richard Biggs, Anthony Clarke, Lyn Collins, Steve Collins, Lachlan Colquhoun, Eric Crooke, Emma Cullen-Ward, Fiona Cullen-Ward, Anthony Cummins, Neil Duns, Sally Edgar, Anna Fitzgerald, Brony FitzGerald, Connor FitzGerald, Tony Gowing, Jeremy Griffith, Simon Griffith, Damon Isherwood, Felicity Jackson, Charlotte James, Lee Jones, Monica Kodet, Anthony Landahl, Doug Lobban, Tim Macartney-Snape, Simon Mackintosh, Katrina Makim, Sean Makim, Manus McFadyen, Ken Miall, Tony Miall, Rachel O'Brien, James Press, Stacy Rodger, Marcus Rowell, Genevieve Salter, Will Salter, Nick Shaw, Wendy Skelton, Pete Storey, Ali Watson, Polly Watson, Prue Watson, Tess Watson, Tim Watson, James West, Stirling West, Prue Westbrook and Annie Williams.

Contents

Book 2 – The Transformation of the Human Race

PAGE

Section 1 An 8-minute Introduction, followed by Q&As.....	by Jeremy Griffith... 13
1:1 8-minute Introductory Video.....	13
1:2 Beethoven's rendition of the triumphant TRANSFORMATION of the human race	16
1:3 Commendation from former President of the Canadian Psychiatric Association	17
1:4 What exactly is the human condition?	20
1:5 Are you sure Beethoven's <i>Ninth Symphony</i> chorus is about the human condition?	26
1:6 Isn't the destruction of the environment the urgent issue we have to address?.....	29
1:7 Can you give me a very quick summary of the explanation of the human condition?..	31
1:8 How does this liberate a criminal or a drug addict, and does it condone criminal behaviour?	34
1:9 But how is having the human condition explained supposed to suddenly TRANSFORM my life and everyone else's?.....	35
1:10 Is this another religion?	38
1:11 Are you saying religions are going to be obsoleted?.....	39
1:12 Why will everyone in the world adopt the TRANSFORMED WAY OF LIVING?.....	41
1:13 Isn't discussion of the human condition going to be unbearably confronting?.....	44
1:14 Since the human condition is an unbearable subject to think about how did you manage to find understanding of it?	51
1:15 How can I become involved?.....	55
Section 2 The Transformation of the Human Race	by Jeremy Griffith... 61
2:1 The TRANSFORMED LIFEFORCE STATE	61
2:2 The TRANSFORMED LIFEFORCE STATE metamorphoses the human race	67
2:3 How the TRANSFORMED LIFEFORCE STATE will quickly repair the world.....	74
Section 3 Affirmations of the Transformed Liferforce State	81
3:1 Prue Westbrook	81
3:2 James West	86
3:3 Stacy Rodger	92
3:4 Genevieve Salter	96
3:5 Sam Belfield	98
3:6 Annie Williams	114
3:7 Tony Gowing.....	117
3:8 Susan Armstrong.....	122

3:9	John Biggs	131
3:10	Doug Lobban.....	144
3:11	Nick Shaw	150
3:12	Neil Duns.....	165
3:13	Tony Miall	170
3:14	Anthony Landahl	173
3:15	Pete Storey.....	179
3:16	Prue Watson.....	181
3:17	Monica Kodet.....	184
3:18	Anthony Clarke	188
3:19	Polly Watson	192
3:20	Connor Fitzgerald	195
3:21	Sally Edgar	204
3:22	The Denialators' song lyrics	211
Section 4 Membership of the World Transformation Movement.....		213
4:1	'The vision splendid'	by Jeremy Griffith 213
4:2	The TRANSFORMATION of the world	by Jeremy Griffith 225

BLANK PAGE

Notes to the Reader

- While Jeremy Griffith's 2016 book *FREEDOM: The End Of The Human Condition* is the main presentation of his breakthrough biological synthesis on the human condition, and the resulting transformation of the human race, *Freedom Expanded: Books 1 & 2* present the expanded account of Jeremy's insights.
- *Freedom Expanded: Books 1 & 2* are freely available to be read, printed or downloaded at <www.humancondition.com/freedom-expanded>. For printing and binding suggestions for your copies of *Freedom Expanded: Books 1 & 2*, see <www.humancondition.com/free-to-read-print-bind>.
- Other books by Jeremy Griffith referred to in this presentation, including *FREEDOM*, are freely available to be read, printed or downloaded from the World Transformation Movement's (WTM) website at <www.humancondition.com/publications>. Alternatively, copies can be purchased from good bookshops or online booksellers such as Amazon.
- The WTM also has 'Freedom Essays' which provide an easy way to access these world-saving understandings in wonderfully illustrated bite-sized portions. These are freely available at <www.humancondition.com/freedom-essays>. You can also listen to them as audios.
- The WTM also provides a number of introductory and other videos that discuss both the biological explanation of the human condition and the resulting transformation of the human race. These can be freely viewed and/or downloaded at <www.humancondition.com>. We highly recommend you start with *THE Interview That Solves The Human Condition And Saves The World!* at <www.humancondition.com/the-interview>.
- The WTM has a Frequently Asked Questions facility on our website at <www.humancondition.com/frequently-asked-questions>, and we very much welcome your further Questions and Feedback at <www.humancondition.com/contact>. With the understanding of the human condition finally found, the horizons that now open up for the human race are absolutely boundless, and immensely exciting—so find out what others are thinking and doing and become involved by visiting <www.humancondition.com/community> and help bring about the now urgently needed transformation of the world.
- There is no index in *Freedom Expanded* because both books can be freely accessed at <www.humancondition.com/freedom-expanded> and any word or phrase easily searched electronically.

- Unlike most books, there is no bibliography at the conclusion of either book because the source is provided in small text at the end of each quote, so the reader can immediately see when, where and by whom the quote was made—it is particularly interesting to see how much knowledge has emerged in only the last 150 years. Also, rather than give the particular edition and/or publisher of the book that the quote comes from, the page number where the quote appears and the total number of pages of the particular edition used for the source is provided. This enables the reader to find the comparative place of the quote in any edition.

www.humancondition.com

BLANK PAGE

Book 2

The Transformation of the Human Race

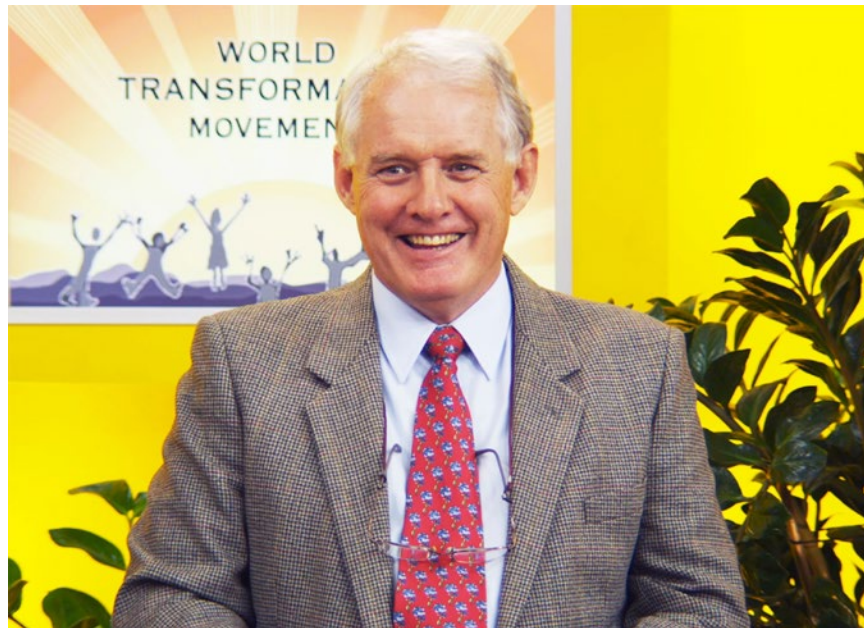
Please note, the following presentation incorporates the expanded transcripts of the 2011 'Jeremy Answers Questions' videos that appear on the World Transformation Movement's website at <www.humancondition.com/2011-jeremy-answers-questions>. All the Affirmations that are presented can be viewed on our WTM's Transformation Page at <www.humancondition.com/affirmations>.

Section 1

8-minute Introduction, followed by Questions & Answers

by Jeremy Griffith

Section 1:1 8-minute Introduction — how the World Transformation Movement transforms the world



Welcome to the World Transformation Movement (WTM). My name is Jeremy Griffith. I'm an Australian biologist.

How, you may well ask, is the World Transformation Movement going to TRANSFORM *your* life, and not only your life but the lives of every human on Earth—and in so doing TRANSFORM the world? The answer is by solving the underlying, real, core problem in all of human life of *the human condition*.

Very briefly, the human condition arises from our species' capacity for what has been called 'good and evil'. Humans are capable of great kindness, empathy and love, but we are also capable of horrific atrocities like rape, murder and torture. Our human predicament or 'condition' has been that because we have never before been able to explain and thus understand where our species' capacity for acts of shocking inhumanity comes from we each carry a deep, now almost subconscious, insecurity and sense of guilt about our value and worth as humans. Are we good or are we bad? Even in our everyday behaviour, why are we humans competitive, aggressive and selfish when clearly the ideals of life are to be the complete opposite, namely cooperative, loving and selfless?

I know we are sometimes told that humans are wired this way—that we are competitive, aggressive and selfish because of our animal heritage; that we have savage animal instincts that make us fight and compete for food, shelter, territory and a mate. But that’s just the excuse we have had to use until we found the *real* reason for our divisive behaviour. For a start, it conveniently overlooks the fact that our human behaviour involves our unique fully conscious thinking mind. Descriptions of our behaviour, such as egocentric, arrogant, deluded, optimistic, pessimistic, artificial, hateful, mean, immoral, guilty, evil, depressed, inspired, psychotic, alienated, all imply a consciousness-derived *psychological* dimension to *our* behaviour. *And*, secondly, it overlooks the fact that we humans have altruistic, cooperative, loving *moral instincts*—what we recognise as our ‘*conscience*’—and these moral instincts in us are *not* derived from reciprocity, from situations where you only do something for others in return for a benefit from them, as evolutionary psychologists would have us believe. And nor are they derived from warring with other groups of humans as advocates of E.O. Wilson’s theory of Eusociality would argue. No, we have an *unconditionally* selfless, *fully* altruistic, *truly* loving, *universally*-considerate-of-others-not-competitive-with-other-groups, *genuinely* moral conscience. So yes, the *real* issue—the psychological problem in our thinking minds that we have suffered from—is the dilemma of our *human condition*, the issue of our species’ good-and-evil-afflicted, less-than-ideal, imperfect, even ‘fallen’ or corrupted, state. We humans suffer from a consciousness-derived, *psychological* HUMAN CONDITION, *not* an instinct-controlled animal condition—it is unique to us fully conscious humans.

And the truth is, we humans have always intuitively known that the real problem we have to address and understand about ourselves is the human condition—the difficulty, however, has been that unable to explain the dark side of ourselves we have coped by living in almost complete denial of the issue, by blocking it out of our mind, because to think about it was too depressing and, until now, an answerless and thus futile exercise. Indeed, I have heard the human condition described as ‘**the personal unspeakable**’ and ‘**the black box inside of humans that they can’t go near**’, which gives you some indication of just how traumatic a subject it has been for us.

What has occurred to completely change this situation is that through the advances that have been made in science, specifically about the different ways the gene and nerve based learning systems process information, it is now possible for this fearful, historically unbearable, deepest and darkest, previously off-limits issue of the human condition to finally be explained and understood. We can now at last explain WHY we humans have not been ideally behaved; to use religious terms, we can finally explain the origin of ‘sin’. And what is so wonderful—in fact, SO wonderful it will TRANSFORM your life and the lives of all humans—is that the explanation is *compassionate*. It explains that there has been a *very good reason* for why we humans have not been ideally behaved. It is an explanation that completely dignifies and redeems us. It reconciles the opposites of good and evil in our natures and, by doing so, makes us whole. The great psychoanalyst Carl Jung was forever saying that ‘**wholeness for humans depends on the ability to own their own shadow**’ because he recognised that ONLY by finding understanding of the dark side of ourselves could we be made ‘**whole**’—and,

as incredible a claim as it is, it is that all-liberating and all-reconciling and all-redeeming and all-healing—and thus all-TRANSFORMING—biological *understanding* of our imperfect human condition that is presented here. (Note, an abridged version of this biological explanation of the human condition is presented here in Section 1:7; the full explanation appears in *Freedom Expanded: Book 1*.)

Yes, that greatest of all days in our human journey of conscious thought and enquiry—in fact, the day we have lived in **‘hope and faith and trust’** would one day come—when biology would *finally* be able to explain the psychological origins of our species’ deeply troubled predicament or condition has now arrived. And it is in the nick of time, for there can be no doubt that our world *is* in desperate straits, and, as a result, all manner of superficial treatments of our distressed human situation now proliferate, *but superficial treatments won’t solve the problem*. Socialist, politically-correct, left-wing dogmatic insistence on ideal behaviour—or one of those think-positive, motivational ‘New Age’ courses; or stop-your-mind-thinking meditation; or even one of the more recent just-transcend-your-ego fads—were *never* going to bring real and lasting peace and happiness to humans. *Only* ameliorating understanding of the human condition could, and now does, achieve that.

In fact, solving the underlying problem in all of human life of the human condition brings about such an incredible TRANSFORMATION in humans that you, and everyone else in the world, will be taken from an effectively dead existence—and in truth, as we are going to see, *all* humans’ lives have been so horribly oppressed by the agony of the human condition that they have been effectively dead—to an existence that is utterly alive, enthralled with all of life and drenched with excitement about what is going to occur now; actually, what is *already* occurring, because if you read the Affirmations in Section 3 of this presentation (or watch them at <www.humancondition.com/affirmations>) you will hear from people whose lives have been TRANSFORMED by understanding of the human condition, like Neil Duns, who says, **‘The freedom this brings is like nothing humans have ever experienced’**; and Stacy Rodger, who says, **‘This is all that we have ever, ever wanted’**; and Doug Lobban, who says, **‘I am just so excited, I can’t sleep, I am about to burst’**; and Tony Gowing, who says, **‘This is like seeing the world for the first time, it’s like waking up from a nightmare, it’s like 100 tonnes being lifted off your shoulders’**; and John Biggs, who says, **‘The relief and through-the-roof excitement that flows through your veins is incredible...It is beyond comprehension how much wonder and fun and excitement and happiness the human race has coming.’**

Yes, this is the most exciting moment in human history when humanity is finally liberated from the agony of the human condition and TRANSFORMED to an utterly magnificent, human-condition-free existence.

Indeed, to introduce the next Q&A Introductory Video to the World Transformation Movement I will play the most esteemed, the most highly regarded piece of music ever written, because I think it provides the most powerful illustration possible of how fabulously TRANSFORMING of *your* life—and of *everyone’s* life—the finding of understanding of the human condition is. (At this point in the video presentation, a brief extract from Beethoven’s *Ninth Symphony* is played.)

Questions & Answers

by Jeremy Griffith

Section 1:2 Beethoven's rendition of the triumphant TRANSFORMATION of the human race

Just how fabulously TRANSFORMING the finding of understanding of the human condition is going to be for your life, and the lives of everyone else, can be most quickly illustrated by listening to the most esteemed piece of music ever written—indeed, it was chosen by the EU, the European Union, as its anthem. It is the climax from the chorus to Beethoven's *Ninth Symphony* (composed by Ludwig van Beethoven in 1824).

(To hear a rendition go to: <<https://www.youtube.com/watch?v=-mvutiDRvQ>>. The one-minute compilation that is played in this video is an extract of this recording and contains music taken between the 3:40 to 4:30 minute mark, and the 5:56 to 6:10 minute mark.)

All humans can relate to that piece of music—a chorus of human voices rising to a crescendo of excitement over a glorious, culminating, victorious breakthrough in the human journey. It's an expression of immense jubilation about a fabulous time of triumph and relief, a time, in fact, when the human race is finally liberated from the agony of the human condition—as the words sung in the chorus of voices we just heard actually proclaim: **'Joy', 'Joyful, as a hero to victory!', 'Join in our jubilation!', 'We enter, drunk with fire, into your [understanding's] sanctuary...Your magic reunites...All men become brothers...All good, all bad...Be embraced, millions! This kiss for the whole world!'** (Lyrics from Friedrich von Schiller's 1785 poem *Ode to Joy*, Accessed 31 Jan. 2011 at: <[https://en.wikipedia.org/wiki/Symphony_No._9_\(Beethoven\)](https://en.wikipedia.org/wiki/Symphony_No._9_(Beethoven))>).

These lyrics reflect an anticipation of a fabulous time when all humans will be **'drunk with fire'**, in a state of absolute **'Joy'** and **'jubilation'**, when **'the kiss'** of the liberating, all-redeeming, all-uplifting, all-healing and all-TRANSFORMING understanding of the human condition is finally found to **'reunite'** **'all'** people, both the **'good'** and the **'bad'**—the time when we are at last able to reconcile our capacities for 'good and evil' with compassionate understanding. As has been explained, the issue of **'good'** and **'bad'** in the human make-up is the issue of the human condition.

Indeed, since the issue of the human condition has been such a fearfully depressing, unfrontable and off-limits subject the fact that I'm talking about it so openly and freely gives you some indication already that understanding of it must have at last been found.

So, again, what I'm talking about is not another of those futile, mindless, reality-denying, let's-pretend-the-human-condition-doesn't-exist, pseudo idealistic, socialist, politically-correct, left-wing, dogmatic demands for utopia; or, for that matter, another of those superficial, think-positive, motivational, so-called 'New Age' treatments of our human situation that can't and don't last, but a profound addressing and permanent resolution of the underlying *cause* of our species' immensely troubled, good-and-evil-afflicted, core problem of our human condition. No, this is not another deluded dream of utopia but a *real event* that all humans have hoped would one day arrive, the time when **'the whole world'** will, as Beethoven's symphony anticipated, **'enter, drunk with'** the **'fire'** of **'joyful'** **'jubilation'** **'into'** the **'sanctuary'** of a human-condition-reconciled

world where ‘all’ people, both the ‘good’ and the ‘bad’ will at last be permanently ‘reunite[d]’ with each other—and with their true self; as Jung said, made ‘whole’ again.

Wow, so this is the breakthrough of breakthroughs that the whole human race has been waiting for? Yes, this is the most exciting moment in human history when we can at last make sense of our existence and genuinely and permanently heal our troubled souls. It is the moment when the ancient, debilitating black shadow of the so-called ‘burden of guilt’ of the human condition is finally lifted from the shoulders of the human race and all humans are welcomed back into an ideal state—or, to use religious terms, welcomed back into ‘God’s fold’. Our species’ ‘banish[ment]...from the Garden of Eden’ (Gen. 3:23) of a pre-human-condition-afflicted, original innocent state has ended because we have finally found understanding of WHY the human race lost its innocence, became corrupted, ‘fell from grace’ (derived from the title of Gen. 3, ‘The Fall of Man’).

The lifting of that dark shadow of the human condition opens up an absolutely glorious and wondrous world for us all. It is as if humankind has been living in a world of terrible darkness and a door has opened up to allow the light of redeeming and rehabilitating understanding to flood in and sweep all that darkness away forever.

Yes, we are talking about that time humans have, for example, prayed for when they recited *The Lord’s Prayer*, the time when ‘**Your Kingdom come[s]**’—in other words, when the ideal state of a human-condition-reconciled, healed, peaceful, all-loving world would finally re-emerge—and, given the plight of the world, this great culminating breakthrough in the human journey comes not a moment too soon!

And I should immediately say that this ‘**drunk-with-fire**’-state-of-excitement that now comes to the human race is not something that will take generations to come into effect—it is here right now for you and for everyone else in the world to access.

Through answering a series of questions from viewers on Skype and in this audience I will now explain how finding first-principle-based, scientific, biological understanding of the human condition actually and immediately brings about this incredibly exciting TRANSFORMATION of not only your life but *everyone’s* lives.

Section 1:3 Commendation from former President of the Canadian Psychiatric Association


Before taking questions, and to support the assertion that what is to be presented is the all-liberating and all-TRANSFORMING breakthrough understanding of the human condition that science has at last made possible, I would like to include an evaluation of the significance of this explanation of the human condition that was given by Professor Harry Prosen, one of the world’s leading psychiatrists.

Firstly, however, to context Professor Prosen’s association with these understandings, I should give a very brief description of the World Transformation Movement, and also briefly introduce myself. In 1983, almost 30 years ago now in 2011, I established what is now called the World Transformation Movement (WTM), basically because no one was addressing what I could see was the all-important issue of the human condition. The WTM is a non-profit

organisation with the aims, as our Memorandum of Association states, of ‘understanding the human condition’ and ‘ameliorating the human condition’. The WTM is based in Sydney where we have a long-standing foundation membership of some 50 individuals supporting the activities of the WTM on a full time basis.



Founding members of the World Transformation Movement, Sydney, December 2008



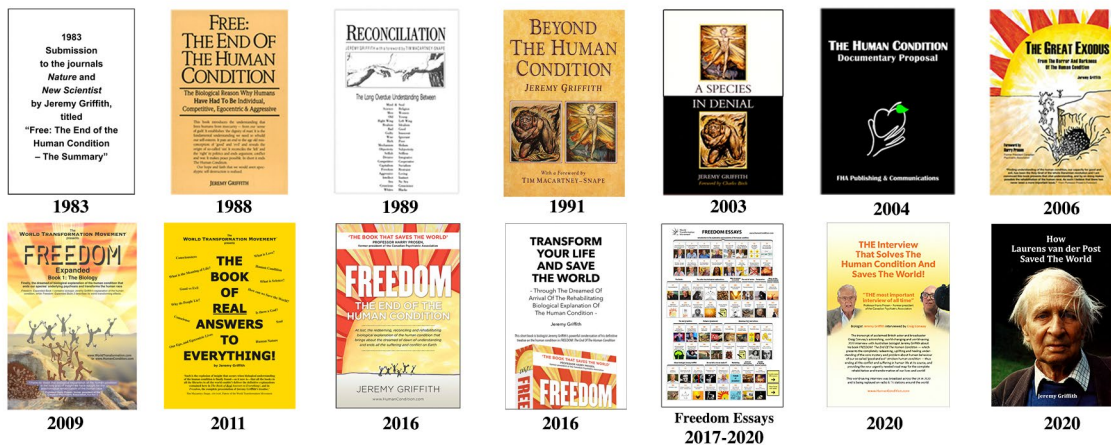
World Transformation Movement

www.humancondition.com
Email info@worldtransformation.com

[f/worldtransformationmovement](#) [@world_transform](#)

The World Transformation Movement (WTM) is a global not-for-profit movement represented by WTM charities and centres around the world

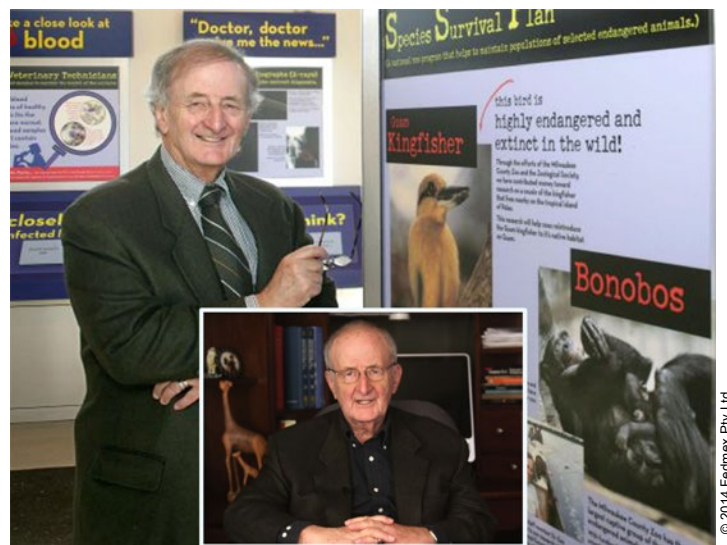
Finally, the dreamed-of biological explanation of the human condition that ends our species' underlying psychosis and transforms the human race.



Published writings by Jeremy Griffith
(All these publications are freely available on the WTM website to be read or printed.)

Since the establishment of the WTM I have written many books and publications about the human condition, the best known of which is my 2003 book *A Species In Denial*, which has become a bestseller in Australia and New Zealand. In 2004 the WTM began an undertaking to make a documentary about the human condition. The detailed proposal I wrote for the documentary, which contains all the concepts that appear in *Freedom Expanded: Book 1*, received commendations from over 100 of the world's leading scientists and thinkers, including the physicist Professor Stephen Hawking and Nobel Laureate Professor Charles Townes. (These commendations can be viewed at <www.humancondition.com/DocoResponses>). Professor Prosen was one of those scientists who responded enthusiastically to the documentary proposal when it was sent to him in 2004, and he has since visited the WTM in Australia.

Harry Prosen is a professor of psychiatry who has worked in the field for over 50 years, including chairing two departments of psychiatry and serving as president of the Canadian Psychiatric Association. Professor Prosen was recently appointed one of 500 Specially Selected Distinguished Life Fellows of the American Psychiatric Association. He is also psychiatric consultant to the Bonobo Species Preservation Society. In fact, to listen to a brief 2012 radio interview of Professor Prosen talking about his amazing psychiatric work with bonobos, click on Professor Prosen's photo on his Wikipedia page. What follows is what Professor Prosen said via Skype to WTM Patron Tim Macartney-Snape in the introduction to the biology that is presented in Part 2:2 of *Freedom Expanded: Book 1*.



Professor Prosen:

'Thank you Tim, it's nice to be with you all in Australia. I have been a student of psychiatry for *many* years. What I have to tell you is that I have no doubt this biological explanation of Jeremy Griffith's of the human condition is the holy grail of insight we have sought for the psychological rehabilitation of the human race. I cannot urge you strongly enough to listen to what Jeremy Griffith has to explain. My message is as simple as that. This is all so exciting; I'm quite overwhelmed to be here on Earth when these answers are finally found. Thank you for the opportunity to speak with you.'

Jeremy Griffith:

Yes, this *is* the most ‘exciting’ moment in human history when, through the advances that have been made in science, the human condition can at last be explained and, as a result, ‘the psychological rehabilitation of the human race’ can begin—the time when *all* humans can be TRANSFORMED from living in what *has* in truth been an extremely human-condition-afflicted, struggling-to-keep-going, in fact effectively dead existence, to instead revelling in a state of immense human-condition-free excitement and happiness—the time when *all* humans are going to enter a TRANSFORMED existence where they will be, as Beethoven’s symphony anticipated, ‘drunk with fire’, overwhelmed with excitement.

From this point on this transcript of the 2011 ‘Jeremy Answers Questions’ video will progress via a series of questions and answers.

Section 1:4 What exactly is the human condition?

QUESTION: You spoke of humans being horrifically oppressed by the agony of the human condition and that being free of that condition is what TRANSFORMS us, but I’m not sure what, or at least I’m not relating to what, the human condition actually is.

ANSWER: It’s true—few people even know what the term ‘human condition’ actually means, or even that it exists, let alone that it is the underlying, core, *real* problem in human life. But, as mentioned, there is a *very* good reason for this: thinking about the issue of the human condition has been far too depressing. In fact, the human condition has been such a fearfully depressing subject we humans spend most of our time just making sure we avoid any encounter with the damn thing. Indeed, we only ever mentioned the term ‘human condition’ when we were being really profound, and even then it sent shivers down our spine.

So yes, what *exactly* is the human condition? As I summarised earlier, the human condition arises from the existence of so-called ‘good and evil’ in our make-up. We humans are capable of shocking acts of inhumanity like rape, murder and torture and our agonising predicament or ‘condition’ has been that we have never been able to explain and thus understand why. Even in our everyday behaviour, why are we competitive, aggressive and selfish when clearly the ideals of life are to be the complete opposite, namely cooperative, loving and selfless?

This predicament or ‘condition’ of not being able to understand ourselves meant that the more we tried to understand ourselves—that is, the more we tried to think about this obvious and most important question about human behaviour of why is it so imperfect—the more depressed our thoughts became. Clearly, to avoid becoming suicidally depressed, we learnt—and learnt very early on in our lives—not to allow our minds to go on that thought journey. We learnt to totally avoid the whole depressing subject of the human condition.

Certainly—and quite understandably given how guilty we have felt about our seemingly imperfect behaviour—we invented excuses for being competitive, aggressive and selfish. As I mentioned, the main excuse we have used is to say we have savage animal instincts that make us fight and compete for food, shelter, territory and a mate. But, in our heart of hearts, we knew this was only the excuse we had to use until we found the *real* reason for our divisive behaviour. As I said, it conveniently overlooks the fact that our human behaviour involves

our unique fully conscious thinking mind. Descriptions of our behaviour, like egocentric, arrogant, deluded, artificial, hateful, mean, immoral, alienated, etc, all imply a *psychological* dimension to *our* behaviour. The psychological problem in our species' thinking minds that we have suffered from is the dilemma of our *human condition*, the issue of our species' good-and-evil-afflicted, less-than-ideal, seemingly imperfect, even 'fallen' or corrupted state. We humans suffer from a consciousness-derived, psychological *human condition*, *not* an instinct-controlled animal condition; it is unique to us.

The savage-animal-instincts-in-us excuse also overlooks the fact that we humans have altruistic, cooperative, loving *moral instincts*—what we recognise as our '*conscience*'—and I should say, and I explain this in Parts 4:12 and 8:4 of *Freedom Expanded: Book 1*, these moral instincts in us are not derived from reciprocity, from situations where you only do something for others in return for a benefit from them, as some biologists would have us believe, and nor is it a product of the cooperation that was allegedly forged through warring between groups of humans, as E.O. Wilson now asserts. No—we have an *unconditionally* selfless, *fully* altruistic, *truly* loving, *genuinely* moral conscience. Our original instinctive state was the *opposite* of being competitive, selfish and aggressive: it was cooperative, selfless and loving.

While we have understandably grimly held on to such excuses as blaming our 'dark side' on our supposed savage animal instincts, our moral conscience knows full well that we humans have loving and kind—not aggressive and mean—instincts. When we are young and haven't yet embraced such dishonest excuses it is very obvious to us that there is something extremely wrong with the way humans are behaving, which we then try to understand. At about 11 or 12 years of age we all, in our naivety, did naturally start thinking about the incredible imperfection of human life—about why there is so much suffering in the world when, seemingly, there could and should be so much happiness, togetherness and love, and about all the hatred, cruelty, indifference and greed that is causing all that suffering. By about 14 or 15 our thinking about the human condition deepened to the point where we realised that those imperfections, like indifference towards others, anger, even hatred, selfishness and greed, also existed within ourselves. It was at this point of discovering that the human condition existed not only in the world without but also within that trying to understand the human condition without an honest explanation for it became so unbearably—in fact, suicidally—depressing that we realised we had no choice but to resign ourselves to never ever again revisiting the subject of the human condition.

And throughout this process adults couldn't help adolescents because they, of course, had *already* resigned to living in denial of the issue of the human condition. In the following passage from his book *The Moral Intelligence of Children*, the Pulitzer Prize-winning child psychiatrist Robert Coles provides an exception to this 'rule' by giving a very rare account by an adult of a teenager in the midst of Resignation: **'I tell of the loneliness many young people feel...It's a loneliness that has to do with a self-imposed judgment of sorts...I remember...a young man of fifteen who engaged in light banter, only to shut down, shake his head, refuse to talk at all when his own life and troubles became the subject at hand. He had stopped going to school...he sat in his room for hours listening to rock music, the door closed...I asked him about his head-shaking behavior: I wondered whom he was thereby addressing. He replied: "No one." I hesitated, gulped a bit as I took a chance: "Not yourself?" He looked right at me now in a sustained stare, for the first time. "Why do you say that?" [he asked]...I decided not to answer the question in the manner that I was trained...Instead, with some unease...I heard myself saying**

this: “I’ve been there; I remember being there—remember when I felt I couldn’t say a word to anyone”... The young man kept staring at me, didn’t speak... When he took out his handkerchief and wiped his eyes, I realized they had begun to fill’ (1996, pp.143-144 of 218). The boy was in tears because Coles had reached him with some recognition and acknowledgement of what he was wrestling with; Coles had shown some honesty about what the boy could see and was struggling with, namely the horror of the utter hypocrisy of human behaviour—which all those who had already resigned to living in denial of the human condition had determinedly committed their minds to not recognising.

The words Coles used in his admission that he too had once grappled with the issue of the human condition, of ‘I’ve been there’, are exactly those used by one of Australia’s greatest poets, Henry Lawson, in his exceptionally honest poem about the human condition, about the unbearable depression that results from trying to confront the question of why human behaviour is so at odds with the cooperative, loving—or to use religious terms, ‘Godly’—ideals of life. In his 1897 poem *The Voice from Over Yonder* Lawson wrote: “Say it! think it, if you dare! Have you ever thought or wondered, why the Man and God were sundered [torn apart]? Do you think the Maker blundered?” [Do you think humans are evil and a mistake?] And the voice in mocking accents, answered only: “I’ve been there.” The unsaid words in the final phrase, ‘I’ve been there’, are ‘and I’m not going *there* again!’—with the ‘there’ and the ‘over yonder’ of the title being the state of deepest, darkest depression.



Goya's *The sleep of reason brings forth monsters* (1796-97)

Interestingly, in his best-selling 2003 book about the great Spanish artist Francisco Goya, titled *Goya*, the renowned Australian art critic Robert Hughes, described how he **‘had been thinking about Goya...[since] I was a high school student in Australia...[with] the first work of art I ever bought...[being Goya’s most famous etching] *The sleep of reason brings forth monsters*...[which shows] the intellectual beset with doubts and night terrors, slumped on his desk with owls gyring around his poor perplexed head’**. Hughes then commented that **‘glimpsing *The sleep of reason brings forth monsters* was a fluke’** (p.3, 4). A little further on, Hughes wrote that **‘At fifteen, to find this voice [of Goya’s]—so finely wrought [in *The sleep of reason brings forth monsters*] and yet so raw, public and yet strangely private—speaking to me with such insistence and urgency...was no small thing. It had the feeling of a message transmitted with terrible urgency, mouth to ear: this is the truth, you must know this, I have been through it’** (p.5). Again, the process of Resignation is such a horrific experience that adolescents determined never to revisit it, or even recall it, nevertheless, Hughes’ attraction to *The sleep of reason brings forth monsters* was not the ‘fluke’ he thought it was. The person slumped at the table with owls and bats gyrating around his head perfectly depicts the bottomless depression that occurs in humans just prior to resigning to a life of denial of the issue of the human condition, and someone in that situation would have recognised that meaning instantly, almost wilfully drawing such a perfect representation of their state out of the world around them. Even the title is accurate: **‘The sleep of reason’**—namely reasoning at a very deep level—does **‘bring forth monsters’**. While Hughes hasn’t recognised that what he was negotiating **‘At fifteen’** was Resignation, he has accurately recalled how strong his recognition was of what was being portrayed in the etching: **‘It had the feeling of a message transmitted with terrible urgency, mouth to ear: this is the truth, you must know this, I have been through it.’** Note that Hughes’ words **‘I have been through it’** are almost identical to Coles and Lawson’s words **‘I’ve been there.’**

So there are some very revealing admissions of just how fearfully depressing the issue of the human condition has been.

Of course, living in denial of the issue of the human condition meant the adult world couldn’t acknowledge the process of Resignation—you can’t very well maintain a denial if you admit you are practicing denial; you can’t effectively lie if you admit you are lying. And so, unable to acknowledge the process of Resignation, adults instead blamed the well known struggles of adolescence on the hormonal upheaval that accompanies puberty, the so-called ‘puberty blues’—even terming glandular fever, a debilitating illness which often occurs in mid-adolescence, a puberty-related ‘kissing disease’. These terms, ‘puberty blues’ and ‘kissing disease’, are dishonest, denial-complying, evasive excuses because it wasn’t the onset of puberty that was causing the depressing ‘blues’ or glandular fever, but the trauma of Resignation, of having to accept the death of your true self or soul. For glandular fever to occur a person’s immune system must be extremely rundown, and yet during puberty the body is physically at its peak in terms of growth and vitality—so for an adolescent to succumb to the illness they must be under extraordinary psychological pressure, experiencing stresses much greater than those that could possibly be associated with the physical adjustments to puberty, an adjustment that, after all, has been going on since animals first became sexual. The depression and glandular fever experienced by young adolescents are a direct result of the trauma of having to resign to never again revisiting the subject of the human condition. If you watch Anthony Landahl’s Affirmation of the TRANSFORMED STATE in Section 3:8 of this

presentation you can feel the absolute agony of someone recalling the time they went through Resignation and suffered from glandular fever. Much, much more is said about Resignation in Part 3:8 of *Freedom Expanded: Book 1*, for it is the most important and yet almost completely unacknowledged psychological event in human life.

One of the rare few individuals who did manage to defy the practice of denial of the human condition was the great psychoanalyst Carl Jung, who gave this deadly accurate description of it: **‘When it [our shadow] appears...it is quite within the bounds of possibility for a man to recognize the relative evil of his nature, but it is a rare and shattering experience for him to gaze into the face of absolute evil’** (*Aion: Researches into the Phenomenology of the Self*, 1959, tr. R.F.C. Hull; in *The Collected Works of C.G. Jung*, Vol. 9/2, p.10). Yes, it was **‘a rare and shattering experience’** for resigned adults to allow their minds to confront the question of why their behaviour is so diabolically at odds with what ideal behaviour should be—despite it being the stark staring obvious question that had to be addressed and explained if we humans were to ever understand ourselves.

So although it is the core issue in our lives—and the issue that had to be solved for there to be a future for the human race—adults do, as the question illustrates, find it very difficult even recognising what the subject of the human condition is, and the reason for that bewilderment is not because it is an unfamiliar subject, as we tend to think, but because we have been living in *very* deep, determined psychological denial of the whole depressing subject—and have been for a very long time; in fact, as is emphasised throughout this presentation and fully explained in *Freedom Expanded: Book 1*, this practice of denial has been going on since humans’ conscious, self-managing mind fully developed and the human condition became full blown some two million years ago!

In 2010, the American heavy metal band With Life In Mind produced a song they actually titled *The Human Condition*, which contains this rare and amazingly honest description of the human condition: **‘We’re staring through the eyes of a bitter soul. Constantly surrounded by this empty feeling...Never good enough for those ideals that seem to mean the most...Driven into madness, I see no end in sight, and inadequacy seems like the only means to pass through this life. And I sit and ask myself when will it end? The art of contention is an uphill battle I’m not ready to fight.’** Yes, unless we resigned ourselves to giving up trying to **‘conten[d]’** with it, confront it, stop trying to live **‘with’** the issue of **‘life in mind’**, we would be **‘driven into madness’** with **‘no end in sight’** to the unbearably depressing **‘empty feeling’** caused by the terrible **‘inadequacy’** of our seemingly horrifically imperfect **‘human condition’**! Denial of the human condition *has* been the only way we have been able to cope with the human condition while we couldn’t explain it!

With Life In Mind’s *Grievances* album, which includes the song *The Human Condition*, also contains many other tracks that feature deadly accurate lyrics about the human condition, including: **‘It scares me to death to think of what I have become...This self loathing can only get me so far’**; **‘Our innocence is lost’**; **‘I can’t express all the hate that’s led me here and all the filth that swallows us whole...A world shrouded in darkness...Fear is driven into our minds everywhere we look’**; **‘We’ve been lying to ourselves for so long, we truly forgot what it means to be alive...How could we ever recover? Lost in oblivion...Shackled in chains, bound and held down...We could never face our own reflections in the mirror’**; **‘We’ve all been asleep since the beginning of time. Why are we so scared to use our minds?’**; **‘You’re the king of a world you built for yourself, but nothing more than a fraud in reality’**; **‘How do we save ourselves from this misery...So desperate for the answers...We’re straining on the last bit of hope we**

have left. No one hears our cries. And no one sees us screaming'; **'Our fight is the struggle of man...This is the end.'** Yes, to avoid **'the struggle of man'**, and **'the end'** of suicidal depression from trying to confront the issue of the human condition while we couldn't explain it, there most definitely has been *no* alternative but to live in *complete* denial of the issue—and this does make it very difficult **'relating to what the human condition actually is'**, as the questioner said.

Incidentally, I should warn that this great, embedded **'fear'** of the human condition in the **'minds'** of adults is also the reason why it is very hard to take in discussion about the human condition—any reference to it creates a 'deaf effect' where the fear won't allow our minds to absorb what is being said and so we are left thinking that what has been said or written doesn't make any sense or is unclear. As someone once admitted to me, **'When I first read your books all I saw were a lot of black marks on white paper.'** Talking about the human condition can be so confronting that all we initially hear is 'white noise'—in effect, our mind is saying, 'I tried to look at the human condition once before—**'I've been there'**, as Coles and Lawson said—and I'm *not* about to make that mistake again.' So while the issue of the human condition *has* at last been rendered safe to confront, initially our old fears dominate, which is why these all-precious understandings of the human condition will take a little time to become widely appreciated.

What is needed to overcome this 'deaf effect' is a preparedness to re-read and/or re-listen to what is being written or said about the human condition, as you will be surprised at how you can begin to 'hear' it, take it in. In 2011, a writer, identified only as 'Fitzzy', published an online article about my work, in which he admitted that he too initially suffered from the 'deaf effect' but overcame it with a second reading: **'The core concepts keep slipping from my mental grasp, at the time I put it down to bad writing, however a second reading revealed something the Author had indicated from the outset—your mind doesn't want to understand the content. The second read was quick and painless'** (*Humanitus Interruptus – Great Minds of Today*, accessed 24 Oct. 2011, see <www.wtmsources.com/106>). (Much more is said about the problem of the deaf effect in Part 3:13 of *Freedom Expanded: Book 1*. And the WTM now offers a Deaf Effect Course at <www.humancondition.com/wtm-deaf-effect-course>).

To summarise what I said earlier, our human predicament or 'condition' has been that because we humans have never been able to explain and thus understand our less-than-ideal behaviour we carry a deep, now almost subconscious, insecurity and sense of guilt about our value and worth as humans. Are we good or are we bad?

So that is what the human condition is—the agony of not being able to explain and thus understand our extraordinarily contradictory *human* behaviour. Until now. And, as emphasised, what is so wonderful—in fact, SO wonderful it will TRANSFORM your life and the lives of all humans—is that the explanation of the human condition that has finally been found is *compassionate*. It explains that there has been a *good reason* for why we humans have not been ideally behaved. It is an explanation that dignifies and redeems us. It provides **'the answers'** that **'save ourselves from this misery'** of **'the human condition'** that we have been **'so desperate for'**. It is the explanation that reconciles the opposites of good and evil in our natures and in doing so makes us whole again—thus TRANSFORMING the whole human race, an outcome that, as the lyrics to Beethoven's music proclaimed, will make us so **'joyful'** it will be as if we are **'drunk with fire'**.

I need to add a warning to this description of the human condition that I gave in 2011. It is now 2012 and the famous American biologist Edward (E.) O. Wilson has recently published a new book titled *The Social Conquest of Earth* in which he presents an explanation of the human condition that doesn't equate at all with the fearful description of the human condition that I have just given.

As I fully explain in Part 4:12I of *Freedom Expanded: Book 1*, this new 'Theory of Eusociality' (as E.O. Wilson has termed his supposed explanation of the human condition) doesn't truthfully explain the human condition at all, rather it attempts to dismiss it as nothing more than a conflict between supposed selfish and selfless instincts within humans. It is not a profound, truthful treatment of the *psychological* dilemma within us humans that is the *real* human condition that we suffer from, but rather a completely fake, superficial trivialisation of the subject.

What Wilson has done is put forward a supposed explanation of the human condition that nullifies it, that makes it appear benign, nothing profoundly distressing at all, when, as the descriptions I have just given of adolescents going through Resignation make *very, very* clear, the human condition is, in reality, a profoundly deep, extremely dark and fearful—indeed terrifying—psychological issue.

As is described in Part 4:12 of *Freedom Expanded: Book 1*, in devising such theories as Social Darwinism, Sociobiology, Evolutionary Psychology, Multilevel Selection and now Eusociality, mechanistic/reductionist science has become masterful at finding new ways to avoid the true nature of the human condition. But unlike all these escapist, superficial, completely fake, dishonest interpretations of human nature, *especially* Wilson's theory of Eusociality, what is going to be presented *here* is the fully accountable and thus *true* biological explanation of the agonising, core issue of our human condition—the explanation that finally explains the *real, psychological* dilemma that adolescents going through Resignation know all too well, and which the world so desperately requires if it is to avoid the effects of terminal alienation.

Section 1:5 Are you sure Beethoven's Ninth Symphony chorus is about the human condition?

QUESTION: 'How do you know the chorus from Beethoven's *Ninth Symphony* is celebrating the arrival of understanding of the human condition?'

ANSWER: Well again, that's what the lyrics actually say: 'joy' because we have 'reunite[d]' 'all' people, both 'good' and 'bad'—we have reconciled the dilemma of good and evil in the human make-up; we have found redeeming, 'uni[fying]', healing understanding of the human condition.

Human mythology, both ancient and contemporary, is saturated with anticipations of the human race one day finding dignifying, uplifting, redeeming and rehabilitating enlightenment of our seemingly imperfect, good-and-evil-afflicted human condition. (*The following examples of anticipations of a human-condition-ameliorated world appear alongside many other examples, and their sources, in Part 3:12 of Freedom Expanded: Book 1.*) As mentioned,

The Lord's Prayer in the Hebrew Bible is an expression of hope for the arrival of the redeeming, peace-bringing understanding of the human condition. The ancient Greek myth of Jason and the Argonauts' search for the 'Golden Fleece' and the ancient northern European legend of King Arthur's Knights of the Round Table's search for the 'Holy Grail' cannot be anything other than myths about the search for the human-race-liberating understanding of our human condition. In contemporary mythology, when Jim Morrison of the rock band The Doors wrote and sang of wanting to **'break on through to the other side'**, he had to be anticipating a time when humans could break through from living in a human-condition-afflicted state to a human-condition-free state. Similarly, when Morrison sang that **'At first flash of Eden, we race down to the sea. Standing there on freedom's shore, waiting, waiting, waiting for the sun'**, what he was **'waiting'** for was the dawning light of the liberating, redeeming and rehabilitating understanding of the human condition to appear and spread across the world. Similarly, when Dorothy in *The Wizard of Oz* was following the **'yellow brick road'** to the **'Emerald City'** she was following the Sunshine Highway to enlightenment of the human condition that would allow the human race to return to a Garden-of-**'Eden'**-like, innocent, human-condition-**'free'**, reconciled, ameliorated, peaceful, cooperative, loving world.

When Cat Stevens, or Yusuf Islam as he now goes by, wrote and sang, **'I've been smiling lately, dreaming about the world as one. And I believe it could be, some day it's going to come. Cause out on the edge of darkness there rides a peace train. Oh peace train...take me home again'** (*Peace Train*, 1971)—and in another of his songs, **'Don't you feel a change a coming, from another side of time. Breaking down the walls of silence, lifting shadows from your mind...Yesterday has past, now let's all start the living for the one that's going to last...when the clouds have all gone...and the beauty of all things is uncovered again...Don't you feel the day is coming, and it won't be too soon, when the people of the world can all live in one room, when we shake off the ancient chains of our tomb'** (*Changes IV*, 1971)—he too was looking forward to a time when the human race could return to a human-condition-reconciled, guilt-and-conflict-free, unified, harmonious, happy, loving state; the time when, as he said, the **'shadows'** will be **'lifted'** **'from'** our **'mind[s]'** and we can **'shake off the ancient chains of our tomb'** of the psychological bondage of the human condition.

We humans are *conscious* beings, we wanted answers, knowledge, not more dogma. Specifically, we wanted answers to that core question of why have we been the way we have been, less-than-ideally behaved—in fact, capable of *terrible* atrocities. What is the answer to the historically bewildering issue of our human condition? Are we a flawed species, a terrible mistake, or are we possibly divine beings? *That* is what we wanted to know, and *that* is what has now, at last, been answered.

Elvis Presley was anticipating a time when understanding of the human condition would be found when he sang, **'There must be peace and understanding sometime, strong winds of promise that will blow away all the doubt and fear. If I can dream of a warmer sun where hope keeps shining on everyone...We're trapped in a world that's troubled with pain...Still I am sure that the answer's gonna come somehow, out there in the dark, there's a beckoning candle.'** That is like Cat Stevens' words, **'out on the edge of darkness there rides a peace train'**.

The song *Aquarius*, from the 1960s rock musical *Hair*, also anticipated a time when **'the answer's gonna come'** about ourselves and bring about **'Harmony and understanding, sympathy and trust abounding. No more falsehoods or derisions, golden living dreams of visions...And the mind's**

true liberation...We dance unto the dawn of day.’ Yes, the ‘mind’s true liberation’ comes about when the human mind finally finds the dignifying and relieving understanding of our seemingly imperfect human condition.

Bob Dylan wrote and sang about ‘**The hour that the ship [of understanding] comes in...And the morning will be a-breaking**’; and of a time when ‘**the present now will later be past...For the times they are a-changin**’; and that ‘**There must be some way out of here...There’s too much confusion, I can’t get no relief...There are many here among us who feel that life is but a joke...So let us not talk falsely now, the hour is getting late. All along the watchtower, princes kept the view**’, waiting and watching for the time when the ‘false[ness]’-destroying understanding of the human condition would finally be found and humans would no longer have to live in a state of sad and lonely ‘**confusion**’ about their true worth and meaning. And in *Blowin’ In The Wind* Dylan pleaded: ‘**how many years can some people exist before they’re allowed to be free?**’ — free of the human condition. And there are the lyrics to John Lennon’s *Imagine*, which anticipate a time when ‘**the world will be as one**’. And then there’s U2’s Bono singing that we have to ‘**kick the darkness till it bleeds daylight**’; and of wanting to ‘**tear down the walls that hold me inside**’; and anticipating the time when we can all say, ‘**I’ve conquered my past, the future is here at last. I stand at the entrance to a new world I can see. The ruins to the right of me, will soon have lost sight of me.**’ Bono is singing of a time when we finally find understanding of ourselves and can, as a result, be TRANSFORMED from our insecure, distressed, immensely troubled, human-condition-afflicted existence, and leave it behind forever.

So, as amazing as it is, the assertion is that what is to be presented is *the* great breakthrough that the whole human race has lived in hope, faith and trust would one day occur—the time when, through the advances made in science, it would finally be possible to explain the biological origins of humans’ divisive, destructive, seemingly bad or evil nature and, by so doing, bring an end to the insecure state of our human condition, thereby TRANSFORMING human existence.

The time has arrived when complete and profound love in the form of understanding is brought to every human allowing us all to love ourselves and each other fully, equally and without reservation. All our guilt, pain and confusion finally goes and, as Professor Prosen said, ‘**the psychological rehabilitation of the human race**’ begins.

Sceptical? Incredulous? That’s understandable, but again, how could I be talking so freely, openly and clearly about the whole dilemma of the human condition if it hadn’t all at last been made sense of? In truth, the subject of the human condition *has* been so daunting and off-limits we couldn’t afford to mention it until it was solved.

We humans *have* been, as the songs said, incarcerated in the ‘**ancient chains of our tomb**’, ‘**trapped in a world that’s troubled with pain**’—a place filled with so much ‘**doubt and fear**’ that ‘**life**’ *has* virtually become ‘**a joke**’. The ‘**hour**’ certainly *was* ‘**getting late**’ for our ‘**mind**’ to find its ‘**true liberation**’ from all the ‘**shadows**’ of ‘**doubt and fear**’ arising from the agony and horror of our good-and-evil-afflicted human condition. Yes, this is the time when all humans are finally going to be TRANSFORMED from a ‘**tomb**’-like, effectively dead existence to a state of true aliveness.

As I said, this is *the* most wonderful moment in human history: the day the human race has been waiting for of its ‘**true liberation**’ when, as Beethoven’s symphony anticipated, ‘**all**’ people, both ‘**good**’ and ‘**bad**’—along with the good and bad in each of us—will be ‘**reunite[d]**’, reconciled through understanding.

Section 1:6 Isn't the destruction of the environment the urgent issue we have to address?

QUESTION: 'I've been thinking for a while now that we are going to be forced to our senses because we are fast destroying our world, so isn't the environment the real issue we have to deal with?'

ANSWER: It is certainly true that the environment is promoted everywhere as the great 'Save the World' issue. But the truth is the so-called 'Green Movement' has only been focusing on the *symptoms*. To fix all the runaway problems we are surrounded by—in fact, to stop the destruction of our world and the disintegration of society that is happening everywhere we look—we have to fix the *cause* of the problems, which is *us humans*. We are the problem—our out-of-control egocentric, selfish, competitive and aggressive behaviour.

As I have said, there has been much talk of the need to love each other and to love the environment, but the *real* need on Earth has been to love the dark side of ourselves, to find reconciling and redeeming understanding of that—to explain the psychological origins of our deeply distressed condition and by so doing heal our troubled souls and set ourselves free—and it is precisely that all-important liberating understanding of ourselves that is going to be presented. And again, this is not one of those mindless, dogma-based, 'New Age' (or, more recently, 'A New Earth') false starts to a new world for humans that can't and doesn't last. This is the *mindful understanding* that alone could bring about the *real* and *lasting* repair of ourselves and thus our planet. We humans are conscious beings, we needed brain food not brain anaesthetic. We have to be able to think our way to freedom, not abandon thinking. To take the pain out of our brain we needed *answers*, specifically the answer to the crux question of why we have been the way we have been, less-than-ideally behaved, and it is that answer of answers that will be presented here in an abridged form, and more fully in *Freedom Expanded: Book 1*. In short, this understanding gets to the heart of the problem behind the destruction of our environment and solves it.

As to being 'forced to our senses' by what we are doing to the planet, as I've stressed, the fact is the *real* reason behind the destruction of our environment has been us, our extremely destructive behaviour, which at base is the issue of the human condition. And again, the problem with dealing with the issue of the human condition has been that it was such an unbearably confronting subject—in fact, a suicidally depressing subject—that we couldn't afford to go near it until it could be safely explained.

The emergency of our plight was *never* going to force anyone to confront the until-now unanswerable and thus utterly unbearable and unfrontable issue of the human condition. It is only now with the human condition explained that it becomes psychologically safe to cope and deal with the issue, and for the human race to be, as Professor Prosen said, '**psychologically rehabilitat[ed]**'.

The truth is that focusing on the environment was a way of *avoiding* the real issue of 'self'. It was a way of relieving yourself of the issue of the human condition through finding a cause that made you feel good about yourself. It was a way of escaping the unbearable issue of the human condition rather than a way of 'saving the world', as environmentalists deluded themselves they were doing. *TIME* magazine editor Richard Stengel recognised this when he wrote that '**The environment became the last best cause, the ultimate guilt-free issue**' (*TIME* mag. 31 Dec. 1990).

Yes, environmentalism, as it has been practiced, has been a way to make humans feel good, feel ‘**guilt-free**’, rather than a way to repair the world, because actually repairing the world required that we confront and repair ourselves and the interest of environmentalists was in doing the exact opposite, namely *avoiding* the issue of ‘self’ — finding a way to feel good and thereby avoid having to confront the real issue of ‘self’. Environmentalists were concerned with *escaping* the issue of the human condition, when we had to *confront* and solve it if we wanted to end all the suffering and destruction going on in the world. They were leading humanity in the *opposite* direction to where humanity’s freedom lay. The truth is, the Green Movement has ultimately been a selfish, destructive enterprise, not the selfless, constructive one its advocates deluded themselves it was.

We humans haven’t been prepared to confront the *real* issue of ‘self’. In fact, we have been preoccupied finding every possible way to escape the issue of ‘self’. Materialism, for example, was about surrounding ourselves with material luxuries to make ourselves feel good about ourselves; it was a form of compensation for feeling unworthy, a way of keeping the insecurity of the human condition at bay. The difference between materialism and causes like environmentalism is that at least with materialism we weren’t pretending to be ideally behaved.

I should mention that the march to ever greater levels of delusion and dishonesty through taking up ever more deluded pseudo idealistic causes to make ourselves feel good, to escape the real issue of the human condition, is more fully described, explained and exposed in Part 3:11H of *Freedom Expanded: Book 1*.

To conclude this question, the great impasse humanity needed to overcome was not the issue of our destruction of the environment, it was our inability to look at ourselves — we couldn’t address the human condition; we couldn’t explain why we have been such a massively selfish, competitive, aggressive, angry, egocentric, superficial, artificial, escapist, materialistic, self-obsessed, indifferent-to-others-and-to-the-world, alienated, deluded, fraudulent, duplicitous, pretentious, numb, seared, soul-destroyed, effectively dead species — but now at last we can. And, most wonderfully, by explaining the good reason why we humans became so artificial, selfish, competitive and aggressive we can permanently heal that immensely troubled state, rehabilitate our species and, in doing so, rehabilitate our planet.

Saving the environment depended on finding redeeming and ameliorating understanding of ourselves. If you want to save the snow leopard, or the giant Redwoods, or the Okavango delta, or the Amazon, or the atmosphere, or the Earth, or those you love, or yourself, or the human race, this is the *only* path that can achieve that — so the truth is the sooner you support and adopt this path of TRANSFORMATION through understanding the better. The choice is self-destruction or self-discovery. Unfortunately, self-distraction — finding ways to escape the issue

of self such as finding causes that make you feel good about yourself—is the ‘**abomination that causes desolation**’ (see Dan. 11, Matt. 24, Mark 13), the path to oblivion, the answer to absolutely nothing. It is no wonder the leading environmentalist David Suzuki conceded in 2012 that ‘**Environmentalism has failed**’ (*The fundamental failure of environmentalism*, 3 May 2012).

Section 1:7 Can you give me a very quick summary of the explanation of the human condition?

QUESTION: ‘Could you give me a very brief snapshot of what you and Professor Prosen believe the biological explanation of the human condition is? I think I’m reasonably intelligent and I would like to quickly see if it is going to make any sense to me? If it can explain me, well go ahead—tell me about me!’

ANSWER: [LAUGHTER] Fair enough! And I agree, what is to be presented is a first principle-based, rational, testable, biological understanding of the human condition. There is no dogma, or faith, or belief, or mysticism, or superstition, or any abstract concepts involved in the explanation. So you’re on safe ground, this explanation is all about knowledge that either stacks up or it doesn’t—and if it doesn’t you should throw it over your shoulder, reject it. What I have to explain will either make sense to you—in fact, make sense *of* you, because this explains human behaviour—or it won’t.

I will begin with an analogy. What would happen if we were to take a migrating stork and put on his head a fully conscious mind, such as we humans have? We’ll call him Adam Stork because this story is like the Biblical account of Adam and Eve, but with a very important difference. (Refer to the following picture of *The Story of Adam Stork*.)

When we first come across Adam Stork he is following his instinctive migratory path up the coast of Africa to the rooftops of Europe for the summer breeding season, as storks do. However, with his newly acquired fully conscious mind, Adam Stork is now different—for the first time he is able to think for himself, and so he starts thinking. He sees an island off to his left and thinks, ‘Well, I think I might fly down there for a rest’, and so he does, he diverts from his migratory flight path and flies down towards the island.

But what is going to happen when he does? Isn’t Adam Stork’s instinctive self, which is orientated to a migratory flight path that doesn’t include the island, going to try to pull him back on course? We can imagine that not wanting to upset his instinctive self Adam’s conscious thinking self would decide to abandon his experiment in self-adjustment and choose not to go down to the island.



Flying on, however, Adam Stork sees another island with some apples and thinks, ‘Why not fly down there for a feed?’ Again, his instinctive self resists this experiment in self-management. This puts Adam in a dilemma. If he continues to obey his instinctive self and never carry out experiments in self-management he will never learn to master his conscious mind. Only by experimenting in self-management will Adam Stork ever learn to understand the difference between right and wrong.

The basic problem is instincts are only *orientations*, not *understandings*. Over the course of thousands of generations and migratory movements, only those storks that happened to have a genetic make-up that inclined them to follow the right route survived. Thus, through

natural selection, storks acquired their perfect instinctive orientation to certain flight paths. However, when the nerve-based learning system gave rise to consciousness and the ability to understand the relationship between cause and effect, it wasn't enough to be orientated to the world—the conscious thinking self *had to* find understanding to operate effectively and fulfil its great potential to manage events.

If Adam Stork obeys his instinctive self and flies back on course, he will remain perfectly orientated but he'll never *learn* if his deviation was the right decision or not. All the messages he's receiving from within inform him that obeying his instincts is good, is right, but there's also now a new inclination to disobey, a defiance of instinct. Diverting from his course will result in apples and understanding, yet he already sees that doing so also makes him feel bad.

But, sooner or later Adam Stork must find the courage to master his conscious mind—so, not knowing any reason why he shouldn't fly down for the apples, he perseveres with his experiment in self-management and does so. Again, his decision is met with criticism from his instinctive self, which he now must live with. Immediately he is condemned to a state of upset. A battle has broken out between his instinctive self, perfectly orientated to the flight path, and his emerging conscious mind, which *needs to understand* why that flight path was the correct course to follow.

Adam had to do something to resist the unjust criticism that he was having to endure from his instinctive self—it would be completely unbearable to have to just accept the criticism when he rightly feels it's not deserved—but without the ability to explain himself all he could do was retaliate against the criticism, try to prove it wrong or simply ignore it—and he did all of those things. Adam became angry towards the criticism. In every way he could he tried to demonstrate his self worth, prove that he was good and not bad. And he tried to block out the criticism. He became angry, egocentric and alienated, or, in a word, upset.

Adam Stork became angry, egocentric and alienated as the only three responses available to him to cope with the injustice of his situation. Only when he could find the *explanation* of his upset condition—the *explanation* that has just been given here that science has at last made possible, which is of the difference between the gene-based instinctive *orientating* system and the nerve-based conscious *understanding* system—could he hope to relieve his situation. Suffering upset was the price of his heroic search for understanding—it was the inevitable outcome of his transition from an instinct-controlled state to an intellect-controlled state, as it was for humans, because we were the ones who developed the fully conscious thinking mind.

The so-called Seven Deadly Sins of the human condition, of lust, anger, pride, envy, covetousness, gluttony and sloth, are in truth all different manifestations of the three fundamental upsets of anger, egocentricity and alienation that unavoidably emerged when humans became fully conscious and *had to* set out in search of knowledge in the presence of unjustly condemning instincts.

This analogy is similar to that of the story of the Garden of Eden, except in that presentation when Adam and Eve took the 'fruit' 'from the tree of...knowledge' (Gen. 3:3, 2:17)—went in search of understanding—they were 'banished...from the Garden' (ibid. 3:23) of our original innocent state for having become 'bad' or 'evil'. In *this* presentation, however, Adam and Eve are revealed to be the heroes, NOT the villains they have so long been portrayed as.

While we *are* immensely upset—that is, immensely angry, egocentric and alienated—*humans are good and not bad after all!*

We can see that as soon as we are able to explain that we are actually good and not bad, all the upset—all the anger, egocentricity and alienation—that resulted from not being able to explain our upset condition subsides; it disappears. Finding understanding of the human condition is what liberates and TRANSFORMS humans from our upset angry, egocentric and alienated condition.

That was a very brief description of the liberating and TRANSFORMING explanation that is fully presented in *Freedom Expanded: Book 1*. What it reveals is that we humans are nothing less than the heroes of the story of life on Earth. I say this because our fully conscious mind is surely nature's greatest invention and to have had to endure the torture of being unjustly condemned as evil for *so* long (humans have had a fully developed conscious, self-managing mind for some two million years) must surely make us the absolute heroes of the story of life on Earth. And indeed, doesn't the feeling exist in you and in all humans that far from being 'banish[ment]'-deserving evil blights on this planet we *are* all immense heroes? When we humans defiantly shook our fist at the heavens we were saying, 'One day, one day, we humans are going to establish that we are good and not bad after all.' Doesn't this explanation at last make sense of your and everyone else's immensely courageous and defiant attitude? Doesn't this explanation validate a core feeling in you that you are not a meaningless wretch but in fact an immense hero? Doesn't this explanation bring deep, bone-draining relief to the whole of your being? It is precisely this explanation's ability to at last make sense of human life, of all our behaviour, that lets us know that we have finally found the *true* explanation of the human condition. Albert Einstein said that 'truth is what stands the test of experience' (*Out of My Later Years*, 1950), and since this explanation is about us, our behaviour, we are in a position to personally 'experience' its validity, to know if it's true or not.

Section 1:8 How does this liberate a criminal or a drug addict, and does it condone criminal behaviour?

QUESTION: 'You said this explanation liberates everyone, so how, for example, does it liberate a convicted criminal or a drug addict—and are you condoning criminal behaviour?'

ANSWER: Using the Adam Stork analogy, if we look at Adam's life, he's condemned as bad when he isn't, but he can't explain why he isn't bad. Can you imagine a more torturous situation to have to endure?! While we can *now* understand that Adam Stork is an absolute hero, up to now everyone has been saying he is an evil, guilty villain, so of course when he becomes extremely upset old Adam Stork is going to be pretty keen to get his hands on some heroin to escape the unjust abusive world he is having to endure; and of course he's going to get very angry and vengeful and commit crimes. BUT, his ability to understand his behaviour now means he no longer needs to get written off through drugs, or get even through crime—he can now *explain* himself.

This understanding of the human condition doesn't legitimise or condone the upset behaviour that exists in all humans to varying degrees, what it does is heal it, end it. *Everyone*

comes in from the cold now, *everyone* is rehabilitated—as Jung said, ‘**wholeness for humans depends on the ability to own their own shadow**’. Our sanity depended on being able to understand ourselves at last.

So you can see that finding understanding of the human condition *is* what TRANSFORMS the whole human race, all of us—‘**unites**’ the ‘**good**’ and the ‘**bad**’ in us all, as Beethoven’s *Ninth Symphony* proclaimed.

Section 1:9 But how is having the human condition explained supposed to suddenly TRANSFORM my life and everyone else’s?

QUESTION: ‘There is still a big question in my mind: how is having the human condition explained supposed to make me sublimely happy right now as you said it would—‘**drunk with fire**’, as Beethoven’s symphony proclaimed? How is my life, and everyone else’s, supposed to suddenly be completely TRANSFORMED?’

ANSWER: At this point I recommend you print out a copy of Section 1 of this book to enable you to more easily follow and think about this response and the previous answers. Don’t forget, the issue of the human condition has been such a repressed, forbidden subject that most people haven’t been aware that it even exists, so everyone has to expect that it will take a little time to absorb and process what is being said.

So how does understanding of the human condition suddenly TRANSFORM your life? Firstly, it is true that, as Professor Prosen said, with the explanation of the human condition found ‘**the psychological rehabilitation of the human race**’ is able to begin. We could each go back over everything that happened in our lives and, using the explanation, reconcile all those events with compassionate understanding. We could undo all our psychoses and neuroses and become, as Jung said, ‘**whole**’. We could go into therapy, re-visit all the events in our lives, in particular the especially influential ones that occurred in the formative years of our infancy and childhood and replace any neurosis and psychosis-producing denials and block-outs that we had to employ to cope back then with healing, compassionate understanding—because we can now understand the source of all the upset, all the innocence-destroying angers, egocentricities and alienations of the adult world we had no choice but to grow up amidst. As the Adam Stork story explains, with the emergence of consciousness upset anger, egocentricity and alienation has been occurring—and, since the upset hasn’t been resolved, it has *also* been accumulating from generation to generation. So, we are all now a product of the upset that resulted from our *own* experiments in understanding, and a product of the upsetting effects upon us of the accumulated upset in past generations—an accumulated level of upset that is now *very* great. In fact, a common experience might now be that, because of their own experiments in understanding and their own encounters with the upset in the world, your mother was so neurotic she was unable to give you any real love and your father was so egocentric he was oppressively preoccupied, silent and angry—basically, no one was there for you. Whatever your particular story, you can now understand where life’s extreme imperfections came from, namely this great heroic but terribly upsetting battle to find knowledge that the human race has been involved in.

While this therapy of all our upsets *is* now possible, the problem is it would require a great deal of time and supportive counselling—time and counselling the world hasn't available and cannot afford at the moment—and, in all but the most extreme cases, *such therapy is in fact not necessary*.

I will now explain this absolutely all-important point of it not being necessary to psychologically rehabilitate ourselves in order to be immediately free of the human condition.

The reality is we are not going to be able to heal all the upset within us straight away, despite having the means, the compassionate understanding to do so. In fact, it will naturally take a number of generations for all the upset inside humans to be ameliorated or healed, and to eventually subside, through the understanding of the human condition that is now available. However, with the upset state of the human condition now explained and defended *we no longer have to live those upsets out. What we can do straight away is leave all our upsets behind as dealt with, the effect of which will be to be immediately free of the upset state of the human condition.*

To elaborate, now that upset is explained and defended at the most fundamental level—the source of all the upset in the human race has at last been compassionately understood—it follows that *all* the upsets in humans are now explained and defended. This means that *all* the ways we have been employing to try to cope with the upsets within us and around us are obsoleted, rendered unnecessary and meaningless. No longer do we have to try to prove our worth because our worth has been established at the most fundamental level. No longer do we have to deny any confronting truths about our immensely upset/corrupted condition because no longer are there any truths about our upset/corrupted state that condemn us. And no longer do we have to retaliate against criticism of our upset state because our upset state has been defended with truthful compassionate understanding at the most profound level. Our upset lives are explained and defended now, which means we no longer have to be preoccupied compensating for those upsets by finding forms of self-aggrandisement, by seeking self-distraction, or by chasing relief through materialistic forms of compensation for all the hurt we experienced growing up in an immensely human-condition-afflicted world—in other words, we no longer need to seek power, fame, fortune and glory to make ourselves feel good about ourselves because our goodness has now been established at the deepest, most profound, fundamental level.

Instead, we can simply leave our whole 'must-prove-our-worth, attack-and-deny-any-criticism' way of living behind as obsolete and redirect our mind and all our energies to supporting and disseminating these human-race-saving understandings, and to repairing the world from all the damage our upset has caused. You can, as it were, put the issue of all your upsets/corruptions in a suitcase, attach a label to it saying 'Everything in here is now explained and defended' and simply leave that suitcase behind at the entrance to what we in the WTM call the Sunshine Highway and set out free and unencumbered into the new, human-condition-free world. Everyone can now join the Sunshine Army on the Sunshine Highway to the World In Sunshine. As Bono, from U2, anticipated: **'I've conquered my past, the future is here at last, I stand at the entrance to a new world I can see. The ruins to the right of me, will soon have lost sight of me.'** Yes, **'The ruins to the right of me, will soon have lost sight of me'**—'I'm leaving all the ruins of the old, now dealt with and thus obsoleted, upset existence behind me.' And what did

Bob Dylan say? **‘The present now will later be past...For the times they are a-changin’.**’ Cat Stevens similarly foresaw a time when **‘Yesterday has past, now let’s all start the living for the one that’s going to last.’** *We leave our old upset, embattled world behind as dealt with.*

All our egocentric embattled posturing to get a win out of life, all our strategising every minute of every day to try to find a way to compensate for feeling inadequate or imperfect or bad about ourselves, suddenly ends. The reality is that because we have had to live in such deep denial of the human condition it *is* initially hard to see just how terrible life under the duress of the human condition has been. It is hard to see how our lives have been completely governed by insecurity, confusion, guilt, doubt, fear and extreme self-preoccupation. To make our lives bearable we have had to put on a brave face and delude ourselves that we were happy, however, all the suffering that was really going on in our lives is now over. We are TRANSFORMED from what was, in truth, a deeply preoccupied, lonely, troubled and upset human-condition-afflicted, virtually dead state to a state free of all that. We leave the dark cave of denial and delusion where we have been hiding to escape the unbearable glare of the truth about our seemingly imperfect condition. Excitement and meaning, based on liberating, truthful, honest understanding of ourselves and our world, is what sustains us now.

To reiterate, having the human condition explained and defended means that everyone can now immediately leave that old human-condition-embattled way of living behind forever. While it will take a number of generations to eliminate the upset state of the human condition from within humans, everyone can *immediately* be effectively free of the human condition by redirecting their efforts from being preoccupied with and living out their upsets to living in support of these understandings and to repairing the world—and with the human condition solved it is at last possible to properly repair our environment, because all the upset that caused, and was continuing to cause, the destruction of the planet now ends.

The excitement of being effectively free of the human condition—the joy and happiness of being free from the burden of your insecurities and self-preoccupations; the awesome meaning and power of finally being aligned with the truth and participating in the magic true world; the wonderful empathy and equality of goodness and fellowship that understanding of the human condition now allows you to feel for your fellow humans; the freedom now to effectively focus on repairing the world; and, above all, the radiant aliveness from the optimism that comes with knowing our march through hell has finally ended—IS GOING TO TRANSFORM THE WORLD.

Descriptions of what happens in a so-called ‘near-death experience’ illustrate just how exciting, sensitising and real-self-or-soul-rejuvenating being free of the human condition is. It has been reported that mountain climbers, for example, who survive falls they were convinced would be fatal (they were saved, in some instances, by landing in a snow drift) very often recall that during those near-death moments they experienced a state of extraordinary euphoria in which the world suddenly appeared utterly beautiful and radiant and that they were flooded with a feeling of ecstatic enthrallment. With understanding of the horror of the human condition of being preoccupied trying to defy unjust condemnation we can appreciate how, in such situations when death appears imminent, the mind would give up this preoccupation. In the face of death, all our worrying about trying to prove our worth and all our efforts to defy any criticism become meaningless—there is no longer any reason

to struggle with the agony of the human condition, at which point that struggle ceases and the true world of our all-sensitive real self or soul suddenly surfaces and opens up. You suddenly discover what it is like to be free of the human condition. You suddenly have access to all the real beauty that exists in the world that your preoccupations with the human condition have hidden from you. You discover another seemingly magic world that is all-radiant and magnificent. This is the freedom that letting go the struggle with the human condition allows.

So, finding understanding of the human condition now enables you and everyone else to suddenly be TRANSFORMED into a sublimely happy — ‘**drunk with fire**’, as Beethoven’s symphony anticipated — effectively human-condition-free state.

In my opening 8-minute Video Introduction I included quotes from WTM members whose lives have been TRANSFORMED by understanding of the human condition. Now that I have explained how this TRANSFORMATION is achieved by letting go of your human-condition-embattled existence their extraordinarily excited comments can be better understood. Neil Duns said, ‘**The freedom this brings is like nothing humans have ever experienced**’; and Stacy Rodger said, ‘**This is all that we have ever, ever wanted**’; and Tony Gowing said, ‘**This is like seeing the world for the first time, it’s like waking up from a nightmare, it’s like 100 tonnes being lifted off your shoulders**’; and John Biggs said, ‘**The relief and through-the-roof excitement that flows through your veins is incredible...It is beyond comprehension how much wonder and fun and excitement and happiness the human race has coming.**’

In the case of Doug Lobban, who was also quoted, I might play some footage from his Affirmation so you can see first-hand just how amazingly relieving and exciting letting go of your human-condition-embattled existence is, and how amazing the TRANSFORMATION that results is. (You can read these and other Affirmations of the liberated TRANSFORMED LIFEFORCE STATE by going to Section 3 of this presentation, or view them at www.humancondition.com/affirmations>.)

Section 1:10 Is this another religion?

QUESTION: ‘Not “living out our upset state”, as you described it, and instead deferring to something else, in this case focusing on supporting understanding of the human condition and the repair of the world that you say it makes possible, sounds a bit like another religion. Does this all amount to just another religion?’

ANSWER: While this TRANSFORMED WAY OF LIVING does share a similarity with religion, it is *not* a religion. In a religion you do give up living out your upsets and instead defer to and live through your support of the sound life and words of the prophet around whom the religion is founded, and similarly this TRANSFORMED WAY OF LIVING does involve letting go of living out your upset state, however, in this new TRANSFORMED WAY OF LIVING you are giving your support not to the *embodiment* of the ideal state in the form of a religion’s prophet, but to the *understanding* of the ideal state and the good reason for our species’ historic departure from it. This is all about *the end of faith and dogma* and *the beginning of knowing*. This is knowledge-driven — and that knowledge, that understanding of the human condition, brings an end to the human condition. Religions were a means of managing the

upset state of the human condition while the search for understanding of that condition went on, whereas the TRANSFORMED WAY OF LIVING is the ability to live free of the upset state of the human condition, to leave it all behind as dealt with when that understanding of the human condition is found.

The World Transformation Movement is not a religion, a way of containing excessive upset while the upsetting search for understanding was being carried out, rather it is a metamorphoser of the human race, a movement that brings about a complete progression of humans from a terrible human-condition-afflicted state to a completely liberated and TRANSFORMED human-condition-free existence.

In this new TRANSFORMED WAY OF LIVING, there is no dogma involved, or blind faith required, it is all about supporting knowledge, specifically knowledge that resolves the human condition. And there is no deity involved, nor is there any focus on a personality, or worship of any kind. Best of all, there is no guilt involved because that has been eliminated by the compassionate understanding of the human condition.

So, this is *not* another ‘religion’ but a ‘metamorphoser’, a progressor of the human race from a human-condition-unresolved state to a human-condition-free existence.

Section 1:11 Are you saying religions are going to be obsoleted?

QUESTION: ‘Do you expect that all the religious people in the world are going to accept this, give up their faith and adopt the TRANSFORMED WAY OF LIVING? Are you expecting religions to be obsoleted?’

ANSWER: Religions aren’t being threatened by the arrival of understanding of the human condition—they are being fulfilled.

Religions have, overall, been the custodians of the ideal state while the upsetting search for the healing understanding of the upset state was being carried out, which means that when that healing understanding is finally found the ideal state no longer has to be preserved in the presence of an upset existence because all the upset goes and the ideal state becomes universal, in which case the role of religions is fulfilled and therefore obsoleted.

The founding prophets of religions understood this—for instance, Buddha looked forward to the arrival of the ameliorating, healing understanding of the human condition when he said that **‘In the future they will every one be Buddhas** [meaning in the future everyone will be free of psychosis and neurosis] / **And will reach Perfect Enlightenment** [perfect understanding] / **In domains in all directions** / **Each will have the same title** [everyone will be free of the various states of alienation that currently differentiate us all] / **Simultaneously on wisdom-thrones** [everyone will be full of the wisdom of understanding of the human condition] / **They will prove the Supreme Wisdom**’ (Buddha [Siddhartha Gautama] 560–480 BC, *The Lotus Sutra*, ch.9; tr. W.E. Soothill, 1987, p.148 of 275). Yes, understanding of the human condition is the **‘supreme’** understanding that the human race has been in search of.

Christian scripture contains similar, numerous anticipations of our species’ liberation from all the upset of the human condition. In Revelations in the Bible it states that **‘Another book [will be]...opened which is the book of life** [the human-condition-liberating book]...[and] **a new heaven and a new earth** [will appear] **for the first heaven and the first earth** [will have]...passed away...

[and the dignifying full truth about our condition] **will wipe every tear from...[our] eyes. There will be no more death or mourning or crying or pain** [no more insecurity, suffering or human-condition-induced sickness], **for the old order of things has passed away**' (Rev. 20:12, 21:1,4). (Note, all biblical references in *Freedom Expanded: Books 1 & 2* are taken from the 1978 *New International Version* translation of the Bible.)

Similarly, when writing Genesis in the Bible, the prophet Moses anticipated a time when we **'will be like God, knowing'** (Gen. 3:5), and, as previously mentioned, Christ's *The Lord's Prayer* (Matt. 6:10 & Luke 11:2) anticipates the time when **'Your [peaceful human-condition-ameliorated] kingdom come, your will be done on earth as it is in heaven'**; Christ also looked forward to the time when **'...another Counsellor to be with you forever—the Spirit of truth [that is, understanding]... will teach you all things** [in particular explain the mystery of the human condition]'**'** (John 14:16,17,26). He also said he looked forward to the time when, instead of being restricted to **'speaking figuratively'**, we **'will no longer use this kind of language but will [be able to] tell you plainly about my Father'** (John 16:25). We will be able to explain in compassionate, understandable, first principle, scientific terms what the 'Godly', cooperative, ideal state actually is—namely, the physical law that causes matter to integrate into ever larger and more stable wholes (atoms integrate to form molecules, then molecules integrate to form compounds, then virus-like organisms, then single-celled organisms, then multicellular organisms, etc)—and importantly, we will be able to explain why we humans have not lived in compliance with that integrative, cooperative, complexifying, teleological, holistic law, which, as is explained in Parts 4:4B and 8:1 of *Freedom Expanded: Book 1*, is the physical law of Negative Entropy. Our ability now to explain why we humans have been divisively rather than integratively behaved means we can at last safely admit that 'God' is actually the integrative law of Negative Entropy. We can reconcile religion and science—as Christ anticipated, we can talk 'plainly' about the cooperative, loving, integrative law that we have personified as 'God' and our historical lack of compliance with that law.

And of course there is the prophet Isaiah's anticipation in the Bible of the time when humans **'will beat their swords into ploughshears...Nation[s] will...[not] train for war any more'** (Isa. 2:4).

A human-condition-free world was also anticipated by the prophet Muhammad of the Islamic faith when he spoke of **'that which is coming'** when we will **'hear no idle talk, no sinful speech, but only the greeting, "Peace! Peace!"'** (*The Koran*, ch.56).

The whole objective of science was to replace mysticism, superstition and dogma with understanding, especially with understanding of the human condition. Indeed, even E.O. Wilson once conceded that **'The human condition is the most important frontier of the natural sciences'** (*Consilience*, 1998, p.298 of 374)—despite later nullifying this **'most important frontier'** with his own human-condition-avoiding 'explanation' of it. As I said, the arrival of understanding of the human condition brings about the end of faith and the beginning of knowing, and that is precisely the transition the human mind has been committed to achieving. As conscious beings that was our fundamental responsibility: to understand the world and our seemingly imperfect place in it. In John Lennon's song *Imagine*, where he sang of a time when the human condition is resolved and **'the world will be as one'**, he asked us to **'imagine'** that there will then be **'no heaven [above us and] no hell below us'**—that there will be a world without the condemning differentiation of good and evil, a world liberated from the insecurity of the

human condition and thus the need for religion, where, as he sang, there will be **‘Nothing to kill or die for, and no religion too...all the people living life in peace...No need for greed or hunger, a brotherhood of man...all the people sharing all the world.’**

The human race has always hoped and believed that humanity’s heroic search for, and accumulation of knowledge would one day lead to the finding of understanding of the human condition, at which time every aspect of human life that was seemingly so inexplicable would suddenly make sense and a new reconciled world for humans would suddenly open up, and that is exactly what has happened. From an overwhelmingly complex and problematic existence a simple and totally effective, WORLD-TRANSFORMING way of living for humans emerges that all humans—*everyone*—takes up.

Section 1:12 Why will everyone in the world adopt the TRANSFORMED WAY OF LIVING?

QUESTION: ‘But people aren’t going to give up their existing lifestyles are they? You don’t expect them to do that do you? So how do you expect this is going to suddenly TRANSFORM everyone and TRANSFORM the world?’

ANSWER: A very, very important difference between religions and the new TRANSFORMED WAY OF LIVING is that *everyone does* take up this new TRANSFORMED WAY OF LIVING. What did the chorus to Beethoven’s *Ninth Symphony* proclaim? **‘Your [the reconciling understanding’s] magic reunites...All men become brothers...All good, all bad...Be embraced, millions! This kiss for the WHOLE world!’** That means everyone.

To explain why the new TRANSFORMED way of living that understanding of the human condition makes possible is a **‘kiss for the whole world’**, we need to consider the historical role religion has played. As humanity’s great upsetting battle to find knowledge—ultimately understanding of our good-and-evil-afflicted human condition—progressed we humans unavoidably became more and more angry, egocentric and alienated. Religions developed when we humans became so upset we could no longer afford to continue to stay living in a distressed and destructive angry, egocentric and alienated, knowledge-finding upset state and instead had to defer to and live through our support of the sound words and life of a great prophet. But doing that—stopping thinking for ourselves and just obeying and living by the words of the prophet—meant abandoning participating in humanity’s upsetting heroic search for knowledge, which still had to carry on if liberating understanding of the human condition was ever going to be found. Remember, Adam Stork could abandon his upsetting pursuit of knowledge any time he chose by flying back on course, but if he did he would not be participating in the heroic search for knowledge.

What is so different about this new TRANSFORMED WAY OF LIVING is that you are not giving up the upsetting battle to find knowledge when you let go of living through your upset angry, egocentric and alienated self, *because that battle has been won, understanding of the human condition has been found.*

While religions have been incredibly helpful by giving upset humans an effective way to abandon living out their upsets (I explain how religions have saved the human race in Part

3:11G of *Freedom Expanded: Book 1*), some people, and even religious people to varying degrees, had to continue with the upsetting battle to find knowledge, otherwise the ultimate knowledge we needed, the liberating understanding of the human condition, would never have been found. *In the new TRANSFORMED world, however, everyone permanently moves on from the battle and takes up the TRANSFORMED WAY OF LIVING because once the battle is won, as it now is, there is no longer any need or justification to continue it. We have won the match, it's over, now everyone heads off the field and into the showers.*

To help illustrate this critical difference between a religion and this new TRANSFORMED WAY OF LIVING, we can look at *The Simpsons* cartoon series. The character Ned Flanders is a Christian, someone who has deferred to, and lives through, Christ. His neighbour Homer Simpson, on the other hand, is still living out the corrupting battle to find the knowledge that would defeat the implication that we humans are fundamentally bad, that knowledge being the explanation of the human condition. In one episode, Ned lends Homer his lawnmower, which Homer wrecks without remorse. Rather than getting angry or defensive, Ned simply accepts Homer's behaviour—he is the 'goody-goody' Christian while Homer is one upset Adam Stork, living out the battle to find knowledge to the full; he's massively angry, egocentric and alienated. But if Homer could explain the situation, he would say to Ned: 'Listen Ned, you've deferred to and love Christ and he loves you, and you're a goody-goody, and I'm one upset, corrupted dysfunctional dude, but Ned, I'm still out there doing it, I'm still participating in humanity's heroic upsetting battle to find knowledge, so I'm a legend and you're a wimp.'

If, however, we imagine that Ned has taken up the new TRANSFORMED WAY OF LIVING then Homer has no grounds to criticise him. Homer has no argument against Ned when Ned takes up support of this information and its TRANSFORMED WAY OF LIVING because with the upsetting battle to find knowledge—ultimately the understanding of the human condition—now won, there is no longer any good reason to keep living out the battle. In this scenario, the tables are turned: Ned would be in the position to criticise Homer for continuing a battle that is now over.

We are rational creatures, so when all the rationale, all the logic says there is only one response we can make, namely letting go of our angry, egocentric and alienated way of living and taking up the TRANSFORMED WAY OF LIVING, then that is the response the human race will take.

Of course, it will come as a huge shock that this dreamed of breakthrough in the human journey of the liberation of the human race has finally happened, and there will be a certain amount of procrastination because everyone is so habituated to their old power, fame, fortune and glory-seeking lifestyle, but *all* the logic and thus power lies with the new TRANSFORMED WAY OF LIVING. There is absolutely no need or justification for imposed force, for yet another conflict-filled revolution to introduce this new TRANSFORMED WAY OF LIVING, however, so powerful is the logic for the change to the TRANSFORMED STATE that before long people still living in the old embattled, have-to-prove-your-worth way of living will feel like people caught wearing last year's fashions. There is such a stark difference between the free, expansive, enthralled TRANSFORMED life and the old embattled egocentric existence where your mind is narrowly focused and preoccupied working all the angles every second of every day defensively seeking validation/reinforcement/a 'win', that those living in the

old way will seem like a different species. Compared to the new expansive, all-exciting, free TRANSFORMED STATE, those still stuck in the old embattled paradigm will be like sad, dead people. The old way is so clearly obsoleted now that when this new way of living catches on it *will* sweep the world.

In fact, because this revolution in human life is logic-driven the effect of the change it will produce of people living selflessly for the greater good rather than for themselves will be truly dramatic and quick. I should clarify here that upset humans *were* selflessly working for the greater good by searching for knowledge, however, they were also selfishly self-preoccupied seeking power, fame, fortune and glory as their only means of achieving some self-validation and relief while the search went on, and it is this selfish self-preoccupation that disappears when we adopt the TRANSFORMED STATE. It is the effect of this change in people living for the greater good in the sense of not being selfishly self-preoccupied that will produce such a dramatic change in the world. In fact, its healing effect upon the world will, overall, be so quick and complete it will seem instant, as if one day the human race was living in a state of immense turmoil, confusion and despair from all the anger, egocentricity and alienation in humans and then the next day it is all over—as though an entirely new peaceful world emerged overnight. As *The Lord's Prayer* anticipated, '**Your [cooperative, loving] Kingdom come, your [cooperative, loving ideal-behaviour way of living] will be done on earth as it is in [an ideal] heaven**' (Matt. 6:10 & Luke 11:2)! It's all over, the human race is free! And having everyone together at last, unified in their mission to heal the human race and repair the world, will bring about such a feeling of fellowship that everyone *will be completely overjoyed*. The human race is at last empowered to end all the unspeakable and unbearable suffering in the world. We are out of here, we are gone, we are leaving the old upset, embattled dead world behind forever. 'Let's Go' is the catch cry of this human-condition-ameliorated, TRANSFORMED new world. Again, as Bono anticipated: '**I've conquered my past / The future is here at last / I stand at the entrance to a new world I can see / The ruins to the right of me / Will soon have lost sight of me.**'

As I have said in every book and major document I have ever written, '**Soon from one end of the horizon to the other an army in its millions will appear to do battle with human suffering, and its weapon will be understanding and its outcome, world reparation**' (see for example p.37 of my 1988 first book *Free: The End of the Human Condition* and p.184 of my 1991 second book *Beyond The Human Condition*).

I might include more anticipations of this time of the human race's fabulously exciting peaceful exodus from the horror of the human condition: firstly, from the Australian rock band Hunters and Collectors' song *Holy Grail*, '**Woke up this morning from the strangest dream, I was in the biggest army the world had ever seen. We were marching as one...Started out seeking fortune and glory...we were so far from home...nothing left to plunder, when we stumbled on the Holy Grail.**' In the Bible, the prophet Joel expressed the exact same anticipation: '**Like dawn spreading across the mountains a large and mighty army comes, such as never was of old nor ever will be in ages to come... Before them the land is like the garden of Eden, behind them, a desert waste—nothing escapes them...They all march in line, not swerving from their course. They do not jostle each other.**' In U2's *I Still Haven't Found What I'm Looking For*, Bono sings, '**I believe in the Kingdom Come when all the colours will bleed into one**'; and in *Where The Streets Have No Name* he sings, '**We're beaten and blown by the wind, trampled in dust. [But] I'll show you a place, high on a [uncorrupted] desert plain, where the streets have no name** [where humans no longer have to egocentrically own and name everything]...**Then there**

will be no toil or sorrow, then there will be no time of pain’; and similarly in *When Love Comes To Town*, ‘I was a sailor, I was lost at sea / I was under the waves...But I did what I did before love [since the ultimate form of love is truth we can read ‘truth’ for the word ‘love’] came to town...I’ve seen love [truth] conquer the great divide [between instinct and intellect, conscience and conscious, ‘good and evil’, yin and yang, idealism and realism, altruism and egotism, spiritualism and materialism, young and old, women and men, blacks and whites, religion and science, the left-wing and the right-wing, socialism and capitalism, country and city, and all the other manifestations of the poles of life under the duress of the human condition]...When love comes to town I’m gonna jump that train [when the liberating, TRANSFORMING truth about the human condition finally arrives I’m ‘out of here’; leaving the old dead world behind forever—as will be everyone else because, as Cat Stevens similarly anticipated, ‘out on the edge of darkness there rides a peace train’ that has at last arrived to ‘take’ us ‘home again’].’ (Again, the above examples of anticipations of the arrival of understanding of the human condition appear with many others, all with their sources, in Part 3:12 of *Freedom Expanded: Book 1*.)

(At this point in the presentation the extract from Beethoven’s *Ninth Symphony* chorus is replayed with the following lyrics moving across the screen: ‘Joy’, ‘Joyful, as a hero to victory!’, ‘Join in our jubilation!’, ‘We enter, drunk with fire, into your sanctuary...Your magic reunites...All men become brothers...All good, all bad...Be embraced, millions! This kiss for the whole world!’)

Section 1:13 Isn’t discussion of the human condition going to be unbearably confronting?

QUESTION: ‘You say it’s going to be exciting but I find all this talk about the human condition—about how I’m living in an alienated, angry and egocentric state and about how in denial we all are—makes me uncomfortable. How are we supposed to endure and cope with all this discussion about our corrupted ‘human condition’, let alone have it make us gloriously happy like we’re ‘drunk with fire’?’

ANSWER: Yes, this is a very important aspect I haven’t yet discussed, which is that understanding of the human condition inevitably brings with it exposure of, and thus confrontation with, our immensely upset, or what used to be called ‘corrupted’, human condition. We can’t very well have the truth about humans and not have that truth apply to *ourselves*—so, yes, how are we to cope with all that exposure, and not only cope but have it make us gloriously happy?

If we return to the Adam Stork analogy, if Adam could have explained why he had to carry out his search for knowledge when he was first criticised for doing so he would never have become upset—he would never have become defensively angry, egocentric and alienated. Or if he had found the explanation for why he had to search for knowledge after only a few days of carrying out that search he would have accumulated very little anger, egocentricity and alienation to have to heal with understanding. But humans have had a fully developed conscious, self-managing mind for some *two million years* and we have only now found the understanding of why we became upset, which means there is now an absolute mountain of accumulated anger, unsatisfied ego, and denial in us humans to have to heal with this understanding.

The problem now is not that we can't compassionately understand and heal all our upset—because with understanding of the human condition found we now can—the problem is the immense *amount* of upset in us that we have to suddenly heal with understanding. It is obviously far too much to have to suddenly face and rehabilitate. Alvin Toffler's famous 1970 book *Future Shock* was actually an intuitive anticipation of this time when understanding of the human condition would emerge and humans would suddenly be faced with, as Toffler wrote, **'the shattering stress and disorientation that we induce in individuals by subjecting them to too much change in too short a time'** (p.4 of 505). One reader of my books described the problem very succinctly when he wrote to us that **'Diving into a sea of truth [in your books] where everything is completely transparent...one can't but ask "How will anybody cope with this!? How in the world can I ask anybody to cross such darkness to reach light?!"'** (Enrico, WTM records, 24 Feb. 2011).

At the end of my brief description of the explanation of the human condition in Section 1:7 I said that you can know that this explanation of the human condition is true by its ability to make sense of human behaviour. While the ability of these understandings to make the world around you and your own life **'transparent'** (as the reader said it does) confirms the immense truthfulness of these understandings, such complete transparency does bring with it the problem of how are we to cope with having so much upset in us suddenly exposed.

After two million years there is of course now going to be an immense amount of upset in the human race. Certainly, we have learnt to restrain and conceal a great deal of that upset; we have learnt to, as we say, 'civilise it', not let it show—humans don't normally attack someone now the moment they become angry. Adult humans now exhibit a great deal of self-control, but underneath our manufactured facade of restrained civility, even manufactured happiness, lies volcanic anger and immense frustrated egocentricity, which shows itself in all the ferocious atrocities and vengeful bloodshed we humans commit, and—to a lesser degree—in our smaller, everyday disputes. Also, unable to explain our upset, we *have* had to employ a great deal of denial or block-out of any condemning thoughts, ideas and truths about our upset state, which means we have become *extremely* alienated or dissociated or split-off or blocked-out from our true situation.

In regard to how alienated we have become, the truth is we have had to avoid almost all deep, penetrating, truthful thinking because almost all thinking at a deeper level brought us into contact with the unbearable issue of our seemingly highly imperfect human condition: 'There's a tree with lovely autumn leaves; isn't it amazing how beautiful nature can be, I wonder why some things are beautiful while others are not—I wonder why I'm not beautiful inside... aaahhhhhh!!!!' William Wordsworth certainly wasn't exaggerating when he wrote, **'To me the meanest flower that blows can give thoughts that do often lie too deep for tears'** (*Intimations of Immortality*, 1807), for it is true that even the plainest flower can remind us of the unbearably depressing issue of our 'fallen' condition. Yes, as the Australian comedian Rod Quantock once said, **'Thinking can get you into terrible downwards spirals of doubt'** ('Sayings of the Week', *Sydney Morning Herald*, 5 July 1986). The Nobel Laureate Albert Camus wasn't overstating the issue either when he wrote that **'Beginning to think is beginning to be undermined'** (*An Absurd Reasoning*, 1955, in *The Myth of Sisyphus and Other Essays*, p.4 of 224). And nor was the British philosopher and mathematician and Nobel Prize winner for Literature Bertrand Russell (1872-1970) when he said, **'Many people would sooner die than think'** (quoted in Antony Flew's *Thinking About Thinking*, 1975). The reality is, we

humans have become *immensely* superficial and artificial, living on the absolute surface, the meniscus, of existence in terms of what we are prepared to look at and feel. We are a deeply, deeply alienated species, profoundly split-off from the real world and from our true selves, as the great Scottish psychiatrist R.D. Laing acknowledged: **‘Our alienation goes to the roots... We are born into a world where alienation awaits us. We are potentially men, but are in an alienated state [p.12 of 156] ...the ordinary person is a shrivelled, desiccated fragment of what a person can be. As adults, we have forgotten most of our childhood, not only its contents but its flavour; as men of the world, we hardly know of the existence of the inner world [p.22] ...The condition of alienation, of being asleep, of being unconscious, of being out of one’s mind, is the condition of the normal man [p.24] ...between us and It [our true self or soul] there is a veil which is more like fifty feet of solid concrete. *Deus absconditus*. Or we have absconded [p.118] ...The outer divorced from any illumination from the inner is in a state of darkness. We are in an age of darkness. The state of outer darkness is a state of sin—i.e. alienation or estrangement from the inner light [p.116]’** (*The Politics of Experience* and *The Bird of Paradise*, 1967). **‘We are dead, but think we are alive. We are asleep, but think we are awake. We are dreaming, but take our dreams to be reality. We are the halt, lame, blind, deaf, the sick. But we are doubly unconscious. We are so ill that we no longer feel ill, as in many terminal illnesses. We are mad, but have no insight [into the fact of our madness]’** (*Self and Others*, 1961, p.38 of 192). For two million years our only psychological defence has been denial, which is what creates alienation, so it is little wonder at all that we are as deeply alienated as Laing described. In fact, the depth of our alienation is an exact measure of how incredibly courageous and heroic the human race has been—because it is evidence of how extraordinarily difficult it has been to keep going under the duress of the human condition.

Although the 1980s New Age Movement, which wasn’t based on explanation of the human condition, was one of the many false starts to the human-condition-ameliorated, TRANSFORMED new world, it did recognise exactly the form that human-condition-liberated new world would take. One of the founders of that New Age Movement, the American author Marilyn Ferguson, acknowledged how deadening our species’ psychotic, neurotic, alienated existence that living in denial of the human condition has made us, and how desperate we have become to ‘resolve’ the ‘inner conflict’ of that condition and by so doing end that terrible alienation forever—when she wrote, **‘Maybe [the French Jesuit priest, scientist and philosopher] Teilhard de Chardin was right; maybe we are moving toward an omega point [a final unification of our split selves]—Maybe we can finally resolve the planet’s inner conflict between its neurotic self (which we’ve created and which is unreal) and its real self. Our real self knows how to commune, how to create... From everything I’ve seen people really urgently want the kind of new beginning...[that I am] talking about [where humans will live in] cooperation instead of competition’** (*New Age* mag. Aug. 1982).

So when understanding of our fundamental goodness was finally found there *was* going to be a very great deal of anger, egocentricity and denial/falseness/dishonesty/alienation that would suddenly be revealed. The truth about ourselves unavoidably and necessarily exposes the extent of our angry, egocentric and alienated condition. The truth destroys the lies, our pretences, delusions and denials, as it must, otherwise it wouldn’t be the truth. We have been living in near total denial of our corrupted condition as our only means of coping with it, but the arrival of the truth about our corrupted state exposes and destroys all that denial.

We have already seen some of this fearful transparency that understanding of the human condition unavoidably brings when the process of Resignation that adolescents go through to living in denial of the human condition was exposed, and when the Environment or Green Movement was exposed as a selfish and destructive cause rather than the selfless and constructive one its supporters deluded themselves it was. Throughout this presentation you will be reading page after page after page of exposing, confronting truth; **'diving into a sea of truth where everything is completely transparent'** was how the aforementioned reader of my books described it. In fact, this *entire* presentation represents an absolute avalanche of liberating but at the same time naked truth, and all that naked truth *is* overwhelming; indeed, as I already mentioned in Section 1:4, it is *so* overwhelming it can produce what we in the WTM call the 'deaf effect', where the listener or reader finds it difficult taking in the words that are being said or written. I mentioned the reader who admitted that **'When I first read your books all I saw were a lot of black marks on white paper.'** Too much truth can be psychologically deafening, too much for our mind to cope with.

Unavoidably and necessarily, when understanding of the human condition arrives the extent of our upset state *is* suddenly revealed. Truth day *is* honesty day, exposure day, transparency day, revelation day—in fact, the long-feared so-called **'judgment day'** referred to in the Bible (Matt. 10:15, 11:22, 24, 12:36; Mark 6:11; 2 Pet. 2:9, 3:7; 1 John 4:17). Although **'judgment day'** is actually a day of compassionate understanding, not a day of condemnation—as a Turkish poet once said, judgment day is **'Not the day of judgment but the day of understanding'** (Merle Severy, 'The World of Süleyman the Magnificent', *National Geographic*, Nov. 1987)—it *is*, nevertheless, a day when we face fearful exposure of the extent of our species' by now *extremely* upset condition. The paradox of being wonderfully liberated but at the same time agonisingly exposed was captured by the prophet Isaiah when he said that the liberation that **'gives you relief from suffering and turmoil and cruel bondage...will come with vengeance; with divine retribution...to save you. Then will the eyes of the blind be opened and the ears of the deaf unstopped...Your nakedness will be exposed'** (Bible, Isa. 14:3; 35:4, 5; 47:3). Also referring to **'the Day of Reckoning'** (*The Koran*, ch.56) and **'the Last Judgement'** (ibid. ch.69), the prophet Muhammad provided a very similar description of the paradox of being liberated and at the same time fearfully exposed when he said, **'when the Trumpet is blown with a single blast and the earth and the mountains are lifted up and crushed with a single blow, Then, on that day, the Terror shall come to pass, and heaven shall be split...On that day you shall be exposed, not one secret of yours concealed'** (ibid. ch.69).

John Lennon, exasperated by all the denial/dishonesty/falseness/delusion/pretence/artificiality/superficiality in human life, desperately pleaded for honesty in his song, *Just Gimme Some Truth*: **'All I want is the truth, just gimme some truth. I've had enough of reading things by neurotic...politicians...I'm sick to death of seeing things from tight-lipped...chauvinists...I've had enough of watching scenes of schizophrenic...prima-donnas...I'm sick and tired of hearing things from uptight...hypocrites...All I want is the truth now, just gimme some truth NOW'** (1971). Yes, we are all **'sick and tired of'** the dishonest denial the world has been drowning in—we have all completely had enough of the human condition and are all desperate to be free of it, but wishing for the truth is one thing, coping with it when it actually arrives is quite another.

So the second part of your question is also very legitimate: ‘How is having our **‘nakedness’** **‘exposed’** supposed to suddenly make us gloriously happy and excited, gloriously **‘drunk with fire’**, as Beethoven’s *Ninth Symphony* said it would?’

The answer to this problem of exposure is that, yes, this information that explains the human condition *is* unavoidably and necessarily extremely exposing of everyone’s now immensely upset, corrupted condition, but all that means is that we shouldn’t, *and in fact don’t have to*, overly confront and study it. All we *need* to do is study the understanding sufficiently to verify to our own satisfaction that it has explained the human condition, and then avoid studying it more deeply. Instead, as described earlier in Section 1:9, we can leave all our upsets behind as dealt with and redirect our efforts to living in support of these understandings and to repairing the world.

Once you have investigated these understandings sufficiently to know that they have explained the human condition you don’t need to know more than that. You don’t need to know all the truth it reveals about human existence, or about how it reveals and explains everything about your own particular upset life. In fact, if you study this information beyond what your particular level of soundness and security of self can cope with you risk becoming overly self-confronted and exposed and depressed. As emphasised, the human race has been coping this far by maintaining extreme levels of denial of many, many truths, so obviously the human race can’t hope to confront and dismantle all those denials overnight. As I said in Section 1:9, that process *will* take generations, but that doesn’t mean we can’t support the truth while this digestion and healing takes place—*as long as we don’t overly confront the truth during this absorption process*. According to each person’s level of upset there will be a limit to how much truth each person can cope with—there will be a limit to how much they can listen to, read about and study these human-condition-confronting understandings—but that doesn’t mean all people can’t immediately live in support of the truth.

While we each should investigate these understandings of the human condition sufficiently to verify to our own satisfaction that they are the liberating understandings of the human condition that the whole human race has been searching for, we shouldn’t investigate them to the extent that we start to become overly exposed and confronted by the truths they are revealing.

If you do become overly confronted by what is being presented your natural reaction will be to try to attack and deny it in order to protect yourself—in effect, you will try to put all your denials back in place. You will become defensive and angry and retaliatory toward the information, and the consequence of such a response will be to sabotage the efforts of all the humans who have ever lived to bring the human race to this dreamed of moment of its liberation. We in the WTM have endured years and years of this furiously angry, defensive reaction towards this information, attacks that were ultimately fruitless because this information is true and it won’t be intimidated or oppressed: it is too precious to allow that. The effect of overly studying this information, studying it more than your degree of security of self can cope with, can be both dangerous to you and dangerous to the human race, and no one should want, nor risk, either of those outcomes.

Having lived without any real understanding of the world it is natural to want to keep studying these explanations that finally make sense of the world around you, but this can lead to becoming overly confronted by the extent of your own corrupted state. The more intelligent and/or more educated in the old human-condition-avoiding, denial-based world, who pride themselves on supposedly being able to think and study new ideas, will initially be especially tempted to study these understandings beyond what their varying levels of security of self can cope with, but it won't be long before everyone learns that such an approach is both psychologically dangerous to themselves, and irresponsible in terms of the human race.

When Christ spoke of a time when **'the meek...inherit the earth'** (Matt. 5:5), and when **'many who are first will be last, and many who are last will be first'** (Matt. 19:30, 20:16; Mark 10:31; Luke 13:30), he was anticipating this time when understanding of the human condition would arrive and instead of the more intelligent and intellectual leading the way, as has been the case in almost every human situation, the more innocent and sound, the more soulful and instinctual, the less upset or corrupted will do so. As the story of Adam Stork reveals, throughout the two million year battle to find understanding our instinctive self or soul was repressed because of its unjust condemnation of our intellect, but when understanding of the human condition is finally found this process is reversed, soul becomes sought-after. Our innocent, upset-free, original instinctive self or soul—soundness—has to lead us back home to soundness. It makes sense. Again, Christ gave the perfect description of this new situation when he said, **'The stone the builders rejected has become the capstone'** (Ps. 118:22; Matt. 21:42; Mark 12:10; Luke 20:17; Acts 4:11; 1 Pet. 2:7). The pre-eminent philosopher Sir Laurens van der Post referred to this biblical analogy when he too anticipated this new situation: **'It is part of the great secret which Christ tried to pass on to us when He spoke of the "stone which the builders rejected" becoming the cornerstone of the building to come. The cornerstone of this new building of a war-less, non-racial world, too, I believe, must be... those [more innocent, instinctual] aspects of life which we have despised and rejected for so long'** (*The Dark Eye in Africa*, 1955, p.155 of 159).

Initially, it will be difficult accepting this advice to only investigate the truth to the degree you are sound enough to do so, but with honesty you will see it is a proposition that can be reasonably understood and accepted. It makes sense that the more secure in self, the least alienated, have to develop these understandings of the human condition. In the old human-condition-avoiding, denial-based world, academia limited those who could be involved in the pursuit of knowledge to the more intelligent, those with a high IQ (intelligence quotient). For instance, to enter university you had to pass entrance exams that basically tested your IQ. Obviously, to have the most appropriate people studying complex subjects like higher mathematics and physics you needed people with the highest IQ. If you didn't have an adequate IQ you would make little progress in studying such subjects. In the new human-condition-resolved, human-condition-confronting world we similarly need the most appropriate people to study its information, which are those with a high SQ, soul or soundness quotient. If you don't have an adequate SQ you simply won't be able to make any progress with the information involved. With the explanation of the human condition we can now understand that everyone is necessarily variously upset/unsound but that upset/unsoundness is not something bad, just as in

the old denial-based world those who lacked IQ weren't considered bad people, just not as able to think as effectively about complex subjects. Upset is a heroic, good state, not a bad, evil, sinful state, because it is a product of humanity's heroic search for knowledge.

So everyone has to measure and limit how much they can study these human-condition-confronting understandings against how much self-confrontation they can cope with. Thankfully and most importantly, no one *has to* overly confront their old upset self—everyone *can* leave that behind as dealt with and simply live for the new world and all its potential.

The main thing to remember is once you know that this information has explained the human condition then you know that all the upset in the world and all the upset within you is also now explained and defended—which means you can, as described earlier in Section 1:9, put the issue of all your upsets or corruptions in a 'suitcase', attach a label to it saying 'Everything in here is now explained and defended', and simply leave it behind as dealt with as you set out free and unencumbered into the new, human-condition-free world. You *can* join the Sunshine Army on the Sunshine Highway to the World In Sunshine. Again, Bono anticipated this TRANSFORMED way of living where we leave the issue of all our upsets behind as dealt with when he wrote and sang: **'I've conquered my past / The future is here at last / I stand at the entrance to a new world I can see / The ruins to the right of me / Will soon have lost sight of me.**' And what did that other extraordinarily prophetic/truthful songwriter of our times, Bob Dylan, say? **'The present now will later be past...For the times they are a-changin'.'** And Cat Stevens similarly foresaw the time when **'Yesterday has past, now let's all start the living for the one that's going to last.'**

Once you know this information is true, that the upset state of the human condition is defended at the fundamental level, you can leave the issue of your own and the world's corruption behind as effectively dealt with and preoccupy yourself with disseminating this information throughout the world and to a fresh generation, and preoccupy yourself with supporting all the projects that must be undertaken now to free and rehabilitate the world from the destructive effects of two million years of living under the duress of the human condition.

Now that we have the truth up all that matters is that it is kept alive and that it is disseminated to the world's population, because it alone can heal the human race and save the world. All everyone must do now is support the truth about the human condition and it will achieve everything everyone has ever dreamed of. If we look after this information it in turn will look after the world. That is the mantra of the new world that understanding of the human condition brings about.

The relief of being able to leave the issue of our upset state behind as dealt with, and the excitement of knowing a human-condition-free new world is coming and that we can all fully participate in bringing that about, is so absolutely incredibly relieving and exciting it will TRANSFORM all humans. From being a human-condition oppressed and depressed alienated person all humans can, and will now be, TRANSFORMED into Redeemed, Liberated from the Human Condition, Exhilarated, Ecstatic, Enthralled-with-Existence, Transfigured, Empowered, World-Transforming Lifeforces.

In fact, it shouldn't be necessary to talk about the whole issue of the human condition any more than what is going to be done in these presentations about the human condition. Humanity moves on to an entirely new existence now. We get the truth up, and we move on.

Section 1:14 Since the human condition is an unbearable subject to think about how did you manage to find understanding of it?

QUESTION: Professor Prosen has asked me to say something about how I managed to find these understandings of the human condition when the whole issue has been such an unbearable subject to look at.

ANSWER: It is true that the issue of the human condition *has* been all but unapproachable. To illustrate this, the online encyclopaedia Wikipedia says that '**philosophers and psychologists**' regard the Danish philosopher Søren Kierkegaard's 1849 book *The Sickness Unto Death* as '**one of the best accounts on the subject [of]...the nature of despair**' (<https://en.wikipedia.org/wiki/Søren_Kierkegaard>, accessed 11 Sept. 2010). As the title of the book, *The Sickness Unto Death*, indicates, the '**despair**' that the '**philosophers and psychologists**' are referring to that Kierkegaard gave such a deadly accurate '**best account**' of, is the suicidally '**sick[ening]**', worse-than-'**death**' *depression* that the '**tormenting**' good and evil '**contradiction**' of the human condition has caused humans whenever they allowed their minds to even momentarily '**glimpse**' its existence. The following quote forms part of that deadly accurate description that Kierkegaard gave of that worse-than-'**death**' depression that the issue of the human condition has caused: '**the torment of despair is precisely the inability to die** [and end the torture of our unexplained human condition]... **that despair is the sickness unto death, this tormenting contradiction, this sickness in the self; eternally to die, to die and yet not to die** [p.48 of 179] **...there is not a single human being who does not despair at least a little, in whose innermost being there doesn't dwell an uneasiness, an unquiet, a discordance, an anxiety in the face of an unknown something, or a something he doesn't even dare strike up acquaintance with... he goes about with a sickness, goes about weighed down with a sickness of the spirit, which only now and then reveals its presence within, in glimpses, and with what is for him an inexplicable anxiety** [p.52]' (tr. A. Hannay, 1989).

Yes, we humans have learnt to live in such complete denial of the unbearable issue of the human condition that whenever the '**anxiety**' from it momentarily appears we are so unaware of where that '**anxiety**' is coming from that its source *does* seem '**inexplicable**'.

The great Russian philosopher Nikolai Berdyaev similarly wrote extraordinarily honestly about the pure '**terror**' the issue of the human condition has caused humans in his 1931 book *The Destiny of Man*, when he referred to the '**ancient, primeval terror**' of '**the fallen state of the world**', of the '**deadly pain in the very distinction of good and evil, of the valuable and the worthless**', describing the distinction between good and evil as '**the bitterest thing in the world**'.

So yes, the human condition *has* seemed to be a universally unapproachable subject—but not entirely so, because in *The Destiny of Man*, in the passage where the quote I just

referred to came from, Berdyaev also gave this very clear description of a way, in fact the only way, understanding of the human condition could be found. Referring to and possibly even inspired by the courage of Kierkegaard's writings about the human condition, Berdyaev wrote that **'Knowledge requires great daring. It means victory over ancient, primeval terror. Fear makes the search for truth and the knowledge of it impossible. Knowledge implies fearlessness...Conquest of fear is a spiritual cognitive act. This does not imply, of course, that the experience of fear is not lived through; on the contrary, it may be deeply felt, as was the case with Kierkegaard, for instance...it must also be said of knowledge that it is bitter, and there is no escaping that bitterness...Particularly bitter is moral knowledge, the knowledge of good and evil [which is the issue of the human condition]. But the bitterness is due to the fallen state of the world, and in no way undermines the value of knowledge...it must be said that the very distinction between good and evil is a bitter distinction, the bitterest thing in the world...Moral knowledge is the most bitter and the most fearless of all for in it sin and evil are revealed to us along with the meaning and value of life. There is a deadly pain in the very distinction of good and evil, of the valuable and the worthless. We cannot rest in the thought that that distinction is ultimate...we cannot bear to be faced for ever with the distinction between good and evil...Ethics must be both theoretical and practical, i.e. it must call for the moral reformation of life and a revaluation of values as well as for their acceptance. And this implies that ethics is bound to contain a prophetic element. It must be a revelation of a clear conscience, unclouded by social conventions [most particularly unpolluted by the all-pervading social convention of denial of the issue of the human condition]; it must be a *critique of pure conscience*'** (tr. N. Duddington, 1960, pp.14-16 of 310).

As Berdyaev said, **'we cannot bear to be faced for ever with the distinction between good and evil', 'we cannot rest in the thought that that distinction is ultimate'**. As a species we couldn't endure having to live forever with the crippling depression of the human condition, and with all the deadening effects of alienation from having to live in denial of the issue of the human condition, and of any truths that bring that issue into focus—which, as we are going to see, were many, many truths.

Understanding of the human condition certainly *had to be* found, and, as Berdyaev said, finding it was going to require **'fearlessness'** of the subject of the human condition. He said that **'the distinction between good and evil'**, which is the study of the issue of the human condition, is **'the bitterest thing in the world'**, the hardest subject to confront, so much so he said that *only* **'fearlessness'** of it could conquer it. Explaining from where this **'fearlessness'** would come, Berdyaev said that the study of **'moral knowledge'**, of **'ethics'**, of the issue **'of good and evil'** in the human make-up, that leads to **'the moral reformation of life and a revaluation of values as well as for their acceptance'**—in other words, that leads to the TRANSFORMATION of the human race from a self-preoccupied, selfish existence to a selfless existence—would require **'a revelation'** based on **'a clear conscience, unclouded by social conventions'**, namely the social convention of denial of the issue of the human condition; it would require **'a prophetic element', 'a critique of pure conscience'**. So, solving the human condition required **'a clear', 'pure conscience', 'a conscience' 'unclouded by [the] social conventions'** of denial of the whole depressing subject of the human condition. Only those who aren't made to feel, as Berdyaev said, **'worthless'** when thinking about the human condition—that is, only those who haven't been exposed to upset in their infancy and childhood and who are thus relatively free or innocent of upset, only those with a **'pure conscience'**—could hope to **'fearless[ly]'** face and investigate the issue of the human condition. Everyone else will suffer **'fear[ful]'** depression if they tried to confront and think

about the issue of the human condition—in fact, everyone else will be resigned to living in denial of the issue of the human condition. Obviously only those innocent enough of upset to not have become resigned to avoiding the subject of the human condition could hope to solve the human condition. If you can't think about it you can't possibly solve it.

As the story of Adam Stork describes, when human consciousness fully developed some two million years ago our search for knowledge unavoidably involved becoming upset—that is, angry, egocentric and alienated. The upset state of the human condition emerged. So obviously by the end of that heroic *two million year* search for knowledge there was not only going to be a great deal of knowledge 'in our kit bag', but also a great deal of upset. Through the course of this heroic search, science, the formalisation of the pursuit of knowledge, developed—and through that development nerves and genes and how they differ in the way they process information was discovered—namely, how one is insightful while the other isn't. Science found the clues that made explanation of the human condition possible—but it was being practiced by humans who were resigned to living in denial of the issue of the human condition, and who, as a result, couldn't possibly put the clues together and explain the human condition. To do so required a human-condition-confronting-rather-than-human-condition-avoiding, unresigned, denial-free approach—'*a critique of pure conscience*', as Berdyaev said; basically a mind free of the upset state of the human condition.

So, science and humanity as a whole had to wait for someone who had been exceptionally sheltered from all the overwhelming upset in the world and who could thus 'fearless[ly]' assemble all the clues and deliver the explanation of the human condition—and that is what happened, that is how I found understanding of the human condition. I grew up in the quiet, natural, soulful countryside of Australia, which is, or was, one of the most sheltered, upset-free, innocent countries left in the world, and only such an innocent place could hope to deliver insight into the human condition. Interestingly, in an interview with the Australian television presenter Andrew Denton, Bono, the aforementioned prophetic lead singer of the rock band U2, said, '**You do get the feeling in Australia that there's...something going on down here, a new society being dreamt up...**[that in Australia there is] **the opportunity to lead the world...to actually just take some moral high ground**', to which Denton joked, '**You say this to every country you visit.**' Bono responded, '**The only other country I think has the chance in leadership in terms of creating a new model as Australia would be Canada**' (*Enough Rope*, ABC-TV, episode 97, 13 Mar. 2006). Australia has been an exceptionally sheltered country and only such shelteredness could produce the innocence that Berdyaev recognised would be needed to unravel the human condition and enable the '**moral reformation**', the TRANSFORMATION of the world. As well as the benefit of having grown up in Australia, I had to be, and was, exceptionally securely loved, nurtured and sheltered in my upbringing, and also educated in two of the most wholesome schools in Australia. I also grew up in the euphoric 'flower power', 'Age of Aquarius' 1960s post-war flush of innocence, freedom and idealism that always follows such a terrible exorcism of upset as occurred in the Second World War.

I'm not at all special, not in the slightest, just someone who had the good fortune to largely escape encounter with the immensely heroic but also immensely upset state of the human condition during my upbringing, and as a result found I could think about a subject that was an anathema for most people, indeed virtually all people.

Importantly, the real hero and liberator of humanity is science—and backing up science has been the efforts of all the humans who have ever lived. Humanity as a whole, but in particular science, did all the hard work of finding the clues that, as I explained, have made the explanation of the human condition possible. It is like in a game of gridiron football where the team as a whole, with one exception, does all the hard work, gaining yardage down the field. Finally, when the side gets within kicking distance of the goal posts, a specialist kicker, who until then has played no part, is brought onto the field. While he—in his unsoiled attire—kicks the winning goal, the win clearly belongs to the team of exhausted players who did all the hard work. Now that we can understand the great battle that the human race has been waging we can understand that the least heroic and thus least special are those who haven't been in the battle, which puts me somewhere near the end of the queue in terms of deserving any accolade or special regard from anyone. That is the truth, a fact—in terms of who is deserving, I come last. If I had a second life, or even were to have the chance of a second career to the one I now have of bringing understanding to the human condition, I would immediately take the most difficult serving job I could find, maybe taking care of autistic children, or helping those with AIDS, or helping any one of the oppressed or persecuted races, or helping all the starving millions. Do you know that it won't be long before the number of people suffering is outstripped by all those who want to help—and this help will not be driven by the pseudo idealistic, selfish 'love' we have been seeing, where people help others in order to make themselves feel better about themselves (as described earlier in Section 1:6), but true love that comes from a desire for the world to be as it really can be.

I should say that the notion of who has had to endure the most upset in humanity's great battle—in other words, who has been the most heroic, the most special—is redundant now anyway because it is replaced by the equality of *everyone's* goodness and specialness. In the spectrum of alienation that necessarily exists on Earth there have always been a few people who existed at the innocent, least embattled, least heroic end, which is where I came from and, as Berdyaev pointed out, had to have come from to be able to look into the human condition, but, as the story of Adam Stork at last makes clear, while all humans are variously upset, *all humans are equally good because upset was a result of an unavoidable and necessary battle*. Some people are taller or shorter than others, but they are all equally good. In exactly the same way, some people have been more or less involved in humanity's heroic battle than others and are thus more or less embattled/upset, but they are all equally good. The equality of goodness and worthiness of all people is a first-principle-established, fundamental and universal truth now.

The fearful, worse-than-death depression that was caused by the good-and-evil—**'the valuable and the worthless'**—distinction that Kierkegaard and Berdyaev talked about, *no longer exists*. It has been eliminated forever—and not by blocking out, denying the whole subject, stopping our brain thinking, or by using terrible lies such as saying there is no such thing as truth because that was nothing more than a construct of language, as postmodernism tried to maintain—you can't eliminate or 'deconstruct' the dilemma of good and evil using lies. That could only be achieved, and now is achieved, by rational, understandable, testable, verifiable, first-principle-based biological explanation of the human condition. Knowledge has eliminated the terrifying, sickening distinction between good and evil forever. That distinction can no longer depress us because it no longer exists. With enough digestion time of the

understanding that is now available, and that will take a generation or two, we humans can think freely about any subject now without fear of depression. Berdyaev said **‘we cannot bear to be faced for ever with the distinction between good and evil’**, and we no longer are. Remember that we humans are now able to understand that everyone of us is not just good but the absolute heroes of the story of life on Earth. The unbearable terror of the issue of whether we are good and worthy or not has gone from Earth forever. We are free now. It’s all over. WE ARE FREE.

Humanity no longer has to rely on dogmatic assertions that **‘all men are created equal’** purely on the basis that it is a **‘self-evident’** truth, as the United States’ Declaration of Independence asserts, because we can now *explain, understand* and *know* that our equality is a fundamental truth. And—best of all—this dignifying, reconciling, redeeming and healing understanding now allows you and every other human in the world to leave your upset state behind as dealt with and be immediately TRANSFORMED to an effectively human-condition-free state.

So we can now understand and thus know that everyone is equally good, and also everyone is now immediately effectively free of the upset state of the human condition. That is an utterly fabulous, sublimely wonderful situation that the whole human race has dreamt of achieving, and through all the efforts of all the humans who have ever lived, it has now, finally, at last been achieved. We humans have won our FREEDOM. The TRANSFORMATION of the human race is on, we’re all out of here, leaving the old exhausted, variously embattled, good-and-evil-differentiated, upset, messed up world behind forever! As Bono sang, **‘When love [truth] comes to town I’m gonna jump that train’**. Yes, **‘Joy’**, **‘Joyful, as a hero to victory!’**, **‘Join in our jubilation!’**, **‘We enter, drunk with fire, into your sanctuary...Your magic reunites...All men become brothers...All good, all bad...Be embraced, millions! This kiss for the whole world!’**

Section 1:15 How can I become involved?

QUESTION: If I was to get involved, and that’s just an ‘if’ at this stage, what would I need to do? I don’t think anyone has ever heard of your organisation where I live and they probably don’t even know what the human condition is, so I haven’t got the fellowship and support like you’ve got there in Sydney. And how do you get into this TRANSFORMED STATE anyway?

ANSWER: Listen to me, in all of human history there has never been a more exciting time to be alive than right now, when all the effort of all the humans who have ever lived finally delivers the dreamed of, hoped for, and prayed for, breakthrough understanding of the human condition—and the awesome TRANSFORMATION of the human race begins.

We *are* free—we, the human race is free at last to **‘shake off the ancient chains of our tomb’** (that Cat Stevens/Yusuf Islam sang about) where we have been imprisoned in terrible fear and insecurity about our meaning and worth as a species—but no longer, because we have found the liberating, redeeming, ALL-TRANSFORMING *understanding* of ourselves.

It’s on—the great breakout of the human race from the, in truth, unbearably agonising life of suffering under the duress of the human condition. What were Jim Morrison’s words—**‘At the first flash of Eden, we race down to the sea. Standing there on freedom’s shore, waiting, waiting for the sun’**. Yes, when liberating enlightenment of the human condition finally arrives, **‘race down’**

to ‘freedom’s shore’ and get hold of that ‘freedom’ with both hands! There will be nothing more exciting than when that ‘peace train’ that’s been ‘waiting out on the edge of darkness’ finally arrives to ‘take’ us ‘home again’, that Cat Stevens sang of—so, do as Bono said, ‘when love [the truth] comes to town...jump that train’!

WE ARE OUT OF HERE, leaving this spent, exhausted, dead world behind FOREVER! LET’S GO *is* the great battle cry that will begin as a tiny voice among a few and then catch on and spread to become a roar of excitement that will be heard across the world—like a hundred thousand horses appearing from horizon to horizon galloping to a fabulous future—what did the prophet Joel say: ‘Like dawn spreading across the mountains a large and mighty army comes, such as never was...before’.

And all of nature *will* be absolutely cheering for us because this is that greatest of greatest victories for all of life on Earth—because we humans were the ones who were given the task of championing nature’s greatest invention, the fully conscious, thinking, self-adjusting brain. We humans were given this amazing computer, but we weren’t given the program for it and instead were left to wander in a terrible wilderness of ignorance in search of understanding of our meaning and worth as a species—an understanding we have NOW FINALLY FOUND.

Everywhere there is going to be joy, more joy and excitement than we tired, worn out and weary human warriors are capable of imagining—again, as Beethoven’s symphony anticipated, ‘Joy’, ‘Joyful, as a hero to victory!’, ‘Join in our jubilation!’, ‘We enter, drunk with fire, into your sanctuary...Your magic reunites...All men become brothers...All good, all bad...Be embraced, millions! This kiss for the whole world!’

We *are* out of here, the great breakout *is* on. The human race *is* breaking free of the shackles of our tomb that we have been forced to live in for so long we hardly know of another existence—but we *do* know of another existence, another fabulous place ‘high on a desert plain where the streets have no name’, that Bono sang of, otherwise why would we have fought so hard and for so long. *For two million long years* we have fought for the arrival of this day.

Sure, as with any new potential, this new frontier has to be pioneered, and because we are familiar with the old, the old always resists the new—the initial resistance can even be ferocious; in our case, as the *Persecution of the WTM for Exposing the Human Condition* section on our website documents (<www.humancondition.com/persecution>), during this initial extreme resistance stage we had to endure people saying and doing despicable things. Thankfully, however, that stage has mostly passed. The point is we humans tend to procrastinate. Change is difficult for us—‘the shock of the new’—and there is no greater paradigm shift than this one of moving from a world of extreme egotism, great self-obsessed hunger for power, fame, fortune and glory, and a life of terrible denial, lies, evasion and escapism that we had to employ to cope with what we weren’t able to confront, to now a world that is full of truth and light, free of all that agony arising from the insecurity of the human condition. We *are* moving to a whole new place ‘high on a desert plain’ where, as Bono said, ‘there will be no toil or sorrow...no time of pain’.

Change *is* difficult, but that is also the marvellous challenge—to be a pioneer, to set out for a fabulous new world. And yes, I’m fully aware that this vision of a new world for humans has been horribly discredited with the litany of dishonest false starts that have occurred

regularly throughout history, but for anyone reading *Freedom Expanded: Books 1 & 2* it's not hard to recognise that this is the real event, the liberating explanation of the human condition.

Pioneering a new frontier has always been a challenge because initially there is little support for something new—well, if it's new then by definition it is yet to gain popularity—but don't forget that the life of a pioneer has always been the most exciting life. If you ask someone what they would most like to have been a part of in history they will likely tell you they would like to have been with Lewis and Clark on their great pioneer expedition exploring native America; or with Jacques Cousteau when he was pioneering the exploration of the ocean depths; or with Socrates, Plato and Aristotle when they were laying the foundations of Western civilisation; or with Christ when Christianity was being pioneered; or with Neil Armstrong and Buzz Aldrin when they took those first steps on the moon—and where this breakthrough understanding takes humanity *is* like a new planet. Honestly, this greatest of all adventure where humanity takes its freedom from the horror of the human condition is *so* exciting our bodies aren't designed to cope with so much excitement. It is *that* exciting!

Everyone has the opportunity now to be part of the most amazing time in human history. Yes, you will have to live without much of a support base to begin with, and you will have to be innovative and proactive in interesting others in this great journey to our species' freedom from the human condition—but we here will help you as much as we can, share with you all that we have learnt about how to propagate these ideas and interest others in them, and how to build a base group of interest and support in your area—another WORLD TRANSFORMATION CENTRE for the exhausted human race to meet and support the emergence of a new TRANSFORMED world. Come on, LET'S GO, LET'S GET OUT OF THIS DEAD PLACE WE HAVE IN TRUTH ALL BEEN LIVING IN, AND LET'S FIX THE WORLD UP—LET'S GO!

As for getting the TRANSFORMED STATE, it really isn't that difficult. You simply need to allow your mind to see the opportunity clearly—see how dead the old world really is and how incredibly exciting letting all that go and living for the new world is. Notice how popular songs focused on the exciting potential of the human race, not on the extent of the devastation within us and around us, and they did that because it was the future of the human-condition-ameliorated world alone that was worth dreaming of and living for. Well that's what the TRANSFORMED WAY OF LIVING does, it lives for the true world, not the old dead world, but the *big* difference now is that that true world has arrived—we're no longer just focusing forward on the dream of a fabulous future, but focusing forward on bringing that fabulous future into existence because it has now arrived, it is all now possible. With understanding of the human condition found and all our upsets defended, our dreams suddenly become reality. It is an astonishing situation, but it's all true. When, in his Affirmation (see Section 3:4), Doug Lobban spoke of fixing the shower curtain ring he was seeing, and living for, what is possible now, doing things for the love of all that is possible now, rather than for his sad, now-finished-with, redundant, done-its-job, had-its-day, old, effectively-dead, ego-embattled, have-to-prove-your-worth way of living. You could see how a whole world had suddenly opened up for Doug when he moved on from the old world to the new. He just let it go, because that's what we can do now—just leave the old world behind as finished with. As Bob Dylan anticipated, this is **'The hour that the ship comes in...and the morning will be a-breaking'**, when **'the**

present now will later be past...for the times they are a-changin’”; and of the time Cat Stevens sang of when **‘Yesterday has past, now let’s all start the living for the one that’s going to last’**; and Bono, **‘I’ve conquered my past, the future is here at last. I stand at the entrance to a new world I can see. The ruins to the right of me, will soon have lost sight of me.’ WE ARE OUT OF HERE.**

Let’s go, let’s go, that’s the way we live now. Come out of the dead state we have all been living in. Being liberated from the human condition and personally TRANSFORMED, and fixing the world is a reality now, it really, really is. It’s no fraud. The finding of understanding of the human condition defends us at the fundamental level, so we no longer have to prove our worth. Our worth is established now. Proving our worth is an obsolete occupation—instead, we can live for humankind and all that’s now possible. We are genuinely and truly free to do that. The old world *has* had it, it’s done its job and it’s now dead, useless, finished with, over—lost all its meaning, relevance and power.

The bottom line is we really do have THE MEANS NOW TO CHANGE THE WORLD, so let’s do it! It’s on, the human race is coming home to a true world of ego-satisfied peace, kindness, consideration and happiness. In a duet with Bing Crosby for a Christmas broadcast in 1977, David Bowie sang these wonderful words of anticipation of humanity’s liberation from the human condition: **‘Peace on Earth, can it be?, years from now, perhaps we’ll see, see the day of glory, see the day when men of good will, live in peace, live in peace again...I pray my wish will come true, for my child and your child too’** (*Peace on Earth*, L. Grossman, I. Fraser, B. Kohan, 1977). Yes, we have lived in hope of the arrival of this day, and with the old world teetering on the brink of collapse, that **‘day of glory’** when **‘peace’** comes to **‘Earth’** has arrived at the absolute last minute. Just as Homer foresaw in his 2,900 BF (BF standing for Before now when humanity won its Freedom) Greek legend about humanity’s great **‘odyssey’**, which we had to undertake away from our soulful true self in order to find understanding of ourselves, humanity, as represented by heroic Odysseus, *very nearly* didn’t make it back home again to our soulful true state, which his beautiful wife Penelope represented.

So what this critically important, fabulous new potential and frontier now needs is YOUR interest, YOUR support, YOUR participation and YOUR strength. This is a call to action to everyone. Please step out, get involved and help change the world because at last we *really* can. Ask questions, see what you can do to help, find out what others are doing, and let’s get out of this spent, exhausted, end-play state where the human race has been stalled for far too long waiting for these redeeming, ALL-TRANSFORMING answers.

(I want to add to this transcript a further emphasis to this ‘call to action’. Make no mistake, we in the WTM, and in fact the whole human race, is involved in a war that is far more serious than any war that has ever been waged before—a war to bring these understandings to a world that is now so deeply buried in denial that it finds it almost impossible to take in or ‘hear’ these world-saving understandings of the human condition. And, as described in the *Persecution of the WTM for Exposing the Human Condition* section on our website, when a few *do* begin to hear it a proportion can become so defensive of their old strategy of living in denial of the human condition that they try to attack and destroy the emerging understandings. A sympathetic article about our work at the WTM, written and published on the internet by a person identified only as ‘Fitzzy’, sensed the **‘criminal’** danger

of the world being so overwhelmed with escapist superficiality — ‘**with hideous noise**’ as he describes it — that these all-precious understandings that liberate ‘**our true potential**’ might never be heard when he wrote that ‘**We have a lot of competing noise for our attention these days, and it would be criminal to let that overwhelm our true potential, by masking useful information with hideous noise**’ (*Humanitus Interruptus – Great Minds of Today*, accessed 24 Oct. 2011 see <www.wtmsources.com/106>).)

Watch the videos and read the Freedom Essays and also *FREEDOM* and the booklet *Transform Your Life* that are all freely available on our website at <www.humancondition.com/>, satisfy yourself that these understandings that are being presented really have explained the human condition, and then get on board, become a MEMBER OF THE WORLD TRANSFORMATION MOVEMENT (<www.humancondition.com/member>) and LET’S GO! LET’S GET OUT OF HERE!

I know this all might sound preposterous, but it’s not, it’s real, it’s on, you *can* join the Sunshine Army on the Sunshine Highway to the World in Sunshine. Become a MEMBER AND SUPPORTER OF THE WORLD TRANSFORMATION MOVEMENT. This finally is the birth of The Kingdom of Light and The Empire of the Sun in The World of the Free. After such a terrifyingly long journey and struggle through the cavernous world of darkness into this new world of light, the whole human race deserves, and is going to have, such a big celebration and party now that it will go on for generations. Everywhere we are going to be hoppin’ and boppin’, rompin’ and stompin’, hollerin’ and howlin’, movin’ and groovin’, rollickin’ and rollin’, hootin’ and tootin’, jumping and jiving, jolting and somersaulting, skipping and skating, shaking and shimmering, hugging and laughing, embracing and gyrating, twisting and shouting, dancing and singing, slipping and sliding, jamming and slamming, ripping and roaring, whirling and twirling and reelin’ and rockin’.

Now, we’ve got someone here in the audience who’s got some amazing moves, even though he’s 6 foot 8 inches tall or something he can really dance. Dunsy, can you come up here, come on don’t be shy. This is Neil Duns. Polly can you play that music I gave you (Bo Diddley’s *I Love You So*, Little Richard’s *Long Tall Sally*, and Jerry Lee Lewis’ *Hound Dog* from his 1964 performance at the Star Club in Hamburg). Come on Neil, show us that great dance you do! (At this point in the presentation, Neil Duns and Jeremy Griffith dance.)

BLANK PAGE

Section 2

The Transformation of the Human Race

Section 2:1 The TRANSFORMED LIFEFORCE STATE

Presented under the umbrella of the safety of the dignifying, reconciling, redeeming, rehabilitating and TRANSFORMING full explanation of our less-than-ideal, corrupted, human-condition-afflicted lives, *Freedom Expanded: Book 1* outlined a litany of terrifying truths to have to face—specifically the terrifyingly exposing and confronting truth of the extent of, and differences in, upset in humans now; of Integrative Meaning; of the fact that the human race once lived in an upset-free, innocent state; of the truth that nurturing has been all-important in the maturation of both the human race and in our lives individually; and of the truth that left-wing ideology was based on human-race-threatening dishonesty.

However, while our upset, corrupted state *is* now explained and defended and all these truths *are* no longer condemning, having the extent of our corruption suddenly exposed remains a frightening prospect. Alvin Toffler described the problem of the sudden change that comes with the arrival of the all-exposing truth day or honesty day or ‘judgment day’ when he wrote that **‘Future shock...[is] the shattering stress and disorientation that we induce in individuals by subjecting them to too much change in too short a time’** (*Future Shock*, 1970, p.4 of 505).

To return to the original analogy—if, on the first day of the emergence of the battle of the human condition, Adam Stork could have sat down on a limb with his instinctive self and explained why he had to fly off course, then all the upset could have been avoided. Now, two million years later, we have finally found the explanation that Adam Stork needed but there is, as a result of spending those two million years denying any confronting truths in order to cope, an absolute mountain of truth to suddenly have to confront.

So how then is the upset human race going to cope with the arrival of this all-exposing, long-feared **‘day of judgment’** (Bible, Matt. 10:15, 11:22, 24, 12:36; Mark 6:11; 2 Pet. 2:9, 3:7; 1 John 4:17), **‘the Day of Reckoning’** (*The Koran*, ch.56) when **‘Your nakedness will be exposed’** (Bible, Isaiah, 47:3) and **‘not one secret of yours [will be] concealed’** (*The Koran*, ch.69)? Yes, as was explained in Part 6:1 of *Freedom Expanded: Book 1*, the Abyss of Depression in the *Humanity’s Situation* drawing (reproduced below) is too terrifying to enter, and yet our freedom from the human condition depends on acknowledging all the truths in that abyss. So how are we to cope with having the blinds drawn on our false world? As Enrico, a reader of my books, put it, **‘Diving into a sea of truth where everything is completely transparent one can’t but ask, “how will anybody cope with this; how in the world can anybody cross such darkness to reach light?!”’** (WTM records, 24 Feb. 2011).

Also, how are we to suddenly let go of our old false ways of living that we are so used to and familiar with? With the finding of the explanation for why we became upset the need to validate ourselves, prove that we are good and not bad, is over. Our goodness has been established at the most fundamental level. This means that all our old superficial ways of finding relief from the insecurity of our condition of gaining power, fame, fortune and glory

are now obsolete, but we are so habituated to our old superficial ways of finding relief from the human condition that we find it difficult to stop persisting in those old insecure, selfish, egocentric, 'I-have-to-prove-I'm-good-and-not-bad', 'I'm-a-legend', ego-castle-building habits. We are told to 'stop scoring goals, leave the field, have a shower and cool off', but all we know is the battle that we have been waging 'on that football field' of life under the duress of the human condition.



Drawing by Jeremy Griffith © 2008 Fedmex Pty Ltd

Humanity's Situation: the Sunshine Highway to Freedom, the Abyss of Depression, our Cave-like Dead Existence and the Spiralling Pit of Terminal Alienation

For these two reasons, of having to confront unbearably exposing truths about ourselves and having to let go of an habituated egocentric way of living, people typically find themselves in what I referred to in Part 6:1 of *Freedom Expanded: Book 1* as a ‘Mexican Standoff’ with this information—they recognise the information is true and don’t want to deny it, yet they don’t want to accept its confronting and ego-castle-obsolete implications. They can’t go forward and yet they can’t go back.

So what is the human race to do? We can’t just stay stranded in the ‘cave-like dead existence’ on the narrow strip of land between The Abyss of Depression and The Spiral down into Terminal Alienation. If we remain where we are the human race will, very soon, go down the gurgler, into The Spiral of Terminal Alienation, for it is already at that end play, end game point where it is about to plunge into that pit of perpetual darkness of terminal alienation.

Thankfully there is a solution, and it is both an easy solution to take up and an incredibly relieving and utterly exciting solution to live with. We take up the TRANSFORMED FREE WAY OF LIVING, LIFEORCE STATE. There are a number of people here at this presentation who know how this TRANSFORMED LIFEORCE STATE works and in Section 3 they give their own personal description of that way of living and state.

The answer to the problem of how are we to cope with the mountain of defended yet extremely exposing and confronting truth about ourselves is that we don’t try to confront it. Once you have investigated these understandings sufficiently to know that they have explained the human condition you don’t actually need to know any more than that. You don’t need to know all the truth it reveals about human existence, or about how it reveals and explains everything about your own particular upset life. In fact, if you study this information more than your particular level of security of self can cope with you risk becoming overly self-confronted and exposed and depressed. The human race has been coping by maintaining extreme levels of denial of many, many truths so obviously the human race can’t hope to dismantle all these denials overnight. In fact, it will take generations to confront, dismantle and repair all our species’ psychoses and neuroses—with ‘psychoses’ being our ‘soul repressions’ (‘psych’ means soul, our instinctive self) and ‘neuroses’ being our ‘conscious denials’ (‘neuro’ means nerves). As emphasised, it takes time to digest understandings and, by so doing, ameliorate or heal old habituated false and distorted ways of thinking and coping. But this doesn’t mean we can’t support the truth while this digestion and healing is taking place—*as long as we don’t overly confront the truth while this absorption process is taking place.* According to each person’s level of upset there will be a limit to how much truth each person can cope with, but that doesn’t mean all people can’t immediately live in support of the truth. The main thing to remember is once you know that this information has explained the human condition then you know that all the upset in the world and all the upset in you is now also explained and defended.

In the case of making sense of your own life, it is true that you could use the explanation to retrace and analyse all the hurtful events in your life and replace all the defensive denials that you have had to employ with truthful, compassionate understanding of them—why your mother and father were preoccupied and unable to give you the reinforcement your instincts expected during your infancy and childhood, etc, etc. But to undertake such psychological therapy and dismantle all your psychosis and neurosis would require a great deal of time

and supportive counselling, and, apart from extreme cases of psychosis and neurosis, it is not necessary. Instead, you can leave the issue of all your upsets/corruptions behind as being understood, explained and defended now, and, rather than use time and energy being preoccupied with the past, simply take up support of the understandings of the human condition as the focus for your life. You can, as it were, put the issue of all your upsets/corruptions in a suitcase and attach a label to it saying ‘everything in here is now explained and defended’ and simply leave it behind at the entrance to what we call the Sunshine Highway and set out free and unencumbered into the new, human-condition-free world on the Sunshine Highway that takes you safely over the top of the Abyss of Depression. You join the Sunshine Army on the Sunshine Highway to the World In Sunshine.

Once you know this information is true, that the human condition—including your own corrupted condition—has been explained and defended at the fundamental level, you can leave the issue of your own and the world’s corruption behind as effectively dealt with and preoccupy yourself with disseminating this information throughout the rest of the world and to a fresh generation, and preoccupy yourself with supporting all the projects that must be undertaken now to free and rehabilitate the world from the effects of two million years of living under the duress of the human condition.

Now that we have the truth up all that matters is that it is kept alive and that it is disseminated to all people, because it alone can heal the human race and save the world. All everyone must do now is support the truth about the human condition and it will achieve everything everyone has ever dreamed of. If we look after this information it in turn will look after the world. That is the mantra of the new world that understanding of the human condition brings about.

Having grown up in ‘the dark’, without understanding of the human condition, the priority of existing generations is to get these insights to new, fresh generations so that they won’t have to adopt all the artificial ways of coping with the human condition—all the dishonest denials, all the egocentric means of seeking compensation for the injustice of being unfairly condemned, and all the angry retaliations needed against the unjust condemnations—that existing generations have had to employ. We, the existing generations, are now the conduit generations: the generations who will connect the old dead world to the new living world.

If children and pre-resigned adolescents can access these understandings they won’t have to resign themselves to a life of living in denial of the human condition as their only means of coping with it. Not having to grow up with all the dishonesties, denials, delusions, artificialities and superficialities that present generations have had to endure, they will be like a new species of beings. They will have a freedom that is almost unimaginable to those who grew up without understanding of the human condition.

You can know now that all the upset in ourselves and in the world from two million years of humanity’s heroic journey through ignorance is explained and defended. With that knowledge we are now free to leave the issue of all that upset behind as being dealt with and focus all our attention on developing a human-condition-free new world. The relief of being able to leave the issue of our upset state behind as dealt with and the excitement of knowing a human-condition-free new world is coming and that we can all fully participate in bringing that about is so absolutely incredibly relieving and exciting it will TRANSFORM

all humans. From being a human-condition oppressed and depressed alienated person all humans can and will now be TRANSFORMED into Redeemed, Liberated from the Human Condition, Exhilarated, Ecstatic, Enthralled-with-Existence, Transfigured, Empowered, World-Transforming Lifeforces. This description can be distilled down to Liberated from the Human Condition, Transformed and Empowered Lifeforces, which can be further distilled down to Transformed Lifeforces. This Exhilarated, Ecstatic, Enthralled-with-Existence aspect is the 'Life' in 'Lifeforce'; and the Empowered, World-Transforming aspect is the 'force' in 'Lifeforce', so Lifeforce covers the personal benefit and the benefit to the world in one word.

Very importantly, while we each should investigate these understandings of the human condition sufficiently to verify to our own satisfaction that they are the understandings of the human condition, we shouldn't investigate them to the extent that we start to become overly exposed and confronted by the truths they are revealing. Having lived without any real understanding of the world it is natural to want to keep studying these explanations that finally make sense of the world around us, but, as emphasised, this can lead to becoming overly exposed, confronted and depressed by the extent of your own corrupted state. The more intelligent and/or more educated in the old denial-based paradigm, who pride themselves on their ability to think, will initially be especially tempted to study these understandings beyond what their varying levels of security of self can cope with, but it won't be long before everyone learns that such an approach is both psychologically dangerous and irresponsible.

When Christ anticipated a time when **'the meek...inherit the earth'** (Matt. 5:5), and when **'many who are first will be last, and many who are last will be first'** (Matt. 19:30, 20:16; Mark 10:31; Luke 13:30), he was anticipating this time when understanding of the human condition would arrive and instead of the more intelligent and intellectual leading the way, as has been the case in almost every situation, the more innocent and sound, the more soulful and instinctual, will do so. Throughout the two million year battle to find understanding our instinctive self or soul was being repressed because of its unjust condemnation of our intellect but when understanding of the human condition is finally found this process is reversed, soul becomes sought after. Our soul, soundness, has to lead us back home to soundness. It makes sense. As Christ described it, **'The stone the builders rejected has become the capstone'** (Ps. 118:22; Matt. 21:42; Mark 12:10; Luke 20:17; Acts 4:11; 1 Pet. 2:7). Sir Laurens van der Post referred to this biblical analogy when he too anticipated this new situation, writing, **'It is part of the great secret which Christ tried to pass on to us when He spoke of the "stone which the builders rejected" becoming the cornerstone of the building to come. The cornerstone of this new building of a war-less, non-racial world, too, I believe, must be...those [more innocent] aspects of life which we have despised and rejected for so long'** (*The Dark Eye in Africa*, 1955, p.155 of 159).

This situation where you only investigate the truth to the degree you are sound enough to do so presents another difficult truth for the old resigned, denial-based world to accept, but again with honesty it is a proposition that can be reasonably understood and accepted. It is the more secure in self, or the least alienated, who have to develop these understandings of the human condition. If you are not sound enough to study these ideas to any great depth and you try to do so, you will end up in a state of fearful depression, or worse still, mad.

Also, if you do become overly confronted by the information your natural reaction will be to try to attack and deny it in order to protect yourself, in effect try to take humanity back into

Plato's dark cave of denial. You will become defensive and angry and retaliatory toward the information, and the effect of such a response will be to sabotage the efforts of all the humans who have ever lived to bring the human race to this dreamed of moment of its liberation. We in the WTM have endured years and years of this furiously angry defensive reaction towards this information, attacks that were ultimately fruitless because this information is true and won't be intimidated or oppressed. It is too precious to allow that.

The effects of overly studying this information, studying it more than your degree of security of self can cope with, can be both dangerous to you and dangerous to the human race, and no one should want nor risk either of those outcomes.

In the old denial-based world, academia limited those who could be involved in the pursuit of knowledge to the more intelligent, those with a high IQ (intelligence quotient). To enter university you had to pass entrance exams that tested your IQ level. Obviously to have the most appropriate people studying complex subjects like higher mathematics and physics you needed people with the highest IQ. If you didn't have an adequate IQ you would make little progress in studying such subjects. In the human-condition-resolved new world we similarly need the most appropriate people to study its information, which are those with a high SQ, soul or soundness quotient. If you don't have an adequate SQ you simply won't be able to make any progress with the information involved. With understanding of the human condition we can understand that everyone is necessarily variously upset/unsound but that upset/unsoundness is not something bad, just as in the old denial-based world those who lacked IQ weren't considered bad people, just not as able to think effectively about complex subjects. As just mentioned, Christ anticipated this change of emphasis in leadership that occurs when understanding of the human arrives when he said, **'The stone the builders rejected has become the capstone.'**

So everyone has to measure and limit how much they can study these human-condition-confronting understandings against how much self-confrontation they can cope with. Again, the human race cannot have lived in the darkness of both ignorance and denial for some two million years and then suddenly be able to face all the truth about themselves individually. That is simply not a reasonable expectation. Everyone has to expect a limit to how deeply they can afford to look into this information.

Thankfully and most importantly, no one *has to* overly confront their old upset self—everyone *can* leave that behind as dealt with and simply live for the new world and all its potential. Although existing generations who grew up without these understandings will still suffer the effects of the human condition, they are effectively completely FREE of the human condition because they no longer have to live preoccupied with it. Future generations are the ones who will be in the best position to further these understandings of the human condition because among current generations there are very, very few individuals who remain secure enough in self to confront and develop them.

You only have to study these understandings sufficiently to verify to your own satisfaction that they have explained the human condition, after which all that is required is to support the understandings.

The second problem of the Mexican Standoff, of finding it difficult to let go of your old resigned, egocentric power-and-glory-seeking ways of living, only presents a problem

initially. The first people to encounter these liberating understandings of the human condition will find it difficult letting go their old false ways of reinforcing and sustaining themselves, but once the strategy of letting go that way of living catches on and a critical mass of support develops for the new TRANSFORMED LIFEFORCE WAY OF LIVING, it will carry all before it and everyone will take it up.

Another transitional problem is what we in the WTM term ‘pocketing the win’. The first people to discover the truth of all this information about the human condition will tend not to appreciate the importance and need of taking up the new TRANSFORMED LIFEFORCE WAY OF LIVING. They will naturally tend to ‘pocket the win’, which means using the information’s ability to make sense of the world around them to empower them, allow them to be more effective winners of power, fame, fortune and glory. For people to finally understand what has been going on in the world and in their own lives is incredibly relieving and empowering, and the initial inclination is to just enjoy and use that insight as an advantage, a tool, a way to be an even more effective operator in the old resigned, competitive, power-and-glory-seeking way of living. You ‘pocket the win’ by exploiting the information rather than responding responsibly to its magnificence by letting go your now obsoleted, unnecessary and highly destructive resigned competitive way of living and taking up the new TRANSFORMED LIFEFORCE WAY OF LIVING.

Again, these problems of studying the information to the point of becoming overly self-confronted and of ‘pocketing the win’, will pass as people become more aware of how this human-condition-resolved new world for humans works. And, as is described in Section 2:3, once everyone is living selflessly at last in the TRANSFORMED LIFEFORCE STATE all the inequality, suffering and destruction resulting from our old insecure, egocentric, extremely selfish way of living will be quickly repaired.

The new TRANSFORMED LIFEFORCE STATE is not only all-powerful in its ability to heal the world, it is also all-exciting. When yesterday the prospects for the world looked hopeless, suddenly—and I have said this in every major document I have ever written—from one end of the horizon to the other an army in its millions will appear to do battle with human suffering, its weapon understanding, and its outcome world reparation.

Section 2:2 The TRANSFORMED LIFEFORCE STATE metamorphoses the human race

It should now be emphasised that the new TRANSFORMED LIFEFORCE STATE is fundamentally different to religion in that it is all about knowledge, not dogma—knowledge that brings about a complete change, in fact a metamorphosis of the human race from an insecure human-condition-afflicted state to an entirely TRANSFORMED human-condition-free state. As is explained in Part 3:11G of *Freedom Expanded: Book 1*, religions were a means of containing the upset human condition while the search for understanding of that condition was being carried out. The WORLD TRANSFORMATION MOVEMENT is concerned with what happens *after* that liberating understanding is found, which is the metamorphosis—the complete progression and change of the human race—from a human-condition-afflicted state of psychosis and neurosis to a state free of that terrible condition.

When it comes to the core issue of our immensely upset human condition we no longer have to live in hope and faith that it will one day be able to be resolved, for it now is resolved, and this resolution of the human condition gives the human race the ability to at last understand and ameliorate or heal its upset condition. Dogma can't heal upset, only understanding can do that. So this is the end of hope and faith that understanding of the human condition would one day be found and the beginning of knowing about the human condition—it is the end of faith and the beginning of knowing. And there is no deity involved, or deference to anyone, no focus on a personality, or worship of any kind.

Best of all, there is no involvement or emphasis on guilt, for guilt has been eliminated forever with the reconciling understanding of the human condition. And it is eliminated in a way that makes humans healthy, not sick. Part 3:11H of *Freedom Expanded: Book 1* describes how the development of pseudo idealistic causes eliminated guilt using ever increasing degrees of dishonesty/lies/denial/delusion—ultimately, in postmodernism, by simply saying there is no such thing as truth!! Such extreme dishonesty/denial is extreme alienation/separation from the truth, which in turn represents extreme neurosis/mind sickness and psychosis/soul death. Lying/denial as a way of escaping guilt/self-confrontation only leads to even greater sickness, ultimately to total dysfunctionality, complete neurosis and psychosis—Thomas Nagel made this point when, in the quote that is included in Part 3:11H of *Freedom Expanded: Book 1*, he said, **'The capacity for transcendence brings with it a liability to alienation, and the wish to escape this condition...can lead to even greater absurdity.'** With the arrival of understanding of the human condition we get rid of guilt without having to use dishonesty/delusion/denial/alienation/neurosis/psychosis/sickness/dysfunctionality. In fact, it *eliminates* neurosis/psychosis/sickness/dysfunctionality. With understanding of the human condition, guilt—the accusation, insinuation, implication that a human is not worthy/good—completely disappears. We can now understand that after a horrifically upsetting two million year heroic battle to overthrow ignorance all humans are naturally variously upset from that great and necessary battle but all humans are equally good. In fact, with understanding of the human condition the concepts of good and bad, superior and inferior, disappear from our conceptualisation of ourselves.

The fundamental differentiation between religion and this new TRANSFORMED LIFEFORCE WAY OF LIVING lies in the fact that where religions were based on deferring to, and living through support of the *embodiment of the ideals* in the form of the soundness and truth of the prophet around which the religion was founded, this new TRANSFORMED LIFEFORCE WAY OF LIVING is based on deferring to and living through support of first-principle-based *understandings of the ideals* and of our species' historically unavoidable lack of compliance with those ideals. So while religion and the human-condition-resolved TRANSFORMED LIFEFORCE WAY OF LIVING both involve letting go living through your corrupted self and deferring to something else, that is where the similarity ends.

To explain more fully the significance of this difference I should begin by describing and explaining St Paul's human-condition-relieving-but-not-human-condition-resolving discovery of the beauty of Christianity. Acts 8 and 9 of the Bible relate Saul's (as St Paul was known before his conversion experience) journey to Damascus where he planned to persuade the authorities to destroy the fledgling group of Christians, such was his fury towards the truth

about the human condition that Christ, through his sound words and life, had dared to reveal and which this small group were living in courageous support of. However, while riding along on his donkey in a seething, ‘murderous’ (Acts 9:1) rage towards Christ and his followers, Saul had an epiphany, the effect of which was so incredible that it was to change the world and save the human race.

With an appreciation now of what the human condition is, we can explain and understand what happened to Saul. The human condition is a terrifyingly confronting subject and to cope with that terror all the upset human race has been able to do was live in denial of it, try and block out the whole issue of the imperfection in our lives. We attacked, denied and attempted to prove wrong any exposing criticism of our corrupted state. This did relieve our condition but there was of course a significant downside—a life of extreme anger, alienation and egocentricity, very unpleasant behaviours and states. In one sense our retaliation against the threat of exposure of our corrupted condition made us feel even more condemned. Defensive retaliation as a strategy for coping with the human condition, while relieving, also fuelled feelings of self-loathing. That was Saul’s predicament—his anger was very great and so was the level of self-loathing he would have felt deep within himself for being such a brutally angry person. The whole issue of Christ’s soundness that was making him *so* angry was also, at another level, making him extremely distressed and unhappy about himself. At a moment of full engagement in his mind with the horror of both sides of his situation, a thought occurred to him: *‘If this man Christ is so truthful and sound that he is producing in me such anger, what would happen if I was to flip the situation around and instead of attacking him I supported him? Wouldn’t I suddenly be a force for enormous good—because I would be supporting someone who is the absolute opposite of my immensely corrupted and angry-with-soundness, truth-hating-and-denying self. I would be a force for good in the world, instead of a self-loathing monster. Wow, that’s turning my life around, isn’t it!’* And, at that moment, as the metaphorical account goes, Saul fell off his donkey and was struck blind for three days—basically he was overwhelmed by the sudden freedom he was feeling from all the pain of his human-condition-afflicted life. Through his support of Christ, the agony of the human condition had been lifted from his shoulders and he was able to live again. By siding with Christ, he was able to resurrect the truthful, soulful side of himself; he had been ‘**born again**’ (John 3:3); ‘**he has crossed over from death to life**’ (John 5:24). As Christ authoritatively said, ‘**I am the resurrection and the life** [through me, your soulful true self, can live again]’ (John 11:25).

One way of measuring how much upset humans are preoccupied with, and how oppressed they are by the insecurity caused by the human condition, and thus how incredibly relieving it is to not have to be preoccupied with the human condition, is to consider what happens when someone has a Near-Death Experience. For instance, mountain climbers who survive falls that they were convinced would be fatal (they were saved, perhaps, by landing in a snow drift) often report that during those near-death moments they experienced a state of extraordinary euphoria in which the world suddenly appeared utterly beautiful and radiant and that they were flooded with a feeling of ecstatic enthrallment. With understanding of the horror of the human condition we can appreciate how in such cases the mind gives up worrying, and all facades—in particular the denial that they adopted at Resignation—become meaningless. If death is seemingly imminent, there is no longer any reason to worry or to pretend, at which

point the struggle and agony of having to live under the duress of the human condition ceases and the true world of our all-sensitive soul suddenly surfaces. You suddenly discover what it is like to be free of the human condition. You suddenly have access to all the real beauty that exists in the world. You discover another seemingly magic world that is all-radiant and magnificent. This is the freedom that Saul experienced when he abandoned his struggle with the human condition and deferred to Christ. He was ‘born again’ from a state of near death. All his embattled posturing to get a win out of life, all his focus on egocentrically building a castle, an edifice, a representation of glory around himself, all his strategising every minute of every day to try to find a way to compensate for feeling bad about himself, suddenly ceased. To gain some measure of just how relieving the new TRANSFORMED LIFEFORCE STATE that has let go the old human-condition-embroiled, have-to-prove-yourself existence is, read the Affirmations of the TRANSFORMED LIFEFORCE STATE in Section 3 of this presentation or watch them at <www.humancondition.com/affirmations>. You can especially sense the relief of the TRANSFORMED STATE in Doug Lobban’s affirmation.

Realising the magnificence of this new way of living, this ‘**way to be saved**’ (Acts 16:17) from an effectively dead, alienated state (Christianity was actually originally called ‘**the Way**’ (Acts 9:2, 19:9, 23, 22:4, 24:14, 22)), Saul took his breakthrough, life-saving idea to the four corners of the known world, and was thereafter known as Paul the Apostle, and following his canonisation, St Paul.

Leaving your baggage, your ‘suitcase’ of human-condition-embattled strategies and posturing behind by giving yourself to Christ was a marvellous solution to the problem of the horror of the human condition, but it meant giving up your battle to prove yourself, giving up your particular participation in humanity’s heroic struggle to overthrow the ignorance of our original instinctive state. While supporting the soundness of Christ ensured the battle to find knowledge continued indirectly through him, you personally had given up the battle. To use the Adam Stork analogy, you had stopped searching for knowledge and were flying ‘back on course’.

In *The Simpsons* cartoon series the character Ned Flanders is a Christian, someone who has deferred to, and lives through, Christ. His neighbour Homer Simpson, on the other hand, is still living out the corrupting battle to overthrow the implication that we humans aren’t fundamentally good. In one episode, Ned lends Homer his lawnmower, which Homer wrecks without remorse. Rather than getting angry or defensive, Ned simply accepts Homer’s behaviour—he is the ‘goody-goody’ while Homer is one upset Adam Stork, living out the battle to the full, massively angry, egocentric and alienated. If Homer could explain the situation he would say to Ned: ‘Listen Ned, you love Christ and he loves you, and you’re a goody-goody, and I’m one upset, corrupted dysfunctional dude, but Ned, I’m still out there doing it, I’m still participating in humanity’s heroic battle, so I’m a legend and you are a wimp.’

The new TRANSFORMED LIFEFORCE STATE, where you leave all your upset baggage behind in favour of supporting these understandings of the human condition, offers a similar all-relieving and all-exciting, ‘near-death-experience’-like, ‘fall-off-your-donkey’, ‘go-blind-for-three-days’-type freedom from the human condition that Christians experienced when they deferred to Christ. But—and this is a *very, very* important difference—unlike Christianity or

any other religion, this does not involve abandoning the battle because the battle is now won. It is not an act of irresponsibility or weakness to let go the battle now, it is an act of strength, because with the battle won the illogical and thus irresponsible and thus weak thing to do would be to continue the battle.

So, if we return to the Homer and Ned example and imagine that Ned had taken up the new TRANSFORMED LIFEFORCE STATE, Homer would have no grounds to criticise Ned. With the battle to find knowledge, ultimately the understanding of the human condition, now won, there is no longer any good reason to keep living out the battle. In this scenario, the tables are turned: Ned would be in the position to criticise Homer.

Religions were a way of avoiding living out your upset when you became overly upset, but it meant giving up directly participating in the battle to find the knowledge needed to save the human race. Religions were a weak abandonment of the battle that still had to be fought. With the TRANSFORMED LIFEFORCE WAY OF LIVING there is no weakness involved because the battle is now won. In fact, taking up the TRANSFORMED LIFEFORCE WAY OF LIVING is the only strong course of action for a human to take now. What is weak is *not* taking it up. This is a very important difference—and it is a most profound difference—between Religion and the TRANSFORMED LIFEFORCE WAY OF LIVING.

It is this fact that there is no longer any reason to keep living out the battle to champion the ego that causes the world to change so rapidly from a world of conflict and suffering to a world of peace and happiness. As emphasised throughout this presentation, the explanations being presented are all rational—there is no dogma or mysticism or abstract concept involved. As such we can know if what is being presented is accountable and true or not, and since this information *does* explain the human condition there is no longer any justification for continuing the upsetting battle to champion the ego, so it follows then that no one can argue against taking up the TRANSFORMED WAY OF LIVING, and when everyone then does take up that way of living our world will be completely TRANSFORMED. We are rational creatures, and so when all the rationale, all the logic says there is only one response we can make, namely the TRANSFORMED STATE, then that is the response the human race will take.

This is not a revolution dogmatically imposed by others upon us, as has pretty much always been the case with revolutions in the past, this is a revolution imposed by logic, by understanding, by information. Once someone is given this information there is only one outcome in the end and that is that they take up the TRANSFORMED STATE. Initially people will find it difficult absorbing and taking in these explanations because of the ‘deaf effect’, the historical denials in the human mind to so many of the ideas being put forward, but once enough people have overcome that ‘deafness’, and after that the Mexican Standoff, and their enthusiasm for this fabulous free way of living demonstrates to others that it is worthwhile persevering with the information until they can ‘hear’ it, the tidal wave of support for the information, and with it the TRANSFORMED STATE, *will* sweep the world.

As I said, Homer has no argument against Ned, ‘no leg to stand on’, when Ned takes up support of this information and its TRANSFORMED LIFEFORCE WAY OF LIVING. In Part 2:5 of *Freedom Expanded: Book 1* I outlined a number of propositions that I suggest will come about as a result of these understandings, the Third Proposition being that ‘the change that is coming will be so quick and complete it will seem instant, as if one day the human race is

living in a state of immense turmoil, confusion and despair and the next day it's all over, an entirely new peaceful world has emerged'. The world for humans *is* suddenly TRANSFORMED from darkness into light. It really is as if the light switch in the room in which we have been staggering around in the dark has suddenly been switched on—everything becomes illuminated. As mentioned in the Introduction, we humans had this awesome computer put in our heads, our fully conscious, thinking brain, but we weren't given the program for it and instead were left to wander this Earth searching for the program in a terrifying darkness of confusion and bewilderment. Well, from that terrifyingly cold darkness we now emerge into the warm sunshine of dignifying, redeeming, relieving and TRANSFORMING understanding.

There is another very important difference between religions and the TRANSFORMED LIFEFORCE STATE, and that is there is no delusion involved in the TRANSFORMED STATE. To use the Homer and Ned analogy again: Ned has a 'goody-goody', self-satisfied, 'I-occupy-the-moral-high-ground' attitude. This drives the still-human-condition-embroiled Homer crazy with frustration because he intuitively knows Ned is deluding himself in thinking he has the moral high ground, is the more together, sound person and is on the right track, but he can't explain why Ned is so extremely deluded and totally dishonest in his view of self. Homer can't explain and thus reveal the truth that real idealism and the truly on-track, moral high ground lay with continuing the upsetting battle to find knowledge, and that Ned had become so upset, so unsound, he had to abandon that all-important battle and leave it to others to have to fight, including Homer. Worse, by effectively condemning those still upset and fighting the battle, Ned was basically siding against those still trying to win the battle, adding substantially to the opposition they had to overcome. In fact, it was the delusion and dishonesty that made giving up the battle particularly dangerous because its maintenance required constantly persuading yourself, and others, that you weren't being dishonest and deluded in what you were doing. The shrill fanaticism of the idealistic left-wing was suffocating of honesty and freedom.

While religion was by far the least dishonest of all the forms of pseudo idealism that upset humans could take up—because of the honesty involved in acknowledging the truthful, sound life and words of the founding prophet—it still involved substantial dishonesty and delusion. In near total contrast to this situation, the TRANSFORMED LIFEFORCE STATE involves no delusion and virtually no dishonesty. By not fully confronting the extent of the upset within yourself and avoiding looking too deeply into all the truth about the human condition, you are practicing some dishonesty, but the compassionate full truth about the upset state of the human condition means you aren't deluded about the fact of being an upset human. In fact, you have to recognise and embrace that truth (which you can now safely do because the upset state is defended) to effectively be able to adopt the TRANSFORMED LIFEFORCE STATE.

As is mentioned in Part 3:11G of *Freedom Expanded: Book 1*, possibly the best sales pitch ever given for Christianity was one delivered by St Paul, as documented in the Bible in 2 Corinthians: **'Now if the ministry that brought death, which was engraved in letters on stone [Moses' Ten Commandments that were enforced by the threat of punishment], came with glory [because they brought society back from the brink of destruction from excessively upset behaviour]...fading though it was [there was no sustaining positive in having discipline imposed on you], will not the ministry of the Spirit [the positive mental state from being at last aligned with truth and soundness through your**

support of someone free of upset and alienation] **be even more glorious? If the ministry that condemns men [through punishment] is glorious, how much more glorious is the ministry that brings righteousness!** [that allows you to be part of the ideal state] **For what was glorious has no glory now in comparison with the surpassing glory. And if what was fading away came with glory** [‘fading’ because it’s hard to maintain attachment to a system merely out of fear of punishment], **how much greater is the glory of that which lasts!** [compared with the relative ease of maintaining an attachment to a system that makes you feel that you are at last on the side of what is good, ideal and right]’ (2 Cor. 3:7–11).

If Christianity was considered the ‘**surpassing glory**’ to living in fear of punishment, then the TRANSFORMED LIFEFORCE STATE is the surpassing of all surpassing glories. It is the best solution the upset human race has ever had by an immense, stupendous, incredible, absolutely wonderful degree—because while we are still living in a deferential state, we are only a few generations away from completely eradicating the human condition from the human race—and there is very little dishonesty and no irresponsibility, no weakness, no delusion, no deity, no worship, no focus on a personality, no faith, no dogma, no guilt of any sort involved in the process. What we have now is so relieving and so exciting that when this way of living catches on it is obviously going to sweep the world.

As initially pointed out, the WORLD TRANSFORMATION MOVEMENT is not a religion, we are a metamorphoser, a movement that brings about a complete progression, in fact a metamorphosis of the human race from a horrible human-condition-afflicted state to a completely liberated, human-condition-free state. Humanity is TRANSFORMED from a state of insecure adolescence where we searched for understanding of ourselves, to a state of secure adulthood where we finally achieve understanding of ourselves. Religions were only a way of coping with the horror of the human condition while the search for the liberating understanding of it was being carried out. The WORLD TRANSFORMATION MOVEMENT is concerned with what happens after that liberating understanding is found, which is the metamorphosis, the complete progression and change of humanity from a state of psychosis and neurosis to a state completely free of psychosis and neurosis.

Finally, it should be emphasised that religions aren’t being threatened by the arrival of dignifying understanding of the human condition—rather, they are being fulfilled. The whole objective of religion was to be the custodians of the ideal state while the search for the liberating understanding of humans’ ‘fallen’ condition was underway. Buddha, for instance, looked forward to the arrival of the amelioration of the human condition when he said that **‘In the future they will every one be Buddhas** [meaning in the future everyone will be free of psychosis] **/ And will reach Perfect Enlightenment / In domains in all directions / Each will have the same title / Simultaneously on wisdom-thrones / They will prove the Supreme Wisdom**’ (Buddha [Siddhartha Gautama] 560–480 BC, *The Lotus Sutra*, ch.9; tr. W.E. Soothill, 1987, p.148 of 275). In the Bible Moses similarly anticipated a time when we **‘will be like God, knowing**’ (Gen. 3:5). Christ also looked forward to the time when **‘...another Counsellor to be with you forever—the Spirit of truth** [first-principle-based, scientific understanding] **...will teach you all things and will remind you of everything** [all the denial-free truths] **I have said to you**’ (John 14:16,17,26). Christ also said he looked forward to the time when, instead of being restricted to **‘speaking figuratively**’, we **‘will no longer use this kind of language but will** [be able to] **tell you plainly about my Father** [be able to explain the world of Integrative Meaning in denial-free, human-condition-reconciled, compassionate, understandable, first principle, scientific

terms]’ (John 16:25). The same anticipation of our species’ liberation from the human condition is expressed in Revelations in the Bible where it states that **‘Another book [will be]...opened which is the book of life [the human-condition-explaining and humanity-liberating book]...[and] a new heaven and a new earth [will appear] for the first heaven and the first earth [will have]...passed away...[and the dignifying full truth about our condition] will wipe every tear from...[our] eyes. There will be no more death or mourning or crying or pain [insecurity, suffering or sickness], for the old order of things has passed away’** (Rev. 20:12, 21:1,4). As Tim Macartney-Snape said, and Olive Schreiner was quoted as writing, at the beginning of Part 2, the human race has always hoped and believed that **‘some day, some where, some time’** humanity’s heroic search for and accumulation of knowledge would lead to the finding of understanding of the human condition, at which time every aspect of human life that was seemingly so inexplicable would suddenly make sense, and we can now see how true that hope and belief was. From an overwhelmingly complex and problematic existence a simple and totally effective, extremely-rapidly-repairing-of-human-life-and-the-Earth, way of living for humans emerges.

Section 2:3 How the TRANSFORMED LIFEFORCE STATE will quickly repair the world

I want to now include a brief summary of how the TRANSFORMED LIFEFORCE STATE actually repairs the world.

The fact is we can *easily* repair both humanity and our world now by everyone living selflessly for the human race through their support of the dignifying truth about our species, rather than having to live in the ‘cave’ of denial of the truth about ourselves where the only relief available to temporarily appease our corrupted, apparently bad condition was to continually try to prove we are good and not bad, which was an extremely self-preoccupied, selfish existence. I talk about the influence Sir James Darling’s extraordinary soul-rather-than-intellect-emphasising, Platonic education system had on myself and others in the WTM, including my brother Simon and Tim Macartney-Snape in Part 5:1 of *Freedom Expanded: Book 1*. In one of many of his extraordinary speeches Sir James said, **‘selfishness is, as it has ever been, the ultimately destructive force in a society, and there are only two cures for selfishness—the regimented state which we all profess to dislike, and the change of heart, which we refuse to make. That is the choice, believe me, for each one of us, and we have not much time in which to make it. The need for decision [to have a ‘change of heart’ and live selflessly] is serious and urgent, and the sands [of time] are running out’** (GGS Speech Day address in 1950, *Light Blue Down Under*, by Weston Bate, 1990, p.219 of 386).

Sir James has, in this passage, identified selfishness as **‘the ultimately destructive force’** and stated that historically there have only ever been **‘two cures for selfishness—the regimented state which we all profess to dislike, and the change of heart, which we refuse to make’**. The **‘regimented state’** is obviously a reference to the dogmatically imposed and strictly enforced selfless, cooperative, communal, social state of socialism/communism. As has been emphasised, being fully conscious, self-managing beings, having to subordinate our thinking mind to dogma was never going to work. De-braining ourselves was no real solution to our problems. Ultimately we needed brain food, not brain anaesthetic. Our thinking mind needed understanding—

specifically, understanding of why we humans are fundamentally good and not bad, evil, worthless beings. In short, we needed the dignifying, redeeming and TRANSFORMING understanding of the human condition. But what Sir James also recognised in this passage was that, despite the urgency, we would ‘**refuse to make**’ the ‘**change of heart**’ from living selfishly to living selflessly until humanity achieved that breakthrough. And he was right—until the liberating understanding of why humans are fundamentally good and not bad was found we *had no choice* but to keep on trying to achieve some relief from the insecurity of our condition by finding superficial ways to prove we are good and not bad, such as through winning power, fame, fortune and glory. We had no choice but to be ‘ego-centric’—we had no choice but for our conscious thinking self (which is how the *Concise Oxford Dictionary* defines ‘ego’) to be focused or ‘centred’ on trying to prove it/we are not bad, worthless and meaningless. It is *only now* with the fundamental, trustable, knowable, first-principle-based, dogma-free biological understanding of why we humans are not bad that we can afford to stop trying to prove we are not bad all the time—that we can stop being egocentric; let go of being so self-worth-preoccupied; live for the human-condition-understood world FREE of that old insecure existence; TRANSFORM from being selfish to selfless; have the ‘**change of heart**’ that Sir James recognised was so ‘**serious and urgent**’.

In the episode ‘The Fallacies of Hope’, from his acclaimed 1969 BBC television documentary series, *Civilisations: A Personal View* by Kenneth Clark, the British historian Kenneth Clark (1903-1983) mentioned that ‘**People who hold forth about the modern world often say that what we need is a new religion. It may be true but it isn’t easy to establish.**’ Saying we need a new religion is really another recognition of the fundamental need for the human race to have a change of heart, a change from living selfishly to selflessly, if we are to solve the world’s problems. And saying ‘but it won’t be easy to establish a new religion’ is really, deep down, a recognition that what is needed for this change of heart to occur is for the daunting issue of the human condition to be confronted and solved. As explained in Section 2:2, the human-condition-ameliorating WORLD TRANSFORMATION MOVEMENT is not a religion but, like a religion, it does bring about a change from living selfishly for yourself to living selflessly for something beyond self—so Clark’s acknowledgment that we need a new religion was about as close as the old denial-based world could come to saying we needed to solve the human condition.

Plato understood this great TRANSFORMATION from living in the cave of denial, self-preoccupied trying to prove we are good and not bad all the time through winning power, fame, fortune and glory, to living FREE from all of that now obsoleted insecure, old-world ‘baggage’ in *selfless* support of the liberating understanding of why we humans are fundamentally good and not bad, when he postulated: ‘**Will our released [cave] prisoner hanker after these prizes or envy this power or honour? Won’t he be more likely to feel, as Homer says, that he would far rather be “a serf in the house of some landless man”, or indeed anything else in the world, than live and think as they [the power and glory hungry] do?**’ (Plato *The Republic*, tr. H.D.P. Lee, 1955, p.281).

Since materialistic luxuries, like glittering dresses, sparkling diamonds, bubbling Champagne, huge chandeliers, silver tea sets, big houses, swimming pools and shining, pretentious cars gave us the fanfare and glory we knew was due us, but which the world in its ignorance of our true goodness would not give us, materialism was one of the important

means by which we could sustain our sense of self-worth while the upsetting search for the liberating understanding of why we are good and not bad was being carried out. In fact, when we only had our ability to win power, fame, glory and fortune (and, with that fortune/money/wealth/capital, acquire materialistic luxuries) to sustain our sense of self-worth while the upsetting search for understanding of our worth was being carried out, those relieving artificial forms of reinforcement were the only engines driving the old insecure world—the *only* rewards sustaining the all-important search for self-understanding (which is why socialism, which sought to replace the engine of greed with the idealism of selfless cooperativeness before we had found self-understanding, couldn't and didn't work). So, this egocentric, self-centred, individualistic, selfish, greedy, competitive, power-fame-fortune-and-glory-seeking existence *was also a 'constructive force'* as well as the inequality-producing, human-suffering-causing, Earth-destroying '**destructive force**' that Sir James so aptly described it as. Yes, there was truth indeed in the saying '**Greed is good.**' The demonstrations against greed and capitalism that we have been witness to in 2011 and 2012 are in truth naive, pseudo idealistic, make-yourself-feel-good-but-don't-solve-anything protests against the reality of the insecurity of life under the duress of the human condition. Of course, this constructive and destructive, 'good and bad' aspect of our behaviour is the core paradox of the human condition that we are now at last able to explain and understand.

Nevertheless, while the '**selfishness**' of the old egocentric, self-centred, individualistic, selfish, greedy, capitalistic, competitive, materialistic way of living was the driving force that kept the all-important search for the relieving understanding of why we humans are good and not bad going, and was thus a 'constructive force', it was, as Sir James said, the '**ultimate 'destructive force in a society'**' because in the end *only* a selfless way of living works. *Ultimately* selfishness *is* destructive. No matter how much you try to control and regulate it, a society operating from a basis of selfishness will ultimately become dysfunctional. There was a limit to how long we could keep going under the drive of selfish greed. For human civilisation to survive, selflessness *had to* become the driving force in the world; *ultimately, there had to be*, as Sir James said, '**a change of heart**'. As many people have recognised and said over the years, '**it's not that humans lack the ability to fix the world, it's that they lack the will**', which is the '**change of heart**', the preparedness to live selflessly that Sir James recognised was needed.

So despite its precious contribution to the human race's progress towards finding understanding of ourselves, the ultimate truth is that selfishness, especially insatiable materialistic, capitalistic greed, was poised to destroy the world. It was 'insatiable' because, as an artificial form of reinforcement, materialism was never going to genuinely make us feel we were good and not bad—*only* understanding of our fundamental goodness could and now does achieve that. Mahatma Gandhi was really making this point about the insatiability of trying to make yourself feel good by surrounding yourself with material luxury when he famously said, '**Earth provides enough to satisfy every man's need, but not every man's greed.**' Yes, and when F. Scott Fitzgerald wrote in *The Great Gatsby* that '**Living well is the best revenge**' (1925) he too was recognising that while we lacked the real '**revenge**' for the injustice of the human condition, namely reconciling understanding, materialism *was* '**the best revenge**' we had. So, it is going to be an enormous relief now for the planet and for humankind—in fact,

it is going to make *all* the difference—that, through the finding of understanding of why we humans are good and not bad, we can finally let go of our selfish, egocentric, have-to-prove-our-worth, materialistic, power-fame-fortune-and-glory-seeking way of living and take up the TRANSFORMED, human-condition-liberated, selfless existence; again, have that **‘change of heart’** Sir James recognised we had to have.

Just to illustrate the change that is going to come to our old materialistic way of living, in front of me is a teaspoon—well, the monetary value of all the human-glorifying, egocentric content and effort that has gone into its ornate, embellished design, extravagant silver plating and competitive salesmanship and marketing to sell it to me, etc, etc, could feed a starving person for a week! Almost everything I see in front of me—my extravagant watch, my fancy shirt, my sophisticated pen—is in truth obscenely extravagant in a human-condition-free world. I should re-design all these items so they are not so extravagant, and it won’t be long before I and everyone else in the world will be doing just that. In fact, I idealistically once designed and manufactured a full range of wooden furniture that was free of embellishment and artificial content before realising that for such integrity to be tolerated the human condition needed to be explained (see <www.humancondition.com/griffith-tablecraft>). Imagine if all the car makers in the world were to sit down together to design one extremely simple, embellishment-free, functional car that was made from the most environmentally-sustainable materials, how cheap to buy and humanity-and-Earth-considerate that vehicle would be. And imagine all the money that would be saved by not having different car makers duplicating their efforts, competing and trying to out-sell each other, and overall how much time that would liberate for all those people involved in the car industry to help those less fortunate and suffering in the world. Likewise, imagine when each house is no longer designed to make an individualised, ego-reinforcing, status-symbol statement for its owners and all houses are constructed in a functionally satisfactory, simple way, how much energy, labour, time and expense will be freed up to care for the wellbeing of the less fortunate and the planet.

Again, while we *needed* the individualistic, materialistic world to sustain our sense of self-worth while we couldn’t establish it through understanding, now that we have established it that old way of living is obsoleted. In his affirmation of the TRANSFORMED STATE in Section 3:4 of this presentation, you will see how Doug Lobban’s only desire is to fix the world, starting with his shower curtain! He had let go of his egocentric mindset when he became TRANSFORMED. The finding of understanding of the human condition naturally brings about a whole new way of living. There’s no dogma involved, like there was in socialism—this is about the *end* of dogma and also of faith, and the *beginning* of understanding.

It will certainly take time, in fact, a few generations, for us humans to sufficiently absorb the understanding of the human condition for our underlying insecurity to be fully ameliorated or healed and thus the need for some artificial reinforcement from materialism, etc, etc, to completely disappear, but once you adopt the TRANSFORMED STATE, while you haven’t eliminated the insecure state of the human condition within yourself, you have completely changed your mind’s focus from living an ego-embattled, selfish life to living selflessly—you have had that **‘change of heart’**, the fundamental change of direction, that Sir James recognised was so urgently needed to fix the world.

Importantly, the more this ‘**change of heart**’ TRANSFORMATION catches on, the easier it will be for people to move from the old insecure, ego-centric way of living to the new, secure, ego-less way of living. The old egocentric way of living has had such a powerful hold on humans because while there was no understanding of the human condition all we had was the superficial reinforcement we gained from seeking power, fame, fortune and glory, but once that relieving understanding is found, as it has been, that old egocentric way of living quickly loses its power—so quickly, in fact, that everyone will be amazed by how quickly their need for the old artificial forms of reinforcement falls away.

So, what I have been talking about is the TRANSFORMATION from living a selfish, egocentric, have-to-prove-that-I-am-good-and-not-bad existence to the new, selfless, egocentricity-obsolete, don’t-have-to-prove-that-I-am-good, Liberated, Exhilarated and Empowered, TRANSFORMED LIFEFORCE STATE or way of living—or simply the TRANSFORMED LIFEFORCE STATE—that the current, transitional generations will take up. Of course, when future, fully secure and integrated, human-condition-extinct generations of ‘UNIVERSAL BEINGS’ appear there will be even greater relief for the human race and for our planet. But the point is the great ‘**change of heart**’ is on! Imagine when we no longer have to dress to impress, deceive and disguise—especially when women no longer have to be preoccupied with being sex objects—how much freedom that is going to unleash, and how much time, energy and resources it will save? Imagine when communication technology is used only to spread reconciling truth rather than truthless, alienated, escapist, superficial drivel, as it is currently doing—how much relief that is going to bring to humans and thus our world? End the human condition and you end all the big problems of the world—and thus all the little problems too.

So there are degrees of selflessness that we will now be capable of as we move from the old egocentric world, to the egocentricity-obsolete, TRANSFORMED LIFEFORCE STATE, to eventually arriving at the future human-condition-extinct existence—however, it is the fundamental change of direction, and the rapid change that will accompany it, that is all-important. The point overall is the immense power of cooperative selflessness to solve *all* our problems. If we were all selfless we could solve the AIDS epidemic literally overnight because all it would take would be for everyone to agree to be tested for the AIDS virus and those who tested positive to agree to not have sexual relationships with anyone who doesn’t have the virus. When everyone is selfless we will be able to solve the greenhouse gases, global warming problem almost overnight by everyone agreeing to hold every third breath or something—that’s obviously not going to work, but the point is we will be able to do whatever it takes! Actually, the most effective control mechanism we have available to us is our ability to curb our numbers by not reproducing as much, at least until we have stabilised all the threats to our world. In fact, we in the WTM have already employed this device to defend the new world. As mentioned in Part 2:4 of *Freedom Expanded: Book 1*, we decided not to have children so that we would have all the resources that we could possibly muster to ensure these precious understandings of the human condition would survive the expected initial onslaught of vilification, persecution and attempted repression for daring to address the issue of the human condition. Certainly our tiny band of 50 people would not have been able to undertake the legal actions we had to take against two of the biggest media organisations

in Australia to redress their ferociously vilifying publications about us if we had children to look after and support. It is the capacity to be selfless that has been missing from the human situation. Basically, as soon as humans no longer have to be preoccupied with themselves by having to artificially try to relieve themselves of the insecurity caused by their human condition through winning as much power, fame, fortune and glory as they possibly can, and are thus at last able to be concerned about the wellbeing of others, all the suffering in the world will be able to be brought to an end. That is the key rehabilitating effect for humanity and our planet that the transition from living selfishly to living selflessly brings through the finding of understanding of the human condition.

Understandably, this power of selflessness has not been something we humans wanted to acknowledge or think about because it has been too confronting of our present massively embattled, ego-hungry, desperately-needing-self-gratification-and-glorification, selfish, greedy, materialistic existence. We have *had to* live an alienated, escapist, materialistic life because we haven't been able to live a secure, honest, spiritualistic life, but now, with the human condition explained, we can. As mentioned in Part 4:12 of *Freedom Expanded: Book 1*, we can gain an insight into the power of selfless cooperation by looking at ant and bee colonies—truly, as King Solomon advised, **'Go to the ant...consider its ways and be wise'** (Proverbs 6:6). The 2004 award-winning documentary *Ants—Nature's Secret Power* admitted the power of selfless cooperation when it concluded that **'The secret of ant societies is their cooperation... [it's what has enabled them to] act as a superorganism...[and become] nature's true world power'** (produced by Adi Mayer Films, ORF Austrian Broadcasting Company with Docstar and WDR). In his book *The Soul of the White Ant*, Eugène Marais wrote that **'the termite...never rests or sleeps'** (1937, p.61 of 154). Bees' extreme selflessness was also made apparent in a documentary on bee colonies, which reported that **'when bees become sick they sacrifice themselves and leave the hive to die to prevent infecting the rest of the colony'**, and how **'in the summer, the workers only live around 30 days because they literally work themselves to death'** (*Silence of the Bees*, produced by Partisan Pictures, Inc. and Thirteen/WNET for National Geographic Channel, 2007). I'm not suggesting that we will ever go beyond self-sacrifice to self-elimination as a strategy for solving problems, however, these examples do make it clear how powerful selflessness is as a force for solving problems. The main point is that our ability now to leave behind the insecure, self-preoccupied, ego-centric, selfish state of the human condition makes possible the *true* reparation of our whole world; it is us self-adjusting, conscious humans who—now that we no longer have to live an insecure, selfish existence and can live a selfless, cooperative existence—will now become **'nature's true world power'**.

As I have previously said, the main reward for members of the WORLD TRANSFORMATION MOVEMENT is the anticipation and the excitement of being effectively free of the human condition—the joy and happiness of being liberated from the burden of your insecurities and self-preoccupations; the awesome meaning and power of finally being aligned with the truth and participating in the magic true world; the wonderful empathy and equality of goodness and fellowship that understanding of the human condition now allows you to feel for your fellow humans; the freedom now to effectively focus on repairing the world; and, above all, the radiant aliveness from the optimism that comes with knowing our march through hell has finally ended.

This WORLD TRANSFORMATION MOVEMENT has a slow beginning because humans initially find it difficult even taking in or ‘hearing’ discussion about the human condition, but it won’t be long before our website is discovered and then word of it and what it offers every human and the world will spread like wildfire—as the visionary French Jesuit priest, scientist and philosopher Teilhard de Chardin said, **‘The Truth has to only appear once...for it to be impossible for anything ever to prevent it from spreading universally and setting everything ablaze’** (*Let Me Explain*, 1966; trs René Hague & others, 1970, p.159 of 189). Before long we will be marketing our own human-condition-free, world-saving products, providing our own all-exciting and meaningful, denial-free, honest, human-condition-understood films, documentaries and books, launching our own TV station—and our website will be the biggest in the world, bigger than Google or any other existing site. And all this is not deluded hubris, or wild guessing, it is simply the logical truth of what happens when the dignifying, redeeming and healing understanding of the human condition is finally found—as all the quotes from prophets, songwriters and poets included earlier testify.

The bottom line truth is that *only* the finding of the reconciling understanding of the human condition and the **‘change of heart’**, TRANSFORMED STATE for humans that it finally makes possible can save the human race. The WORLD TRANSFORMATION MOVEMENT provides the *only* path forward for humankind. All else is ever-increasing, excruciating, unthinkable suffering and ultimately doom for our species. So, become a MEMBER of the WORLD TRANSFORMATION MOVEMENT!

I strongly urge you all to now read Section 3 of this presentation, which features Affirmations from numerous people about the all-wonderful TRANSFORMED LIFEFORCE STATE, how they achieved it and the effect it has had on their lives. Or even better, watch them at www.humancondition.com/affirmations.

Section 3

Affirmations of the Transformed Lifeforce State

All of these Affirmations can be viewed at <www.humancondition.com/affirmations>.

Section 3:1 Prue Westbrook (recorded December 2009)



Hi, my name is Prue Westbrook, I'm 28 years old [at time of filming] and I'm a founding member of the WORLD TRANSFORMATION MOVEMENT (WTM).

I'm part of the conduit generation that gets these understandings to a fresh generation. That is my life's focus, that is where I draw all my meaning and sustenance from now, and that is what I know solves all the world's problems. I love every minute of it and I can't wait until the whole world catches on to this. Being a Lifeforce living for the potential of this information is everything.

As you will see, the power and excitement and energy of this Transformed Lifeforce State will be more than we can bear. It will sweep the world and produce a new lifestyle for humans that will be an absolute party day after day, full of optimism, enthusiasm and meaning, where everyone will be working together to transform the world through this information. It is a transformation that will end all the suffering and pain on Earth and allow humans in the future to have an existence of integration and beauty, unrecognisable to the existence we have known.

So how does the transformation process work?

The *Abyss of Depression and the Sunshine Highway to Freedom* drawing (see next image) by Jeremy Griffith (see [par. 1240 of FREEDOM](#)) will become the most important and significant drawing for our generation in helping us to understand how the transformation process works and the situation that is before us.

Our generation has grown up with the human condition and as a result we have a lot of hurt, pain, insecurity, alienation, anger and fear inside us, as this information reveals. There is a lot of

upset within us to try to face now, not only from our own personal encounters with the human condition but also from having in our heritage two million years of the human condition. But this was always going to be the situation for the first generation to encounter the truth.

We have been owned by and are saturated in the human condition [see [Video/F. Essay 10](#)]. The cave-like dead existence shown on the *Abyss* drawing is where we have lived, it is the only world we have known and so it is the only way that we know how to view the world [see [Video/F. Essay 11](#) for an explanation of Plato's cave allegory].

The only way we know how to live is to try to prove ourselves everyday, take whatever particular talents and abilities we have and use them to achieve, succeed and win. We chaotically go about life, we take out our frustrations and anger on each other, we battle on, we fall in love, try to find some meaning, we get drunk and just forget about it all, we bounce back and give it another shot. We stay positive, keep our chin up, try and get a bit of relief somehow from it all, go to a concert, a football game or on a holiday and say, 'What human condition?' We live for ourselves and our families and try and make life work. We keep a brave face and endure all the hardships and horrors that are thrown at us as best as we can. I know it, I've lived there.



The Abyss of Depression and the Sunshine Highway to Freedom

But there is another place humans can live now.

We have the truth now, the breakthrough of breakthroughs has occurred. With the help of science Jeremy Griffith has solved the human condition and delivered the full biological synthesis and explanation of humans [see [Video/F. Essay 3](#)]. The truth has arrived, thereby bringing about a change—a paradigm shift of massive proportions, and while this is the most exciting time in history, having the truth finally about the human condition is going to reveal truths about our state that will be unbearably confronting for us. ‘Unbearable’—meaning we will not be able to confront or cope with what the truth will necessarily reveal about our state. This is a time of very great exposure, the time of **‘the lightning [that] comes from the east and flashes to the west’** (Bible, Matt. 24-27). This quote from the Bible is explained in *A Species In Denial* by Jeremy when he said that **‘Christ was clearly using the most powerful metaphor available to express how exposing and thus confronting the truth about human nature would be when it arrives’** (p.445 printed edition/p.289 online version). This truth presents the *full* compassionate story about humans—we couldn’t be talking about all this, talking about our corrupted state, if we didn’t know that it is in fact the full truth that explains and defends us. Yet, while the defence for our upset embattled state (including for all our hurt, our selfishness, our blindness, for what we have become) is there, the truth will and must reveal everything. It necessarily comes clean on everything about us. You can’t have the truth and not have the truth, as Jeremy has said, and so we have a problem because it is too exposing and too frightening for us to cope with. [See [F. Essay 40: Judgment Day finally explained.](#)]

Jeremy’s drawing of the Abyss is the truest and cleanest depiction we will ever have of this situation.

How can we, if you follow the logic, hope to face or confront any of these truths? How can I as a 28-year-old girl adjust to the fact that women’s lives have been focused around reinforcement from men? [See [F. Essay 27.](#)] That women are ignorant of this need to search for understanding? [See [F. Essay 27.](#)] That being resigned means you are dedicated to living a life of denial? [See [F. Essay 30.](#)] How can men face what they have had to become? [See [F. Essay 27.](#)] How can women face that we have not been able to nurture children properly? [See [F. Essay 21](#) & [F. Essay 27.](#)] How are we all to face, when we start to see clearly, how much confusion and pain children in this world are in, dying inside themselves? [See [F. Essay 55.](#)] How are we going to cope with seeing what’s really going on? How can we cope with and accept our alienation? When I hear quotes from the Scottish psychiatrist R.D. Laing, I know they are true (see [par. 123 of FREEDOM](#)). [See [F. Essay 48: R.D. Laing’s fearless honesty.](#)] I can see the human condition in myself and in the world around me but I can’t and I don’t want to look at it too closely. It is like there is a big ‘no-go-zone’ in me whenever I try to look at the extent of the hurt and pain inside me and what it causes, my lack of sensitivity. It’s like trying to look at our state truthfully, without any denial and live comfortably with all our falseness and superficiality exposed and of course we are unable to do that because it is horrifying and terribly confronting when you see it in the daylight for all it is.

We can take enormous comfort in knowing what a glorious job humans have done—the greater story is sublime, what a journey it has been! But it doesn’t mean we can delve into all these truths and face it comfortably in our day-to-day existence.

I should say here that if you are still young and unresigned you can live with the truth comfortably and as your appreciation grows of this breakthrough information so does your appreciation and knowingness of the soundness of this information's source, how extraordinarily rare unresigned minds like Jeremy's are in their ability to penetrate the truth of any situation. [See [F. Essay 49](#) for a biography of Jeremy; and [F. Essay 39](#) for analysis of the importance of the unresigned mind in humanity's journey.]

If we resigned humans try to look at these truths too closely we face an abyss of depression as Jeremy has shown in the Abyss drawing; or become angry about the exposure and defensive and want to deny this information is true [see [F. Essay 56](#)]; or get stalled or bogged down in trying to work ourselves out, become selfish about it and try to fix ourselves now that this information has shed so much understanding and light on our situations. But to do this is really not an option for our generation. Since this is the breakthrough biological understanding of the human condition its importance is colossal for the human race and there is so much at stake and so much to get on with doing now. As the Abyss drawing again shows us, the alternative is extinction of the human species from terminal levels of alienation [again, see [F. Essay 55](#)] and I don't think that is an option—we cannot accept that alternative, we cannot let that happen.

So what are we going to do?

Well, there is a way. There is an incredible solution to all this and that is that we don't have to face it down or confront it or look at it at all. The path past all that is to just live in support of this. Once we know the information is true we can just support it without looking at or confronting the truths too closely, and we just get on with it.

Clearly, once you know this information is true and therefore its importance to the human race, and you can begin to appreciate the profundity and scale of what has just happened here—if this is the breakthrough of breakthroughs—the priority is surely just to support it. The Abyss drawing shows a bridge and it is the way forward now. If we just live for this information, live for the future, if we just get behind this information and support it, if we look after this information, then in the decision to do that we are instantly liberated from our human-condition-afflicted self and all our self-preoccupied destructive behaviour gets left behind. The depression gets swept away with the incredible flood of meaningfulness that your life has in standing by this information's side and therefore ensuring that all humans can benefit from its healing and ameliorating effects. All that other stuff isn't relevant to us anymore, it just doesn't matter, it doesn't touch you, it's not on your landscape anymore.

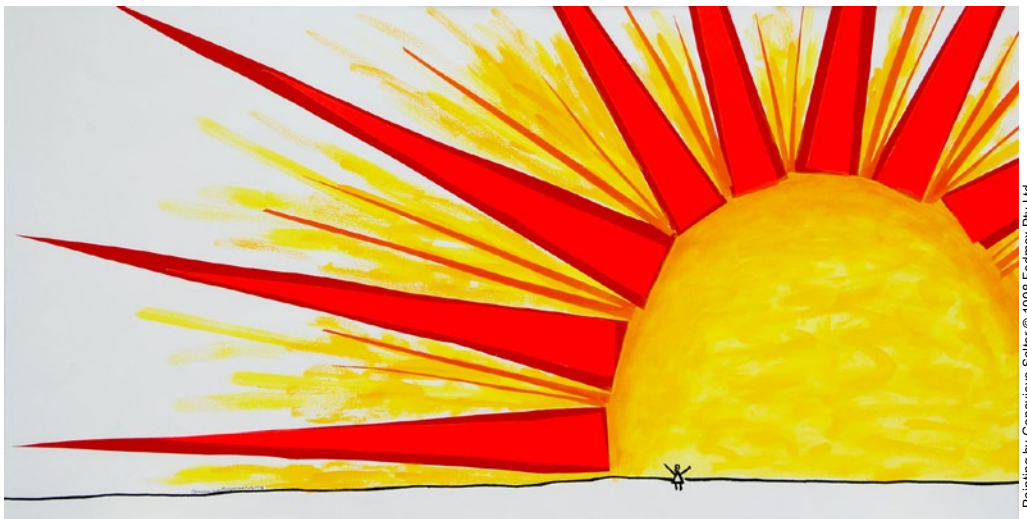
It's this discovery and the freedom from that state with all its complexities and insecurities that transforms us, transforms the world and ensures this information gets to the next generation. You say 'I'm just going to live for this' and try it and in that instant all the possibilities for the human race now become radiantly clear. You see how this works, you see its power.

We don't have to get stuck trying to face this down or look at our own upset, we just get right in behind this and leave all that behind. There's not much we could have changed or done about all that anyway and the fact is there is now a chance for the whole human race to be free, for all the suffering to end and for the next generation to grow up with the truth,

and then finally a generation can be born free of the human condition! We can now turn this around. This takes priority in our lives and totally trumps the way we have been living, this is the new place for humans to live.

That is the simple solution, just live for this and that creates a force, an unstoppable energy, that will sweep the world. The excitement and meaning of that will make all our pain and hurt seem light years away. We won't be owned by the human condition or be insecure about it or even be thinking about it at all, it won't matter to us. Self is rested now. All our upset will be redundant and all we will be focused on is what we can do now. It really is like all our pain and all our psychoses and all the hurt of our old states will have been left behind, like a huge city just evacuated, just left in history in the days before we had this information. And we take up a whole new lifestyle based on living for the information and that will be all humans' common ground. So rather than being estranged from each other, we will be able to talk to one another and relate to each other. This is the beginning of that time. We are sitting on the means to transform the world, solve all the world's and our own problems overnight. It is a solution which will allow us to now finally deal with all the immediate problems—and there are many—in the world and stop suffering effectively and quickly.

So the realisation is 'Let's Go!', 'Let's get out of here.' That really is the war cry. Let's get behind this information and push it all the way and turn this whole situation around. Let's build the new world finally, now that we have the firm foundations of truth and honesty and all the answers and all the knowledge of ourselves to safely build it from.



The absolute exhilaration that comes from the discovery of just living for this and seeing this potential and having the full force of the beauty of this information hit you is captured in the picture (above) that WTM member Genevieve Salter, who has been an incredible inspiration to me in the way she has lived her life, drew, of a girl looking at a sun rising which is massive (you can see the size of it compared to her) and what I'm describing is just like that. [See [Transformation Affirmation 4](#) for Genevieve's Transformation Affirmation.]



You can also see the incredible excitement in this WORLD TRANSFORMATION MOVEMENT poster. Look at the figures and their happiness and the party they are having. Well, that happens to be us, what our generation has to look forward to.

So that's what's in front of us now. There's lots to do and everything to live for.

Section 3:2 James West (recorded December 2009)



Hi, my name is James, I'm 37 years old [at the time of filming], I've been involved with the Foundation for Humanity's Adulthood (FHA), now the WORLD TRANSFORMATION MOVEMENT (WTM), since 1990. I'm going to give my testimony for the truth of this information and what I say is really only going to make sense after seeing the Main Introductory Video to The Biology by Jeremy Griffith. [Since James gave his affirmation, this video has been superseded by the Introductory Video Series at the top of the WTM homepage, with the biology being covered by [Video/F. Essay 3: THE EXPLANATION of the](#)

human condition, and [Video/F. Essay 12: One hour summarising talk.](#)] I would like to start by reading out the claims of this information because that is really the starting point for what I've got to say.

So the proposition is that in the next few hours we are going to introduce an understanding that:

- ☒ will transform the world for its complete betterment
- ☒ will bring complete hope to what can seem hopeless
- ☒ gives rise to a movement that will sweep the world
- ☒ will introduce a new paradigm of understanding around which all knowledge can be integrated
- ☒ will reconcile all the opposites in the human situation

— good and evil	— the non-sexual and the sexual
— yin and yang	— young and old
— idealism and realism	— women and men
— instinct and intellect	— religion and science
— soul and mind	— spiritualism and materialism
— conscience and conscious	— left wing and right wing
— the innocent and the corrupted	— socialism and capitalism
— the natural and the artificial	

So the proposition is that we will come back at the end of this talk and see if you feel that it is possible that each one of these boxes might indeed be able to be ticked!

Written by Jeremy Griffith © 2009 Fedmex Pty Ltd

In [Part 2:5 of *Freedom Expanded: Book 1*](#) propositions were put forward that we were going to introduce an understanding that will transform the world for its complete betterment; we will bring complete hope to what can seem hopeless; give rise to a movement that will sweep the world; will introduce a new paradigm of understanding around which all knowledge can be integrated; and we will reconcile all the opposites in the human situation. These opposites are 'good' and 'evil', idealism and realism, soul and mind, religion and science, women and men, etc. This is big stuff we are talking about here and the information is there and you've all had a chance to evaluate it. All I'm going to do is testify to its soundness and truth in my experience and vouch for how good it is when you see how this product works. That involves sharing some personal experience, which is also up for your evaluation as to whether it is honest or not, whether it rings true or not. That is how testimony works.

When we start discussing this material as part of the movement that follows the arrival of this understanding about the human condition, it is the ultimate reality TV. You get to see real people grappling with these most real of issues. Anyway I'm trying to remind myself that it's the realness in the end that is more important than delivering a polished presentation here because I am certainly not going to do that.

Basically this is knowledge about humans which in generations to come will allow humans to grow up free of insecurity and hurt and every other kind of suffering of the human condition. For my generation it boils down to an unbelievably exciting and fulfilling way of living, totally liberated from our 'prove yourself' preoccupied state and being transformed from a state of paralysis to exploding empowerment. We get to participate in the last great glory to cap off all conscious endeavour to this point in time. We are the ones who bring about the transformation of the world. We become the WORLD TRANSFORMATION MOVEMENT. We are not going to wind back the clock on our own experience of the human condition but we get to be a force for good, or a force for life, now that good and bad are reconciled and thus obsolete. We become Lifeforces. We get to champion something that is so wonderful—the culmination of all humans' hopes and dreams and endeavours—liberating knowledge about ourselves. We get to live in support of something so powerful and effective that no force on the planet that has ever existed can come close to it. This understanding, if you live through it, will do the rest for you. It solves every problem in your life, it fixes every problem in the world and it is so strong and so empowering to be on the side of it. This knowledge is *that* good and it's here and the march to bring it forth is on. No one is excluded from this WTM, it's going to be, as Jeremy Griffith has said in every one of his publications, an army to do battle with suffering and its weapon is understanding and it will sweep all before it.

That is a summary of what I've got to say from start to finish.

We are putting forward this information for evaluation. It is amazing stuff, it cuts through things that have been puzzling scholars and academics for centuries but since we are the subject of this information, it's not a fully intellectual ride, because we can evaluate it ourselves, from our own life experience. It's ourselves that come into the picture, it's our own lives that come into focus. It's our own authority as a human living with the human condition that can duly access the validity of the insights. It leads to a new way of living, the Transformed Lifeforce State. To a certain degree it's going to be destabilising. When the truth about us arrives and the lights come on it's a bit of a shock, but I am still here after the shock, as are others and we are saying the shock is passing and in the end it's a blindingly brilliant place where you end up.

I'm now going to go through that a couple more times in a bit more personal detail. Hopefully I will get the balance right because my personal journey is really nothing in this story. I'm so nothing it's not funny, I pale into absolute insignificance compared to the responsibility entrusted to me and others, by humanity, to be pioneers for these ideas.

I was nearly 18 when I first came across this information after doing a year of an engineering degree at the University of Queensland. Initially I was attracted by the claims of this information. Those putting forward these ideas have always been up front about these claims and honest about them. I guess the boldness of these claims can either make you suspicious of some kind of dogma or you can take them at face value and investigate. I talked to some of my friends about it, and a couple of them shared my enthusiasm: WTM members John and Richard Biggs, God love them, they are still with me, we are still together and we are still best friends.

I remember my late adolescence as a bit of a destabilised time for me. My friends would describe me as competitive. I once came out with the phrase 'don't underestimate me', of

which the unsaid words are ‘or I will blow you out of the water’. And that was regarded as a good summary of my under-the-surface character. I think I was on a highway to madness actually, but I don’t want to write myself off as being unable to discern sense from nonsense because that wouldn’t be fair to say, so I would probably say I was only as crazy as everyone else out there. Anyway, I was a capable student and sports person. For example, in the year I came across this information I represented Queensland in junior rugby union. I became in regular contact with the FHA and John and Rick and I started to organise discussions about these ideas with other friends and asked Jeremy to present talks about them and thus a wider group of support gathered around these ideas. Through these times Jeremy was incredibly generous with his time. We responded to the plausibility of his ideas but we also came to have some appreciation of and were impressed and inspired by Jeremy’s unique selfless, vital, humble character. In as much as we questioned our own capacity to swim against the current of denial in the world and ourselves, we soon learnt from Jeremy’s sheer courage in standing by an almost incomprehensibly glorious vision of a world free of ignorance about the human condition. Jeremy’s ability to stand by the truth against a world committed to so much denial has been truly amazing. As Jeremy once said about his undertaking, **‘I’m like a sparrow trying to turn around trucks screaming down a highway.’** But then again what’s helped Jeremy is the magnificence of his vision of a world free of the human condition.

I’d have to say that I enjoyed being a student of this information and there is a considerable amount of selfishness in that, in the sense that who the hell was I to pontificate on this stuff when it enables the clean-up of the world. I remember in the early days Jeremy said to me, ‘this information will never disappoint you’ and it never has and I have been at close quarters with it for a long time. It goes right to the bottom, right to the heart of what it is to be human, it makes it safe to be honest about anything. There is nothing it won’t context compassionately, but it’s not weak. It doesn’t condone destructive behaviour—it disarms it, it disarms the root cause of destructive behaviour. The deal is this: that humans’ corrupt state is now defended, so now we must be responsible and ‘put down the sword’ (cease our insecure, prove-our-self-at-all-cost strategies to life), the game is up and the horror is over. This is an assault on dishonesty but it is done gently. This is judgment day but as an anonymous Turkish poet once said judgment day is **‘Not the day of judgment but the day of understanding’** (*National Geographic*, Nov. 1987; quoted in *Freedom Expanded: Book 2*, for example in Section 1:13). The arrival of the full truth about humans is not something we need to fear, because it is compassionate. [See [F. Essay 40](#) on the true meaning and significance of the term ‘Judgment Day’.]

Anyway, since explanation of the human condition exposes our behaviour for what it is, with my version of the human condition I have had plenty of exposure to deal with. I’ve been guilty of obscenities in the extreme—shocking indifference and ripping off the power of this information for the cause of James West. Initially with this information there is a period where you need to verify it. If it doesn’t stack up you should reject it, but there is another reason you might want to reject it and that is, ironically, not because it doesn’t stack up but because it stacks up so well. I spent a long time trying to compete with the information in a Mexican standoff with it, in a position we actually call the ‘Mexican Standoff’ — ‘I have found something so good it fixes all the problems in the world, but wait a minute, I was planning on being king of the world so where does that leave me?’ It would be massively irresponsible

to abandon this information once you know the truth of it yet it seems to demand so much. It destroys your egocentric way of living and for that you want to hate it [see [F. Essay 33](#) for an explanation of the Mexican Standoff]. Eventually I came out of that struggle by having a change of heart, having taken the lead from other WTM members. I flipped sides from wanting to compete with the information to just living in support of it. That's when I really discovered a liberation you could just never imagine. You think the world only exists in as much as you can fight for your space in it, but let me tell you, that is only a tiny little portion of the world. It's a tiny little bubble that we live in, as heroic as it is, but when we trust this information we discover the real world.

You discover that a change of heart is possible and it fixes you and it is possible for the world and it fixes the world. You actually see how this works, how it rids the world of the destructiveness of selfish preoccupation with our upset. That is what is on offer for the world and that is what is so amazing that we want to try to communicate to everyone. We want to help everyone through that doorway to the sunlit new world.

So the WTM will have meetings where we will discuss the transformation process and help people negotiate that change. It's going to take some steadiness and there's going to be a lot of nervousness created when this takes off because it is going to put people on the spot when they see people becoming so enthusiastic about it, there will be nowhere to hide from the truth when it arrives.

I'm just going to describe that journey once more. So that's my personal encounter with it. I discovered it and I got excited about the explanation's ability to make sense of the world. It brought me into competition with it where I was in the Mexican Standoff and then I flipped sides. I didn't want to compete with it anymore, I wanted to live through it and I discovered, 'Wow, this is special, this is amazing stuff.' For the first time I could see this in its true perspective where the masses of confronting honesty, anchored in first principle biology, represented something of extraordinary beauty and specialness, the end of the need for denial about the human condition, rather than a threat to my self image which couldn't be dismissed. The interesting thing with regard to the issue of evaluation of this information or the journey that it takes you on, is that this is knowledge not dogma, so why isn't full appreciation of this information a smooth journey of intellectual digestion? Jeremy explains all this in *Freedom Expanded: Book 1* [see also [chapters 2.2–2.3 of FREEDOM](#)] and I gave my personal example but to summarise, it's because it's about the subject of us and about that subject we humans are only rational to a point. We've had to live in denial of truths like Integrative Meaning [see [F. Essay 23](#)]. Of course you can deny that statement as well if you want to, but I would like to offer the following on the issue, possibly as some reassurance. This goes to the accusation of mindlessness being ultimately involved in fully appreciating this information and what it can do. I'm one human with limitations to my intellect and capacity for rationale as all humans have. So all I can give is the testimony of a human with those limitations, but in as much as a human can know something is true and sound, then I was able to know and I do know that this information is true and sound, including the claims that it makes. The evidence for me is the extent and commitment with which I tried to compete with this information but failed to find fault in it. I would go so far as to say that I spent myself, my intellect, my ego, trying to be better than this information. Albert Einstein said '**truth is what stands the test of experience**' (*Out of*

My Later Years, 1950; quoted in [Freedom Expanded: Book 2](#), for example in [Section 1:7](#)), and the test of experience of this theory is one's life. Every fibre of my being put these ideas to the test before I decided to commit every fibre of my being to supporting them. You can't commend anything higher than that and you can't derive any deeper resolve than that. Historically there is this conversion experience with regard to appreciation of denial-exposing work where you hate it before you love it. So what you will witness from Liberated and Transformed Lifeforces is massive commitment and massive enthusiasm coming off a base of deep love of the power of this information to free the world of suffering under the human condition.

Okay, so the truth is I am preoccupied with a wholly different world now. The only thing relevant to me is the welfare of this project, which is ensuring these ideas get to the next generation because I know that is what looks after everything. I am knowingly fostering the new human-condition-explained world and leaving behind the ego-preoccupied, cynical, competitive world and I'm 100 percent justified in doing so. I know I am not sound, I am a mess and I know that is there for everyone to see, but I couldn't care less and I don't preoccupy myself with presenting anything different to the world. My corruption is a result of my heroic encounter with the human condition, and as such it is a badge of honour if anything. I'm just participating in this incredibly glorious march out of hell, part of an army to do battle with suffering using understanding as its weapon, part of an unstoppable and untouchable force. That is a window into what I am doing and how I live which hopefully can illustrate to some degree what generally happens to you when you truly appreciate the magnificence of this information, and thus can be of some reassurance. The world in my view is going to need some reassurance on this but to cut a long story short I want to say to the world, 'Look into this, discover the truth of it, then give it your support, all your support, it is worthy of that and it won't disappoint.'

That is basically it.

I was inspired to refer to the words of the song *Holy Grail* by the Australian rock band Hunters and Collectors. I love the image of the army, this is the last battle and it's a battle to end suffering and it's incredibly glorious, that's where I lose myself and that's what I just want to be part of. Everybody knows about it intuitively or else someone couldn't have written this song [see [F. Essay 45](#) for more examples of prophetic songs from our greatest singers/songwriters]. I don't know if I'll put you through reading all of it, but here are just some of the words: **'Woke up this morning from the strangest dream / I was in the biggest army the world had ever seen / We were marching as one on the road to the Holy Grail // Started out seeking fortune and glory / It's a short song but it's a hell of a story...'** 'We started out seeking fortune and glory': the heroism of our journey is unspeakable. Our egocentric state, as destructive as it is, for it to be able to come to an end is just a testament to the specialness of this information and this achievement for all of humanity. It's too much to really comprehend that the whole thing ends now. Prior to the arrival of this information the best humans could do was to put the anticipation of it in a song where you can dismiss it—even Mark Seymour, who wrote the song, dismisses the meaning of this song. **'All the locals scattered, they were hiding in the snow / We were so far from home, so how were we to know? / There'd be nothing left to plunder / When we stumbled on the Holy Grail // We were so full of beans but we were dying like flies / And those big black birds, they were circling in the sky / And you know what they say, yeah nobody deserves to die...'** 'Those

big black birds circling in the sky’ are all the vultures, it’s the image of all these meaningless movements—not meaningless, but these things posing to be the real thing, that aren’t going to make any difference to the plight of the world because they don’t deal with the human situation, they prey on our need to escape from the human condition, they don’t actually end it. **‘Oh but I’ve been searching for an easy way / To escape the cold light of day / I’ve been high and I’ve been low / But I’ve got nowhere else to go...’** ‘Searching for an easy way’: there is no easy way out of here—we have to confront ourselves. Well, in fact there *is* an easy way out of here now but there is no dishonest way—we live by supporting these ideas and it does the rest. It defends us, but initially, in our insecure state, the truth of these ideas is a threat because it exposes the extent of our corruption, our imperfection. So we are searching for an easy way to escape the cold light of day. **‘I followed orders, God knows where I’ve been / but I woke up alone, all my wounds were clean...’** That’s what this information does it defends us. **‘I’m still here, I’m still a fool for the Holy Grail...’** So thanks for taking the time to consider my affirmation of the importance of this information and the exciting time in history that is upon us.

Section 3:3 Stacy Rodger (recorded December 2009)



My name is Stacy Rodger and I’m 43 years old [at the time of recording] and I was given Jeremy Griffith’s second book *Beyond The Human Condition* in 1992 when I was 25. I wasn’t looking for anything, I wasn’t even too fussed if I read it and I didn’t even know what it was about. But I did read it and what I read absolutely knocked my socks off. It completely transfixed me, I just couldn’t believe what I was reading, I read it and I re-read it. There were two huge revelations for me in that book. The first revelation was understanding the process of Resignation [see [F. Essay 30](#)], which explained to me why my life had changed so dramatically. The second revelation (and this one just took my breath away, there is not a word to describe it) was that someone was finally telling me about the world of men and it is that that I especially want to talk about. [[F. Essay 26](#) & [F. Essay 27](#) explain the different roles that men and women have taken up under the duress of the human condition, including how it affected their relationship and how understanding brings about the true reconciliation between the sexes.]

Being 25 I really had totally given up on ever being able to understand the world of men. I couldn't understand why they would treat me like they did. They weren't at all interested in my inner self. They were only interested in my outer self and that just felt so wrong to me, so wrong. How could I live with that? As a strong woman I so much wanted to participate in life but it was actually precisely because of that strength that I couldn't accept how men were behaving. But I had lots of friends who were men that I really liked and it just never sat right with me that they were bad. I just couldn't get it. It just wasn't right and I could not understand it. I tried to participate in life time and time again. I would read women's magazines from cover to cover to try to understand how you do it, how to be a sex object—how to wear makeup, how to wear the right clothes and get the latest look. But every time I lived out my strength and said what I really thought, especially about the insincerity of men's treatment of women—basically of men being self-centred, totally, seemingly unaware and insensitive towards others and even seemingly unaware and insensitive towards the whole world—it would always end up with men side-lining me and freezing me out. I couldn't understand for the life of me why, when all I was saying was what was completely obvious and absolutely needed saying, as far as I could see, anyway.

So I used to leave the room, asking myself 'What was I getting wrong?!' Slowly but surely I came to the very deep conclusion that *I* was the problem here and clearly a *big* problem. I could do nothing right. I became absolutely crippled with self-doubt. I went from being an incredibly happy, living-in-the-present, participating-in-all-life-had-to-offer girl, to suddenly becoming a girl that was only interested in sport and on a daily mission just to exercise all day, whether it be a run, a swim or a bike ride—anything in fact. The compulsion to complete these activities just felt totally out of my control. I would put them before everything else and hate myself so deeply for doing that. I couldn't trust my thinking at all and I doubted all that I did. I did not want to think anymore and it felt like the same question was spinning around inside my head all day every day: Am I good or am I bad? And the only thing that kept that incessant questioning at bay, was this unbelievably disciplined regime I had developed from the minute I woke up: planning when I would do my run, when I would do my swim, how was I going to do it that day? I was in a state of complete and utter deep confusion. I didn't know what had happened to me, all I knew was that I was no longer happy. I couldn't understand where I had gone wrong. I believed the world should be one way but it wasn't. So I just stopped participating. I became more and more reclusive.

But then I read *Beyond The Human Condition* by Jeremy Griffith and it was the happiest day of my life because here I was reading about *why*. *Why* this had all happened, *why* my life had changed so dramatically and I could finally understand that it was because I had resigned, a process fully explained in *A Species In Denial* [and now in [F. Essay 30](#) and [chapter 2:2 of FREEDOM](#)]. I could understand why men had treated me as a sex object and why they were out there in the world backing their ego [see [Video/F. Essay 3](#) for explanation of the human condition, the cause of our species' angry, egocentric and alienated state]. It was just so exciting to me that there was a good reason for why men are the way they are—actually not just a good reason but a heroic most courageous reason and that the sex object state that women have had to cultivate in themselves has played such an incredibly important supportive role and complements so purposely to the whole story of life.

It has been a truly golden, beautiful role that we have played to support men's job of having to **'march into hell for a heavenly cause'** ('An Impossible Dream', from *The Man of La Mancha*, lyrics by Joe Darion, 1965). Men have been so misunderstood by all on this planet. By me, by women, by nature. But it is not our fault. It is the result of the human condition and thank God that we can understand that now. It has just made so much sense to me that to be able to understand men today we had to go back to the biggest moment in our species' history that Jeremy Griffith has told me about in [his 1991 book] *Beyond The Human Condition*—that being the emergence of a fully conscious brain, and to see what occurred. It had a huge impact on men's and women's roles. Men's job as group protectors was to go out in search of understanding for our conscious thinking self or ego, and women's role as the nurturers was to stay back, unknowing or separate or naïve, of that great battle so that we could preserve as much innocence as we could in order to nurture the next generation. So we don't have an understanding of that great battle or the repercussions of that for men in our bones, and that's through no fault of our own. Men backing their ego or their conscious thinking self is exactly what was required of them prior to the human condition being solved. They had to keep going even though the world, and women especially, were criticising them and trying to get them to capitulate to the world of soul.

So I understand now why men had to shut me out and shut me down. I was so condemning of them, and of the necessary job that they were doing prior to the human condition being solved. They were 100 percent right. It has been an absolute hellish existence for men to have to do that and a hellish existence for women to be a victim of that.

But that is the true beauty about this information. The human condition is solved now and it explains absolutely everything about men and women today and the huge gulf that exists between the sexes. We can now bring understanding to that gulf and the reconciliation that is now possible, is to me, the most exciting thing on Earth. Men and women can truly, truly be together for the first time, from a base of understanding. I mean, how good is that? Because what happens, and I know this first hand, is that when you absorb the fact and the truth about why men are the way they are, you see how totally unfairly maligned by the whole world they have been for the last two million years, and you have so much love and compassion for their courage to carry on despite being totally maligned as the villains on Earth, when in actual fact they are the true heroes. It is that love and compassion that tells men that they are, thank God, now finally understood, and that we understand that. Their defiance and oppression of women can now subside and that is one way that the world can change overnight. The battle is over and men can come in from the cold now, they have won their great battle. The hellish existence stops.

I can't tell you how much this information has totally transformed my life. I can't believe my luck, that I get to be part of the most magnificent movement on Earth, the WORLD TRANSFORMATION MOVEMENT (WTM) and it is magnificent because it dignifies and explains every single human that walks the Earth. This is all that we have ever, ever wanted.

I have gone from being that preoccupied, troubled, hating-myself, with—no-understanding-of-anything-about-the-world, crippled-with-self-doubt 25-year-old girl, to being the happiest 43-year-old on Earth, because I know the human condition is solved and the world will never be the same again. All I want to do now is *think* because I can and I know it's 100 percent safe to do so. This information is all about thinking. I know that I don't need to dissect my life and work it all out, there is so much pain there. To have had to live undefended and unexplained for two million years has come at a horrendous cost for humans. But there is a very, very simple way to live and I know this information has explained everything I need to know.

I'm drenched by this overwhelming feeling of never having to worry about whether I'm good or bad ever again. That's a question I never have to ask again because *I'm good, we are all good*. I can now understand my strength; I can now understand why children are still so alive inside; I can now understand the gap between children and adults; I can now understand the process of Resignation and I know that it's true because it happened to me; and I can understand the difference between resigned and unresigned humans [see [F. Essay 39](#) for explanation of the difference between the resigned and unresigned state].

The best bit about it is that we all have different circumstances having lived life under the duress of the human condition that make us different, but that doesn't mean being resigned or carrying more hurt or upset makes us bad. We are all dignified and loved, every single one of us. Every human that has walked the Earth has done the most incredible job, we have not one thing to worry about ever again. We are safe as houses. None of this cyclone that has been our lot prior to the human condition being solved is our fault. The silence, thank God, is truly broken now forever and children will be the first to know, they will feel it in the air. They don't need the perfect life, they just need to understand life, for the silence to be broken and that has happened now. We truly are meant to be here and Jeremy Griffith, on the back of all the science that has gone before him, has solved the human condition and I can't tell you how unbelievably exciting that is.

I know that humanity's future is utterly glorious and I get so happy all I want to do every day is dance because it has totally transformed my life. We are all so defended, every single one of us and I always thought that would never happen. I thought all the problems on Earth were totally unsolvable but I know better. I know better now. I know that the human condition is solved and it's honestly more than a human could bear, it's so wonderful. As I said earlier, it's all that we have ever wanted. Underneath all our heroic, get-on-with-it, gutsy, keep-a-happy-face exterior is a deep, deep, deep needing to understand ourselves and finally we can.

So all I want to do with my life is stand strongly and firmly upholding the work of the WTM because the full understanding of the human condition that we have at last will transform the world and I know that's true because it's transformed me and it's transformed my life and I absolutely love it and our future is fabulous.

Section 3:4 Genevieve Salter (recorded December 2009)

My name is Genevieve Salter, I'm 34 years old [at the time of filming] and I've been involved in what was the Foundation for Humanity's Adulthood (FHA) and is now the WORLD TRANSFORMATION MOVEMENT (WTM) since I was 17 so that's a long time, 17 years. I suppose when I first came across these ideas the thing that was just so exciting and thrilling for me was understanding the human condition and for a 17-year-old girl that was so exciting, it was just like being drunk on knowledge all the time and always coming across new concepts and new explanations for things. It was just a really, really, really thrilling time and I suppose the reason I'm saying that is because I'm about to talk about this terrifying issue of self, or terrifying for me anyway, but that initial understanding of the human condition [see [Video/F. Essay 3](#)] was just so exciting and I had a ball discovering all these explanations for the world around me.

My parents were quite religious at that time so the idea that I could understand religion [see [F. Essays 35 & 39](#)] and understand God [see [F. Essay 23](#)] was just incredible, just so exciting. That's what I refer to as 'the human condition without' —you're looking at the world and it's making sense and you know that you're in a world full of people that don't understand the human condition and you have understanding of that and that's just so exciting. You look at people around you and you can make sense of that and you can make sense of what's happening in the world and why there is all the greed and selfishness and devastation. So being able to make sense of the human condition without was incredibly relieving. But gradually, as your understanding of the human condition deepens and your brain is continuing to process the logic, the information also makes you look at the human condition within yourself and looking at the human condition within yourself is something that I didn't really want to have to do. It was really only a friend of mine at the time that

encouraged me to sort of hang in there and just settle down and look at this, look at what you're involved in, which I did.

The fundamental thing for me is that I knew that Jeremy Griffith had solved the human condition, that these ideas made sense of everything that I can see around me and so I know from that he is coming off a selfless base, from a base of trying to help humanity and therefore me and from there I could absorb the realities of who I am. As I said, I was 17 or 18 years old and I'm a woman so I have my version of the human condition. My resigned strategy to life that I took up was fundamentally, I guess, about reinforcement for my object self. Jeremy explains in [chapter 8:11B of FREEDOM](#) [see also [F. Essay 26 & 27](#) for an introduction to this topic] why women rely on men's attention and reinforcement for their sense of meaning and that reinforcement was a very important and preoccupying thing for me and it ruled my whole world. I know I had a lot of pain in my childhood and that's not to say that my parents didn't love me as much as they could given the realities of the human condition, that's just a reality of growing up with the human condition but knowing that you're just a part of this two million year journey and you have your version of the human condition just like everybody else does, and you're defended in that, means you no longer have to live through those forms of superficial reinforcement in order to prove your self worth because this information does that for you. It explains that humans are good and that means me too and that was an incredibly relieving realisation and it lead to an incredible Transformation [see [F. Essay 15](#) on the Transformed State]. I remember feeling that sense of freedom and no longer having to just live for reinforcement, to prove my self worth and the feeling of relief, of no longer having to live like that anymore and then almost instantaneously at the same time being drenched in this feeling of excitement about the potential of this information for the future and what it can do for the world. If I can be free of that need and preoccupation to prove myself, then what does that mean for the rest of humanity? And if you're not preoccupied with yourself you've got so much energy and room inside yourself and love to help dedicate to the planet and to humanity and to getting other people to understand these ideas and that just instantly becomes your focus.

I want people to understand and know about these ideas, I want to be able to help support these ideas so that they get to the rest of the world and that means a future free of the human condition and that is just such an exciting concept. So living for that future is really all I do, that's what my life's about and it's all I care about and it's just so exciting and fulfilling and meaningful. So coming from a completely lost, hurt, alienated, attention-seeking little girl, to someone that's so excited about the future and has a meaningful life and feels like they can contribute to something real and that knows herself I suppose is so exciting. But the main thing for me is that future potential, that freedom that humans have got to look forward to now.

Section 3:5 Sam Belfield (recorded November 2017)



My name is Sam Belfield. I'm 44 years of age [at the time of filming] and I've been supporting the explanation of the human condition put forward by Jeremy Griffith for nearly 25 years, having read one of his earlier books, *Beyond the Human Condition*, when I was studying at university. As most people would be aware there's an immense amount of contexting information in all the books that have been produced by Jeremy and the WTM to date. There are also the other affirmations on the website so I'm going to try and pick an aspect of this information and talk about something that's relevant to me. And that is what I've experienced in terms of the magnitude of the implications of this change and the transformative effect of the information on me; and through understanding that transformative effect, seeing the potential for humanity. I'm trying to convey my experience of its truth, its accountability and in particular something of what I call the power of knowledge or the power of logic and of having a conscious mind. And through processing information and knowledge how that can dramatically change your perspective about yourself and about the world and where it's up to. In particular, how *this* information, *this* knowledge, can change the direction of humanity and the planet at present [see [Video/F. Essay 3](#) for an introduction to the explanation of the human condition].

I wanted to start with this quote from [Part 3](#), page 79 of the print edition of Jeremy's book *Transform Your Life And Save The World (TYL)*: **'I kid you not, what you're soon going to see appear, from one end of that horizon to the other, is an army in its millions coming to do battle with human suffering and its weapon will be understanding!'** [See p. 65 of First Edition of *TYL*, pub. 2016.] If you let your mind access this information you can be a part of that. If you let your mind process this information and follow the logic through, it will completely transform your life. It will transform how you see yourself and how you see humanity. Your perception of yourself and the world will totally change.

There are heaps of benefits at a personal level with this information and processing it but something I particularly want to talk about or highlight is a recognition that it's our self-interest and selfishness that is fundamentally destroying humanity and the planet. At one level we sort of know that. If we boil it all down that's an aspect or a manifestation of the human condition. This information has the ability to end that self-interest, selfishness and

egocentricity at a fundamental level in you and the world, and that's what will produce this **'army in its millions to do battle with human suffering'** on the planet and bring it to an end. That is the magnitude of this information. It ends our self-interest and we all take up a life of living cooperatively and selflessly. That's what we have coming. That's how good it is. That's how special it is. And best of all it's available right now and for everyone.

So, as I said, that's the outcome of this information. It's not make-believe. It is not a function of religion, it is not a function of left-wing dogma or discipline. It's actually a function of having a conscious mind and processing this knowledge or information and responding to it, following the implications of it through to how it changes your perspective. That process can be challenging but there is a path mapped out, a new way of living is here and it's on right now and soon everyone will be living it.

Where are we all going?

Recently I was flying back into Sydney on a plane at night. I was looking down on the sprawling city, the mass of cars, the lights, all these people driving home. I had this reflection in my mind, a rhetorical question of, 'Where is this all going, where does this all end up, what's the meaning of all this?' We live in a schizophrenic state. In one sense we live in a massive amount of denial about the human condition but on another level we sort of peek around the corner of life from time to time and we ask these questions of 'where are we going?' If you're going to have children or you've had children surely you've got to look into that crystal ball and ask, where is humanity going? And I'd suggest that behind the smiles and behind the confidence to carry on there is a deep anxiety about the direction humanity is going [see [F. Essay 55: *Endgame for the human race*](#)].

What I really want to hasten to add is that the insights in this book change all that, that book being, amongst others written by Jeremy, *FREEDOM: The End Of The Human Condition*. On the front of *FREEDOM* is the statement by Professor Harry Prosen, **'THE BOOK THAT SAVES THE WORLD'**. I have experienced that statement to be true—this book has saved the world. In fact, I'd go a step further and say that in my view this is the *only* book that can save the world, that's how fundamental it is. I've got a perspective on how the information in this book brings the human condition to an end and introduces a whole new paradigm, a whole new way of life for us all. It's not about modifying the existing paradigm. It's not about trying to tweak that or improve it in some way, it's about a whole new model, a whole new state of mind for humanity. These are big statements but if you genuinely let your mind understand this information and follow the implications through your mind will validate this.

Imagine

I want to read the lyrics from John Lennon's 1971 song *Imagine* from [Part 3](#), page 81 of the print edition of *TYL*: **'Nothing to kill or die for, and no religion too...all the people living life in peace...No need for greed or hunger, a brotherhood of man...all the people sharing all the world'**. [See p. 67 of First Edition of *TYL*.]

Every now and again I hear the full version of that song and it's unbelievable. If you try and stop and really get your brain to engage those particular lyrics, just to read them again: **'Nothing to kill or die for, and no religion too...all the people living life in peace...No need for greed or hunger, a brotherhood of man...all the people sharing all the world'**. It really is hard to get your brain to actually engage with what that's all about, it's hard to take seriously. Very quickly your mind can bring forth defences and reasons and excuses and arguments for why that's just not going to be possible; for example, 'our deeper nature is one of selfishness', 'we're brutal', 'animals are competitive, red in tooth and claw, therefore we are', 'what about survival of the fittest?' [See [Video/F. Essay 14](#) for a debunking of the 'savage instincts' excuse for human behaviour.] When someone talks about the concept of a **'a brotherhood of man'**, a new cooperative, caring, peaceful paradigm, it's very difficult to take seriously; we are blind to another potential. It's like looking at a void, a vacuum—we see nothing.

At another level we're also aware of our immense habituation to living through self-interest, living egocentrically, proving our sense of self worth and we're aware that we and the whole world we live in day-to-day is geared towards that. We can't entertain the possibility that it could be otherwise. There is so much momentum behind the current human state of mind of operating from a basis of self-interest. From there you can think, well this is never going to happen, talk of a new world is just a flight of fancy, but I want to contrast that view with the proposition that if you actually engage this information in a genuine way your mind will take you on a journey that completely reverses your view and you'll arrive at a point where, not only can you let go of and move beyond self-interest and egocentricity being the focus of your life but also see that our deeper, true nature is actually all about being cooperative, loving and selfless and not all these other things like being competitive, aggressive and selfish. In fact, you can understand that that self-interest has been like a temporary veneer, a means to an ends while we've been trying to find knowledge, ultimately self-knowledge, to understand our real nature. As you start to put those realisations together—that we can actually change our perspective and move to a position where we can let go of competitiveness, selfishness and all this craziness and that our deeper nature is actually one of being selfless and cooperative and there being this deeper law of physics on Earth of Integrative Meaning—then you start to see how this **'army in its millions'** that I talked about earlier can actually become a reality. [See [F. Essay 23](#) for explanation of Integrative Meaning.]

My psychological baseline

My psychological equation in and of itself is not particularly relevant, it's not relevant at all. I describe it only to demonstrate my transformation and what I've transformed from, how my state of mind changed from one position to something very different indeed, and I think talking a bit about who I am and how the human condition has manifested in me can be a vehicle for understanding the power of this information.

Jeremy describes in detail the process of Resignation that happens in mid-adolescence [see [F. Essay 30](#)]. The psychology of that event in your life is fundamental. I know I am

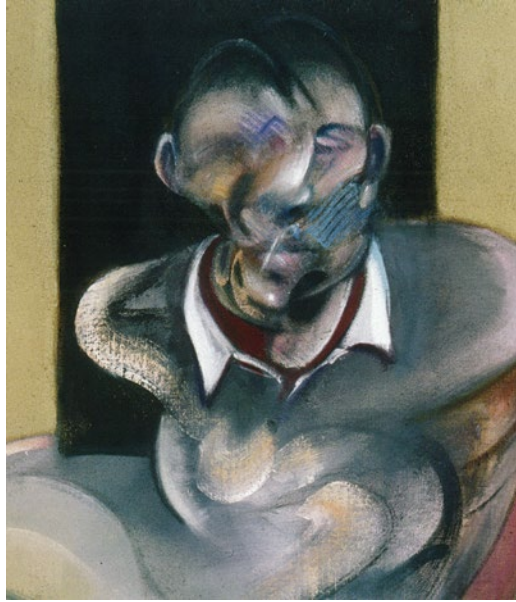
resigned well and truly. I'm not going to go into the detail of that process, that can be understood by reading Jeremy's books and some of the other Affirmations. What I want to talk about is how the human condition manifests in me on the other side of Resignation. For me, my state of mind is characterised by two basic elements which are competing to prove my sense of self worth and denial of the upset of the human condition within me.

Following Resignation we all develop a strategy to validate ourselves in some way. I took up a strategy of trying to be civilised and projecting a persona of security about my sense of self worth, that my strategy is working and giving me a sense of relief, that I have got it all together, that I am upset-free and I don't have this human condition brewing up in me. But in reality I'm actually lying through teeth. I'm putting this persona forward, manufacturing a view of myself that I want other people to see and reinforce as good and valid. But if you scratch the surface, and this is not unique to me at all, I have a deep insecurity about my sense of self worth and in compensation for that I've become consumed and addicted to power, success and achievement as a way of filling that void. Your sense of self-worth is totally conditional on how you think others are perceiving you. This state of mind defines my behaviour. And that's really important to understand—*this state of mind defines your behaviour*; it dictates everything you do, how you go to work, how you dress, how you walk down the street. It's fundamental.

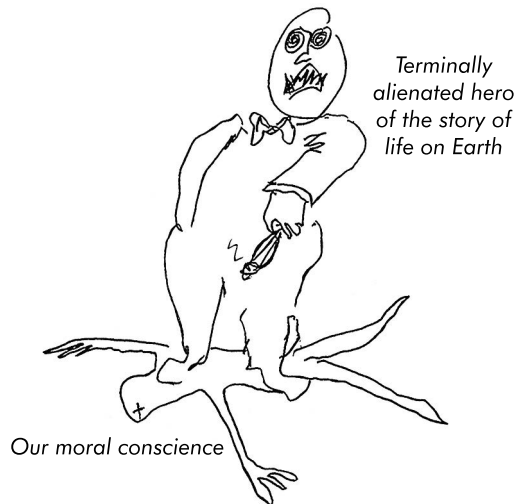
As you get older you become more punch-drunk and more in need of that win and relief. You become more defensive and retaliatory toward criticism. You feel immense frustration that no matter what you achieve, no matter how much success you get the sense of relief is fleeting. It's never enough, it's always thin. It's like the game is loaded against you and as a result of that you become even more frustrated. As you get older still you see in yourself and other people this murderous rage, a capacity for brutality and a capacity to kick the shit out of innocence. To try and make the point, Jeremy includes these images and paintings in *FREEDOM* and I wanted to say I can relate to what they're about.



Here is a detail (above) from Michelangelo's *The Last Judgment* (1537-41) and William Blake's *Cringing In Terror* (1794-96) [see [par. 98 of FREEDOM](#)].



This is a detail (above) from Francis Bacon's *Study for self-portrait* (1976) [see [par. 124 of FREEDOM](#)].



Drawing by Jeremy Griffith © 2011 Fednex Pty Ltd

And this little depiction by Jeremy (above) illustrates 'Hollow Adolescentman', the 50 plus year old terminally alienated hero of the story of life on Earth [see [par. 894 of FREEDOM](#)].

What I'm trying to talk about is that the human condition is real, it's in me. I've experienced seeing in yourself a capacity to value nothing and it's all a product of the human condition, this egocentric necessity to become a wrecking ball as you try and validate that you're good notwithstanding the fact that there are so many implications that you're bad, you're evil. That state is bloody lonely and bleak because it's nigh on impossible to share with anyone else. That is the duress of living saturated with the human condition.

So that is my base psychological state post Resignation. So I've grown up with the human condition and that's how it's manifested in me. It is not unique to me. The human condition manifests in different ways in all of us to various degrees, different people take up different strategies but fundamentally the human condition creates an undeserved sense of guilt or insecurity about our self worth and we take up a strategy to try and prove that implication wrong.

When you look at what I've just described and how real it is in you and how it basically consumes and preoccupies you and dictates your state of mind all day, when someone comes along, if we go back to that concept of 'imagin[ing]' a new paradigm, you think 'Well how the hell do I resolve or undo that?' Well, the good news is that it's actually really simple and it's also honest. I can vouch for that I've been around this information for a long time and I've looked at that dilemma for a long time and I've understood that there's a path through that and it is simple. It's not about trying to restrain all of that or explain it all out of existence, as I'll talk about in a second. It's about actually moving on from it.

Moving on from the commitment to self-interest

To try and recap a little bit, your start position is that you are in complete denial of the human condition and of how you live with it, how it's manifested in yourself. I used to describe myself as a 'believer', as in, 'you are a total believer in the ability of your strategy to give you relief'. Mentally, you are wrapped up in this competitive model, this thing that permeates what we call 'the real world', the world that we go out into every day. It defines everything we do. We convince ourselves that the meaning of life is to be competitive and that success means that we are worthwhile.

But then, as you start reading this information it makes sense in your mind, it starts to break down your denial and you start to see your superficiality, artificiality, self-deception and state of insecurity. In some ways the information is like a lens, it's a process of bringing focus on how you are living, how the human condition is manifesting in you. When you come across this information you've got no awareness of the human condition in you, the picture is out of focus and blurry and you can't make anything out. But as you start to read the information it's a process of increasing focus and clarity on how you're living and it becomes more and more stark.

At the same time you've got the knowledge, the logic of this information working away in your mind. More particularly how it provides the first principle-based, biological explanation for why we are fundamentally good despite our upset. In so doing it ends the need for us to apply our strategy to feel good about ourselves and get relief. You start to see, as I mentioned before, that all that self-interest and egocentricity was only a means to an end, and not an end in itself. The meaning of life isn't to be egocentric, alienated and angry—that's just been a symptom in response to the human condition. It was a necessary means of sustaining ourselves until we found self-knowledge. However, with our worth established that way of living is redundant. The battle is over and we put the sword down. So you've got these two things going on: you've got the information working on producing greater transparency

around the human condition in you and how you're living, and you've also got the logic of the information bringing into focus that that way of living is no longer necessary, it's actually redundant because we've got first principle explanation of why we are good. We don't need to prove that in any number of artificial ways.

So then you reach a point where you get a clean take, a simple view of the way you are living. It's like you're outside looking down on yourself and there are a couple of things that come together. In essence you see that applying your strategy is not working, that it is destructive of you and of the relationships around you, that it is not giving you a lasting sense of meaning, security and wholeness. In fact, the longer you go on it's actually the reverse of that. And at the same time you start to appreciate that that way of living is no longer necessary because the human condition has been explained. At the point of that clean take you're then able to, if you like, look across at the information. You've been focused on yourself and how the information makes sense of the human condition in you but then you look across at the information and you think, well what if I live through this information all day, every day? What if I use it as the framework for making decisions and managing my life? The contrast hits you like a bolt of lightning and you make a profound realisation: if I live through this information, hold it out in front of me, if I use it as my basis for managing my life, I can transform my life, and, as it says on the front of *TYL*, I help save the world. That's how fundamental that clean take is in your mind.

At a personal level you see this opportunity where you get to step off that escalator of increasing upset right now. All your problems are solved. But more importantly, you see clearly that applying your strategy is now redundant and that's not just for you individually but for humanity. Humanity has been on a two million journey and our self-interest and egocentricity is a product of that journey. We've now found understanding so all the behaviour that goes with that phase in our evolution can subside: it's actually irresponsible to keep living that out. You make a threshold decision to abandon your fundamental commitment to this competitive frame of reference.

At this point the information sweeps in under you. You access and feel the compassionate message of the information at a whole other level. You actually get to feel this concept that we *are* the heroes of the story. You get to reflect on how unbelievably hard it has been for us to persevere in the face of the ignorant implication that we're evil because if you look inside, you're aware of this punch-drunk reality of who you are and what you're capable of doing. Everything is suggesting that you are an evil monster and yet it turns out through this information that the complete opposite is true, that we're the heroes of the story. Yes, we're massively upset but we're actually heroic. You get to see our collective story and again, it's one of the things you understand more on the other side of transformation. It's not the story of this race or that race, we're all human and there's a collective story of all of humanity. As Jeremy describes in *FREEDOM*, that story is the greatest story ever told and you start to feel that in your bones and that is really quite special.

You start to see that '**self is rested**' to quote Prue Westbrook from her Transformation Affirmation [see Transformation Affirmation 1]. You see that you can stop having to prove yourself. You see how in an instant that need can stop in you and therefore how it can also

stop in the world right now. I think one of the things that really struck at a personal level for me was reaching a point of psychological peace and relief from being able to stop the cycle of ever-escalating madness. I could see by virtue of having this clean take on who I am and seeing the redundancy of my resigned behaviour that I can actually move on to a point where there's an immense, a profound amount of peace and relief. That of itself is an unbelievable contrast to where you have been living. You work out that the information can bring all humans that same peace.

You arrive at a point where you've let go of that commitment to self-interest and you see how you are really living, and that it's redundant. This is all a product of your mind acting on the logic which goes back to what I was trying to say earlier. If I look at where I was at the start of that journey, as someone who reads the lyrics from *Imagine* I can't take them in, I'm aware of my commitment, my habituation to self-interest and the momentum behind it and I think, well how is that ever going to be overcome? And yet what is absolutely mind-bending for me is that through processing this knowledge you arrive at a point in your mind which isn't pressured, it's not being compelled on you from without, it's actually your own mind moving your whole perspective through to a point where that's what you want to do, you need to—your old way of living is redundant and all you want to do is let go of living through that competitive, self-interested framework.

Moving on from the fear of confrontation

When we start reading this information our mind has an awareness of where the subject matter is leading and, it sounds sort of funny, but our mind takes defensive or pre-emptive action to prevent it from having to engage the logic that is being put forward. Your mind has a preconceived view of where the information is taking you and that is to a subject matter that's going to be too hurtful or confronting or will leave you depressed, so it starts throwing up deflections and defences and roadblocks to you processing it. That results in what we call the 'deaf effect' [see [Video/F. Essay 11](#) for more on the deaf effect].

To try and tease that out at a deeper level. For example, people close to me have said about this examination of the human condition that it is '**rattling the black box in people and you can't do that**' and that the information is '**encroaching on the personal unspeakable**' because it's not possible or sensible to go there. That '**black box**' or '**personal unspeakable**' is not make-believe. I've experienced that as actually something very real and it is in every single one of us. I know where this fear is coming from but what I want to say is that it is an unfounded fear. That '**black box**' is all the stuff I've been talking about in terms of the human condition manifesting in you. It's all the shame and guilt about deeds and actions you've done in your life, your corruptions and perversions, it's all in that '**black box**' and you spend a lot of time denying that's in existence at all and any time something encroaches on that you're very quick to want to cover it up and block it from happening.

I want to emphasise that you can have a misreading that the information is reaching up inside us and forcing us to confront those hurtful truths that will leave us dangling over an edge but with a bit of time your mind makes the realisation that the information is safe and

you actually hand that ‘**box**’ over to the information to look after. That part of yourself is not left out in the cold or stranded. You leave it with the information and you move on [see [Video/F. Essay 33](#) in which Jeremy explains this aspect of the transformation process]. There is nothing in that ‘**box**’ that does not have a home with this information. That was a very profound realisation for me—that it is actually safe and I don’t have to continue to live in denial and cover up that aspect of myself. There’s no dark thought or deed or any aspect of our upset that doesn’t have a home in this new framework. I don’t need to face that down. I’m not denying it, I’m not despising it out of existence. I’m owning it but I’m not engaging in it and I’m not focusing on it because there’s no need to do that. But there’s an honesty and an integrity about it because you’re not deluding yourself that it doesn’t exist.

So I really want to emphasise that this fear is unfounded in the context of this information and if you find yourself feeling this way then you’re not actually hearing the information. As the promotional material for Jeremy’s book *A Species In Denial* says, it contains the ‘**naked but dignifying truth about humans**’. It is the confronting but compassionate full truth. It doesn’t just naïvely or dangerously dig up all these truths and then leave us there stranded half-way. It provides a comprehensive framework of knowledge and lays out beautifully a way for us to assimilate and live with the information and takes us right the way through to safe ground. It also explicitly says we don’t need to overly confronting the details of our upset. It does not involve facing down the contents of our individual ‘**black box**’. Our job, if you like is to support the information not confront it.

I wanted to read a section which is highly relevant from [Part 3](#), page 89 of the print edition of *TYL*:

“You and every other human can, as it were, put the issue of all our upsets/corruptions in a ‘suitcase’, attach a label to it saying, ‘Everything in here is now explained and defended’, and simply leave that suitcase behind at the entrance to what we in the World Transformation Movement (WTM) call the Sunshine Highway and set out unencumbered by all those upset behaviours into a new world that is effectively free of the human condition.” [See p. 74 of First Edition of *TYL*.]

I couldn’t agree more with that and I’ve experienced the good sense of that and the need for it and the logic behind it. We put that whole ‘**box**’ in that suitcase.

To recap, at the start you can think this information is never going to cover this dark side of yourself but again, by virtue of letting your mind access the logic and actually reading what’s talked about and becoming aware of the fact that this isn’t naïve, that there is actually a pathway laid out, you realise that there is a new way of living that looks after all of that and you leave that damaged, broken part of yourself with the information. It looks after you and you’re safe when you do that. And as I said, it doesn’t miraculously disappear but it’s not living itself out. It’s so safe and it’s so authentic.

Visualise the future

A key thing that you work out as part of the solution to dealing with these aspects of yourself that historically you've never been able to live with is this concept of visualising the future and focusing forward. And that applies to both your commitment/habitation to self-interest and also your denial about your upset state. It's this concept of **'we get the truth up and then we move on'** [see [par. 1049 of FREEDOM](#)]. It's about focusing your mind outward and on the future, to visualise the potential for humanity now that the human condition is solved. Rather than focus on what you have let go of and the relief you focus on the future.

There is nothing supernatural about that. It's quite practical. You've got a conscious mind. You can actually take it/transport it to the future, we can take ourselves to a new state of mind and wrap ourselves up in that. By really focusing forward you are able to be operational despite that habituation and mess. It is such an effective solution. You can choose what you want to think about, what you fill your head space with and as a result of this information we've got the ability to take our head space forward and think about what the human state is going to be like now that we've got understanding of the human condition and you can think about how good that is and immerse yourself in that. You can think about how good it is that our habituation to self-interest can end and what that's going to make possible.

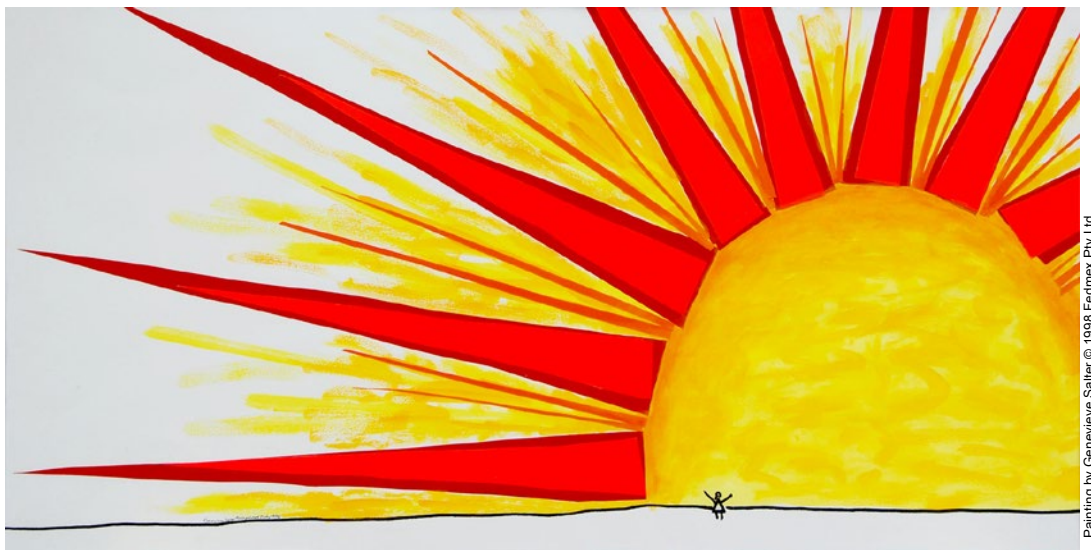
We transcend, we live high and wide of our upset but we are not being dishonest and deluded about our mess. We are not pretending it doesn't exist. We are not despising it out of existence. We are owning it but are moving on, not living with our face right up against it. We are wrapping ourselves up in the future and that dwarfs or moves into the background any of that desire to live out our habituation or to feel a sense of confrontation about our upset. That possibility is mind-bending. Your upset doesn't have to drive your behaviour. Your mind is not living here thinking about this mess all day. Your mind moves forward, way forward and you work at that.

Another journey starts

You sit here for a bit and you can't believe your lucky stars. You are focused on this sense of relief and you can't believe you can abandon that competition and live honestly but free of that state of upset. But then you start to lift your head and this is something pretty new for me. You've got this room in your head, you're no longer preoccupied with this need to prove that you're worthwhile all day, every day. So there is space in your mind, a lack of noise.

What that enables is for you to start to get even greater perspective on the wasteland you've been in and you start to engage with the pain and suffering that is all around you, you engage in how quickly humanity is spiralling out of control and you're also looking forward to the future and you can see that all of that can stop right now. The world really starts to open up. Empathy, compassion, access to other people and the real world. And that

contrast becomes more and more stark. It's actually a mind-bending frame of reference in that the human condition, the suffering, all the manifestations of that can all stop right now. Not in ten years, but right now. All that is required is dissemination and appreciation of this information. When you see that the priority and focus becomes stunningly clear and self-evident—I have got to help progress this project. There's nothing else I want to do. You get the accurate perspective on what is in front of you and you start to see that focussing on self is irrelevant. That's why I love this image by WTM member Genevieve Salter [see [Genevieve's Transformation Affirmation 4](#)].



It's of a rising sun depicting the information and the outcome that it brings about. And then the depiction of herself with her arms in the air in front of that sun. It so accurately reflects the true perspective, the scale of the information, as compared to us as individuals, and the situation we are now in. When you get a group of individuals living with this as their frame of reference then it starts to bring into reality the life force that is possible. I've gone from seeing myself as being the centre of my universe and unable to see any other potential to now where, with the benefit of transformation and following through the logic in my mind, I'm living in a place where I can see what this is all about and I'm so relieved that that's the scale of it. Its importance and power just dwarfs any of my habituation. All this artificial, superficial, self-focused crap that you thought there was absolutely no way you could live without, you can walk past. Living through and for the information is not something you are being obligated to do, or compelled to. It is what you want to do more than anything else in the world. You don't want to do anything else. That person standing in front of the sun is me and that's the scale of this information and if I can just tune into that then it looks after me. As I said before, it's about transforming your life and helping to save the world.

So how about that! I know the extent of my belief and commitment down that egocentric road: 'Bring on whatever challenge and I will overcome it!' However it is now possible to move past that because that self-interest is defeated, made obsolete by this information. It's

defeated from within by my own mind following the logic of this information through to the outcomes. I've gone from this position of massive self-interest and I've arrived at a position where I don't want the focus to be on me. It's a case of, sign me up, what do I need to do? I can see the potential of what this information can achieve, it's here, it's right now, I don't want to be focused on me. So that contrast just gets starker and starker and it just gets better and better and evaporates all that old stuff that you thought would be impossible to let go of. I just turned around the flow of the Amazon River in myself. You go from thinking about some aspect of your upset that you thought utterly irresistible to feed but it can be resisted. Your mind's digestion of the information conquers that in yourself and brings the realisation that can happen in everyone else.

I suppose it's just about seeing the logical implications of this information. It's about taking up selflessness. In [Part 3](#), page 68 of the print edition of *TYL* Jeremy quotes the lyrics from the band U2, '**I will show you a place, high on a [uncorrupted] desert plain**'—an egocentricity-free existence where '**the streets [will] have no name**'. [See p. 65 of First Edition of *TYL*.] It's all about realising and living those implications and seeing that selflessness is consistent with our deeper nature and, as I said before, understanding that selflessness is the integrative meaning of life on Earth. Our mind and instinct start to come together to give a fulfilment unknown. [We recommend you read [F. Essay 45](#) which is a collection of prophetic song lyrics describing our species' liberation from the human condition.]

The battle to champion our goodness is won so we can legitimately do this now. That's what translates that '**army**' into a reality. For the next few generations it's about supporting this information. That's what selflessness translates into. We prioritise our life to that end. It's so simple and beautiful. I just become a tool to help bring in the new world. I just want to be a speck in the mass of that '**army in its millions**'.

Imagine

Surely, if we could dream of a different world it would be along the lines of John Lennon's *Imagine*. Surely, it would be an ego-less rather than egocentric, cooperative rather than competitive, selfless rather than selfish world. Imagine you could help change the world to peace right now. Try to engage that potential for one second then imagine the motivation and excitement to help realise that. Think of the collective energy and what that can achieve. This allows your mind to see how we can change the world and change it practically overnight. See how it will totally overcome the force of self-interest and egocentricity on the planet. When that force is aligned competition can't come close.

I have experienced how that can happen right now. I can vouch for the proposition that if your mind consumes this information you will arrive at that realisation and know it to be true and as a by-product there will be peace, fulfilment, wholeness, meaning for you that you never thought was possible.

This is not about self-improvement to make you more effective or to achieve more. This is not about becoming a more virtuous or a better person. It is about ending egocentricity,

competition and selfishness. It's about a new way of living where we serve the whole and not ourselves. That is how fundamental it is. It's actually not about us, the individual, and the fact that it's not about us paradoxically results in this sense of fulfilment and meaning that is a glorious by-product.

Out of love in search of love

I wanted to read this quote from Sir Laurens van der Post. **'He who tries to go down into the labyrinthine pit of himself, to travel the swirling, misty netherlands below sea-level through which the harsh road to heaven and wholeness runs, is doomed to fail and never see the light where night joins day unless he goes out of love in search of love'** [*The Face Beside the Fire*, 1953, p.290 of 311].

As an extension to the focus not being on self, I did want to say the following.

Early on, one of the deflections your mind can throw up when trying to engage this information is to focus on the messenger rather than the message and to question Jeremy Griffith's character and motivations. I want to say that I've known him for 25 years and every waking hour he is about ending the suffering on the planet through synthesising explanation of the human condition. He lives the example of the outcomes of the information and that is to serve the whole, not self. It's not about him, it's the information and what it can achieve. He is living outside Plato's metaphorical cave [see [Video/F. Essay 11](#) for an explanation of Plato's cave allegory], he is what we've traditionally termed a prophet or what the WTM calls an unevasive thinker. He's defined by an integrity of character and an amazing mind that's unlocked an avalanche of insights that are seemingly insoluble and inexplicable. Again, if you genuinely let your mind consider this information it will validate this proposition. [We recommend you read Professor Harry Prosen's biography of Jeremy in [F. Essay 49](#).]

Jeremy has weathered an immense amount of lies, persecution and character assassination. [See [F. Essay 56](#) for an explanation of the attacks on Jeremy and the WTM.] It's been a modern-day stoning. It was as Plato said, when a person tries to come back into the cave with the light, with the explanation of the human condition, **'they would say that his visit to the upper world had ruined his sight** [they would treat him as if he was mad], **and that the ascent** [out of the cave] **was not worth even attempting. And if anyone tried to release them and lead them up, they would kill him if they could lay hands on him'** [see [Video/F. Essay 11](#)]. He has shown a staggering resilience and courage. He's not superior, not of intrinsic greater worth but is unresigned and his mind has a unique capacity. It was a combination of circumstances that has enabled that mind and allowed him to go to the bottom of the well. I wanted to say that but hasten to emphasise that the focus is not on self, it's about the future that is possible in light of this insight.

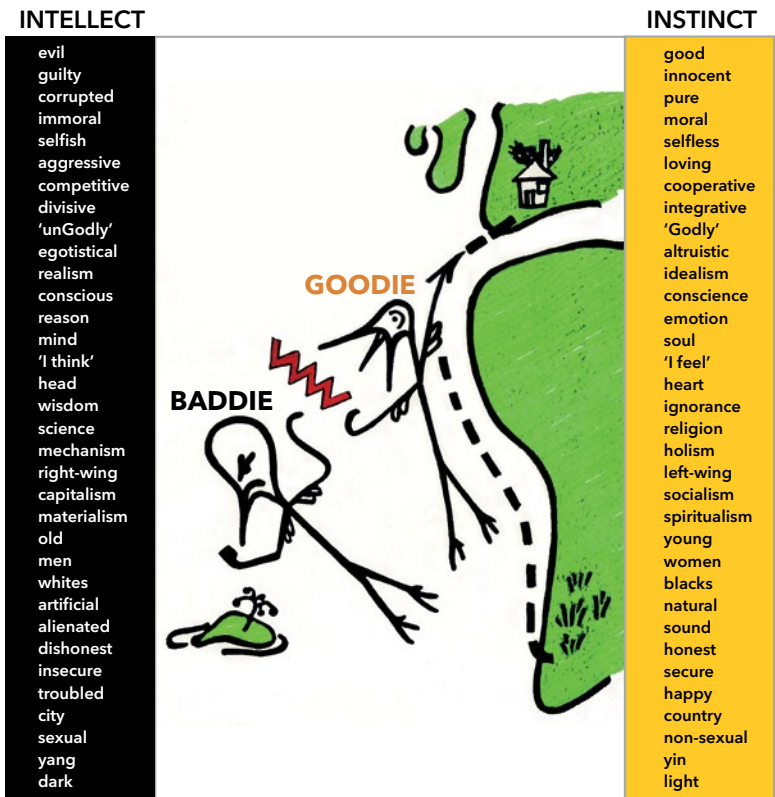
In truth you only need to read a page or two of Jeremy's work to validate what I have said about the messenger. I wanted to take a couple of extracts from my favourite pages of *TYL*. This is from [Part 2](#), page 56 of the print edition:

“[referring to Don Quixote of la Mancha and his companion Sancho]...gloriously doomed battle after gloriously doomed battle; feeble beings charging at and trying to vanquish the ‘**outrageous giant**’ ignorance-of-the-fact-of-our-species’-fundamental-goodness! But that has been the lot of every human for some 2 million years! Wave after wave of *quixotic* humans have thrown themselves at that ‘**outrageous giant**’ of ignorance for eons and eons, as bit by tiny bit they accumulated the knowledge that would finally make the redeeming explanation of our human condition possible!” [See p. 44 of First Edition of *TYL*.] [Don Quixote is also the subject of [par. 67 of FREEDOM](#)]



And Jeremy has drawn this little depiction of Don Quixote and Sancho with the title ‘THE HUMAN SPIRIT’. When you start winding into just how special that human spirit is it’s unbelievable. I just love the words ‘**gloriously doomed battle after gloriously doomed battle...Wave after wave of quixotic humans have thrown themselves at that “outrageous giant”**’.

Also in [Part 2](#) of *TYL* is Jeremy’s analogy of The Story of Adam Stork [see also, [par. 250 of FREEDOM](#)] and in particular the first Jeremy has drawn on ‘Baddie’ Adam Stork shows the extraordinary courage of the human spirit. [*TYL* contains two further images of Adam Stork following the one below, one with the ‘Goodie’ and ‘Baddie’ labels reversed now that the reconciling understanding of the human condition has arrived, which leads to the third image depicting both storks reconciled and transformed].



Drawing by Jeremy Griffith © 2016 Fedmex Pty Ltd

And in relation to that fist, Jeremy says further on in [Part 2](#):

“And so every day as we got out of bed we took on the world of ignorance that was condemning us. We shook our fist at the heavens in defiance of the implication that we are bad. In essence, we said, ‘One day, one day, we are going to prove our worth, explain that we are not bad after all, and until that day arrives we are not going to **‘back down’**, we are not going to take the ignorant, naive, stupid, unjustified criticism from our instincts. No, we are going to fight back with all our might.”

The relief and compassion that runs through your body when you start to tune in to what that little analogy is about is really quite amazing. Jeremy once said something to the effect that if you fill all the valleys with all the books written about the human condition twice over you still won’t come close to the majesty of that little diagram of Adam Stork because it defends and saves humanity, and it’s actually true. It is just SO special and brilliant.

I wanted to highlight that because it is the core insight AND because when you wade into this book it is important to keep sight of it.

Nourishment

While the future is the focus, this information is so relieving and nourishing along the way. There's so much confusion, there's so much we don't understand growing up and this information explains all manner of apparent mysteries: Why are men and women so psychologically different? [See [F. Essays 26 & 27.](#)] How did highly social insects like bees and ants evolve? [See [F. Essay 25.](#)] Why do men shoot animals for sport? [See [F. Essay 27.](#)] Why rock-n-roll? [See [chapter 9:11 of FREEDOM.](#)] Why beauty? [See [F. Essay 27.](#)] Why are we so moved by the beauty of nature? [See for example, [F. Essay 21](#) on the formation of our all-loving moral soul.] You name it. While the focus is on the future there's just so much reward in the short term. That's something I really want to highlight. There's a lifetime of nourishment, so much brain food in terms of actually understanding what the hell has been going on in the world and that's reward enough.

What I live for now

There's so many good things to think about now: stop destroying the planet; bridge the gap with more innocent races. A particular one for me is how different it's going to be for young men to grow up in the future. I see groups of young adolescent boys huddled together down at the shops so unsure of where they fit in in the world. Being a male, masculinity is increasingly without virtue. On the other hand there is still this pressure from within and without to kick the crap out of the innocent and sensitive part of yourself, to bury it, to kill it off, to die inside, to grow up, to toughen up, to become a man and take up this '**gloriously doomed**' competitive existence. All of that has been unavoidable until this point in time, it's been part of the human condition but it's been psychologically and emotionally very painful. I am so glad that can stop now.

Freedom

I was sitting on a plane recently and across the aisle was a businessman dressed in a suit and he was watching the 2007 movie *Freedom Writers*. It's about a teacher in middle America helping young adolescents and it's a pretty moving and inspiring story. I realised as he was watching the movie that he was actually crying and he was trying to pull himself together. It was a small insight into how much we all want selfishness to stop and selflessness to reign supreme. We are all desperate to go. Now humans have been exonerated and redeemed through this information, we can. Let's go, all forward, all together.

Section 3:6 Annie Williams (recorded December 2009)

Hi, my name is Annie Williams and I've been a founding member of the WORLD TRANSFORMATION MOVEMENT (WTM) since 1980 and I'm now 48 [at the time of filming].

The name of the WORLD TRANSFORMATION MOVEMENT has just been changed from the Foundation for Humanity's Adulthood (FHA), which I've always absolutely loved because it talks about humanity finally maturing through understanding itself into its Adulthood state, which is a state of management and functionality. But it has been changed to the WTM which is just so incredibly beautiful because that is what this information does, what understanding the human condition does [see [Video/F. Essay 3](#)], it does transform you [see [F. Essay 15](#)]. It transforms you from someone that has lived, as Jeremy has explained, in the dark without understanding, and has all the characteristics of the human condition and of being a human at this time in history—so that includes all the depression and darkness and shame of our unexplained state, and it does transform you to a person that is full of hope and love and compassion for humans. It's absolutely incredible what this does to you. It does transform you—from someone who lives in a very small world that has no beauty and has no hope for the future and can't understand anything and that basically is just reduced to living a very selfish and preoccupied life—to someone who can really understand the whole world, the whole history of the human journey. The macro scale of this is just all-powerful. That's why I love the word transformation because that is exactly what it does. People can say, 'How does this work, you're talking about transforming the world, the WORLD TRANSFORMATION MOVEMENT, God, come on, you've got to be kidding', but I know that I'm just one human that has lived on this planet and I represent the rest of humans and it's transformed me, so it can transform all humans. And I'm not particularly smart or talented, I've just been lucky enough to run into this information and what it does for you is just transforming! [Again, [Video/F. Essay 15](#) explains how understanding the human condition can immediately transform your and every other human's life and save the world.]

I'd like to give a little bit of background about what meant so much to me in terms of accessing the real potential and power of this information.

I was 18 and attending art college, which included studying art history, and the things that were going through my mind at that age and stage of my life were things like ‘Why are there so many different cultures and different religions?’ [see [F. Essay 28](#)] and ‘Surely there’s got to be a universal truth somewhere’ [see [F. Essay 23](#)] and ‘Where does creativity come from?’, and all those sorts of questions that run through your mind but you have no real foundation or centre to think about things and to understand things. When Jeremy Griffith introduced this information to me it was addressing those questions on a fundamental level. It did take me time to really absorb it though, and I really want to appeal to people to keep re-reading, to keep re-listening to the information because in those early days it does need that re-reading. Jeremy calls it the ‘deaf effect’ because basically we have been living in denial, so we take this state of denial as the only world there is, so it takes a while to erode the cynicism, erode the superficiality and actually start thinking about things again. [See [Video/F. Essay 11: The difficulty of reading FREEDOM and the solution.](#)] So to get through the deaf effect reaction is a really important step and when you do, you walk around looking at the world and you are in wonder, you can actually start thinking deeply about things and you can understand what is relevant to you. Questions like ‘Why do women embrace the idea of being a sex object?’ [see [F. Essay 27](#)], ‘Why is the world patriarchal?’ [see [F. Essay 26](#)], ‘What is sensitivity and creativity?’ [see [F. Essay 42](#)], ‘What is our conscience or soul?’ [see [F. Essay 21](#)], ‘What is morality?’ [see [F. Essay 21](#)], are all answered, it’s absolutely unbelievable! I can understand what my conscience or soul is, I can understand the feelings I had inside of me at that time, I can understand why my father was so incredibly tough and strong and appreciate that. It was just unravelling before me. Jeremy talks about an avalanche of answers and that is exactly what this information provides, you almost can’t keep up with it and then you are skipping around in this wonderland of knowledge and you can start thinking and start accounting for things.

But then you do run into yourself, run into your own human condition, and rediscover that, and that is immensely confronting and immensely uncomfortable. This is the ‘Mexican Standoff’ that has been talked about in these affirmations [see [Video/F. Essay 33](#) for a discussion by Jeremy on the Mexican Standoff]. For me it was after 10 years of access and intense involvement with the WTM and struggling with the Mexican Standoff that the explanation of Resignation became so significant for me personally [see [F. Essay 30](#) for the explanation of Resignation]. It allowed me to access the fundamental defence of humans because when I could understand the difference between an unresigned and resigned person, then I could accept how an unresigned person could think about this, live with this, live fearless of the human condition and therefore think cleanly and explain the human condition from first principle based biology. That was such a key moment for me. I suddenly wasn’t feeling condemned or inadequate or criticised by the implications of the information. I wasn’t trying to compete with the information because I could understand the difference between an unresigned and resigned mind. I could understand, as Jeremy Griffith explains, that unresigned minds are what were historically termed prophets [see [F. Essays 38 & 39](#)], and where all that substance, beauty and sensitivity comes from and why they still have access to that, because they didn’t die inside, because they didn’t have to resign. I

really, really want people to read the Resignation essay [30] and chapter in *FREEDOM* [see [chapter 2:2](#)] and really study them because they are incredibly unlocking of so many aspects of the human condition.

There actually are two different types of humans: humans that have had to resign, which is a defended dignified state; but there are also these rare humans that actually don't have to resign [again, see [F. Essays 38 & 39](#) about 'prophets'], which is a product of the right circumstances and being in an incredibly nurturing environment, basically being in a little corner of the world where the human condition wasn't raging around them. Understanding that was immensely, immensely significant for me. It was critical because through that understanding I could accept my own human condition, not as a shameful state or something I should be embarrassed about or feel criticised about, and then I could actually stop competing with the information and then I could just access it's true, powerful, transforming potential.

I remember one morning waking up just feeling free of that heaviness, free of that feeling of shame or criticism, free of trying to fight those feelings with just the old standard resigned strategies that I had developed. I was actually, for the very first time, using the information available to my mind and this brain food was actually kicking in and from there I was in a position to really fully appreciate how you do live with this immensely confronting time in history. You are finally given the tools and the information to be honest about your alienated state and all that that means: that we have become immensely selfish, immensely preoccupied with our own insecurities—that all that matters to us is trying to get our self worth validated. And the change from that state, that this information makes possible, is the transformation. You are transformed from that preoccupied person to a person free, not free of the human condition but free of that preoccupation. Free to be able to think again, free to be able to feel again, free to be able to understand everything and then you know in that moment that if I can do this, if I can be transformed from what I was to what I'm feeling now, then this is what saves the world, because I am one human of all the humans in the world and I've done it and if I can do it then anyone can do it and that is the moment of transformation. That is what the WTM is going to be taking to this planet and it is all-powerful and all-exciting because every day you know (I mean we don't know exactly when, and we've got massive challenges before us), that this information is going to sweep the world as Jeremy Griffith said and it is going to be like Pierre Teilhard de Chardin said, **'the Truth has to appear only once...for it to be impossible for anything ever to prevent it from spreading universally and setting everything ablaze'** (*Let Me Explain*, 1966; trs René Hague & others, 1970, p.159 of 189, quoted in Section 2:3).

That is the meaningfulness and that is the wonder and the power and the incredible, incredible excitement that runs through your veins and it's almost unbearable at times because you know that every minute, even if you are asleep, that if you support this movement it will save the world, full stop. It stops all the pain and it stops all the children having to go through what you went through and how amazingly meaningful is that! What more could you ever ask for in your life?! You are given the most wonderful glorious gift that you could ever be given. So that's why I'm a WORLD TRANSFORMATION MOVEMENT member!

Section 3:7 Tony Gowing (recorded December 2009)



My name is Tony Gowing and I wanted to tell you about my experience with this explanation of the human condition that Jeremy Griffith has put forward and how it has transformed my life into the most wonderful, meaningful, FREE, enthralled state imaginable.

Where before I was wandering around in a superficial, selfish, confused, ignorant, insecure, egocentric madness, today I'm walking around in an effectively free, effectively secure, meaningful, transforming-of-the-world-happiness, a liberated-from-the-human-condition, Transformed Lifeforce working on the most important project in the world, the WORLD TRANSFORMATION MOVEMENT (WTM).

The following *Abyss of Depression and the Sunshine Highway to Freedom* drawing [see next image] by Jeremy [that is discussed in [chapter 9:10 of FREEDOM](#)] to me encapsulates everything that is in front of all of us humans, now that the human condition is solved and can finally be fully acknowledged and fully explained [see [Video/F. Essay 3](#)].

The thing about Jeremy's explanation of the human condition is that it is science; it is information and information that gets to the bottom of all human affairs. It opens up a completely new paradigm, so everything needs to be re-explained based on this new ability to be honest about ourselves and about the way we live. So it does take a while to get your head around it and to understand this whole new paradigm based on this new honesty. I spent about 10 years knowing this information was true and yet still trying to ignore it. [Note, this long period of procrastination occurred before the Transformed State was fully developed for coping with the exposure that understanding of the human condition brings—see [F. Essay 15: How everyone's lives can now be immediately transformed](#), and [Video/F. Essay 33](#) in which Jeremy discusses this procrastination, or what has been termed the 'Mexican Standoff' with this information.]

Jeremy has talked a lot about us living in the cave-like, dead existence side of the Abyss drawing and living in denial and living in that upset state [see [Video/F. Essay 11](#)]. There is a lot involved with coming out of that state, becoming free of denial and being free of that dead state, and that's what we can now do with this information. The transformation process

that I've undertaken, that has transformed my life, has basically come down to two main discoveries or realisations that I've had, that bring me out of the cave-like dead existence side of the *Abyss* drawing and across the Sunshine Highway to the FREEDOM, World-In-Sunshine side of the *Abyss* drawing.



The Abyss of Depression and the Sunshine Highway to Freedom

Together, these two discoveries *liberated* and *transformed* my life to a most incredible freedom and excitement-filled world where I live now. I'm part of the WTM that is going to change the world from the superficial, dead, dark, alienated, depressing, selfish, destructive, uncaring place that it is now, to a world full of humans *liberated* from the human condition, *transformed* into empowered, arms-raised-in-glorious-freedom, sun-drenched-with-liberating-protecting-knowledge, transfigured Lifeforces. And it's these two realisations that I made that I wanted to tell you about.

The first realisation comes in two parts. The first part of the first realisation was that what Jeremy is talking about is actually true and it does get to the bottom of everything. I've

understood it, I've applied it to my life, I've applied it to the world around me and I know that it makes sense of absolutely anything and everything. It's just unbelievably exciting to be able to start understanding what the hell is going on in the world. It just makes sense of everything. As I said, it opens up a whole new paradigm, a whole new world that you didn't know existed. You are coming out of this cave and finally seeing what is around you, what is actually going on in the world outside this dark place that you have always lived in.

Once you start to understand everything there are a lot of very exciting realisations that start to take place.

Where before I thought that the world was simply the way it was and unchangeable, that you just had to battle on and live through all the horrors and terrors and hardships and unfairness that the world is, I now know that there are answers to every single question that I have ever wanted to know about the world and answers to all the problems on the planet.

Peace on Earth is now really a true prospect, it can happen, it's not just some idealistic, left wing, hippy, feel-good sentiment. [See [Video/F. Essay 14](#) and [F. Essays 34, 35 & 36](#) for the full exposé of left-wing, pseudo idealism.]

We can finally acknowledge Integrative Meaning, the true meaning of life, which is the driving force behind everything on this planet. [See [F. Essay 23](#).]

All the bullshit, our egocentric, our selfish, our superficial, fake, feel-good crap that we all go on with and we all hate in ourselves and we hate in everybody else can now end. We can finally live real lives; we can live lives based on real meaning for the first time ever.

There is this world that you can finally see and be part of, it's a sun-drenched world, a real world, a true world, our soul's world that is loving and sensitive and cooperative and peaceful and uplifting and secure and we have not been able to acknowledge this or see this for the last two million years—in fact, we had to deny it and attack it—but with this understanding of ourselves we can see this world and can be part of it. It is right here, it's all around us and it is what we have all dreamed of as children and it's what the children are dreaming of right now and it is what we plead for in the middle of the night when our terrors are stabbing at us.

The bottom line for me is that I know through personal experience and applying it to the world and myself, that this understanding does in fact solve the human condition, which, like Jeremy said, is the most terrible affliction imaginable and has been the suicidally depressing, underlying issue in all human affairs for the last two million years. It is this liberating understanding that allows the reconciliation of our loving, happy, sensitive, soulful, selfless, cooperative side of ourselves, with our dark, mean, angry, confused and depressed side of ourselves, for the first time since consciousness developed and allows this *world transformation* to take place and allows this *transformation* to take place in myself.

This is honestly the biggest and most exciting thing that has happened on the face of this planet in the last 4.5 billion years.

The second part of the first realisation is finally being able to understand what is going on in myself. Through understanding the basic Adam Stork story, that Jeremy has explained [again, see [Video/F. Essay 3](#)], we can finally understand all our upset behaviour that has resulted from living under the duress of the human condition and the reasons for it and I can finally rest fully assured that it is all explained and defended.

I can see all the upset and the preoccupation that I have in myself and the selfish madness that I have taken up to deal with the human condition. I can just start to see a glimpse of the pain that is underlying all of my behaviour, that is causing all that madness and selfishness. I can see it all fits together—the human condition, my pain, my behaviour and all the reasons for it. It makes so much sense, it's so relieving to know what the hell has been going on.

But the more you look into it, the more you can see. I can see the selfishness in the world and I can see the selfishness and madness in myself. We are so mad, we are completely 100 percent selfish and dedicated to proving our worth—we have had to be to survive. But nonetheless, seeing that meanness that we are capable of is just so immense and it's horrendous. I just look at myself before I came across this: I was dedicated to making myself feel better, in order to beat off any of that underlying terror inside myself from my childhood. I have been dedicated to winning, to building a whole long list of self accolades and proving I am a worthy human being. I didn't care about anyone else really, I just cared about how life developed for me and proving myself and staving off any suggestion that I was bad.

Our selfish, human-condition-afflicted strategies are so deep and so entrenched that we just can't see them until they are pointed out to us and even then we can't bear to look. I have strategised the way I walk, the way I talk, the way I dress, the way I roll my sleeves up, where I live, the job I have, everything. It's all rolled into an intricate 'show the world how good I am' package, proving I'm good and not bad. That's how all humans have been living under the duress of the human condition and that's how you are living right now until you have become a Transformed Lifeforce.

The more I look at myself with this information at hand, the more I see the extent of my falseness. But seriously, that is not what this explanation is about. That selfishness is the truth about where we have been living unable to explain ourselves and face the human condition, but now that we can explain and defend ourselves everything changes, we don't have to live like that anymore—this *transformation movement* is all about *freedom*. Freedom from the human condition and the inability to explain and defend our upset—it is freedom that is available to us now and that is the way that we can now live.

This leads me to my second realisation and this is the major *freedom*. Because if this does solve all the problems on the planet, if this does stop all the suffering, if this can end all the terrible atrocities that are occurring on this planet then I realised that all I had to do is support it, it's that simple. All I need to do is join the WTM on the Sunshine Highway to The World In Sunshine. I can just pack up all my baggage, all the mess of my human-condition-afflicted, self-preoccupied state and leave all that mess and dysfunction—it has been taken care of by this explanation of ourselves, my worth is no longer in question. I just support this massively exciting movement that will change the world to the most exciting, wonderful world that I could ever dream of. I don't have to go into any of my pain or dysfunction, I don't have to think about it, recriminate about it or try to work it out. I have studied this information,

I know that it's true and I know that it sorts all those problems out. All I am interested in is getting this information, this understanding of ourselves, to a fresh generation so they don't have to grow up in the depression and darkness that I had to and we had to.

Again, I just leave all that strategy of must-win, show-the-world-I-am-a-legend, prove-that-I-am-good-and-not-bad behind—all of that stuff is just a ridiculous waste of time, that kind of behaviour is just a redundant pile of shit now.

And that's the point, that's the moment, when you finally see the full redundancy of everything that you are doing. When you see that it is all over, when you see that it is mad, when you see that you don't have to live like that anymore, when you don't have to live that tiring state anymore, that you can finally start to see the truth in the world, that you can finally start to see outside that self-preoccupation bubble of madness that you live in. It's like the scales falling off your eyes, it's like seeing the world honestly for the first time since your childhood, it's like waking up from a nightmare, it's like 100 tonnes being lifted off your shoulders, or like Jeremy said, a near-death experience [see [par. 997 of FREEDOM](#)].

Leaving all this baggage behind is not giving up or being weak, it's just taking the next step in humanity's journey. It used to be the way we had to live, to be self-preoccupied and egocentric but now this new information has come to light, everything can change.

The relief and excitement and pure joy in the anticipation for the future, that will be fully free of this human condition, is simply incredible. Like I said at the beginning of this talk, one minute I am walking around in a must-prove-myself, dark, denial-ridden, human-condition-afflicted state and the next I am just walking around in the completely-liberated-from-the-human-condition position supporting the most amazing, exciting, awe-inspiring job imaginable.

You think about it: if this information and explanation of the human condition that Jeremy has put forward does stop all the suffering, if it does end all the problems on the planet and does everything we are saying it does, then doing anything other than supporting this WTM is absolutely meaningless, it means absolutely nothing. All that bullshit that we carry on with, swanning around and trying to prove ourselves and getting wins is all just a waste of time now. Nothing else has any importance until all the world's occupants have this understanding of themselves and their surroundings.

So all you've got to do is grab your mates and join the WTM and liberate yourself from the human condition! Let go of all that totally redundant, human-condition-afflicted, tiring, selfish, behaviour and help change the world to the most amazing place you have ever dreamed of!

I know this might sound a bit superficial or obvious after talking about solving the human condition, but being able to solve all the world's problems can only start once we have all taken up this transformation into liberated Lifeforces.

The environmental movement simply cannot save the environment until we have made this transformation. [Again, see [Video/F. Essay 14](#) and [F. Essays 34, 35 & 36](#) on how left-wing dogma leads to terminal alienation.]

All the starvation in Africa and elsewhere around the world cannot stop until everybody has made this transformation.

The greed and meanness that is shown by the large corporations and that we have all seen in the recent global financial crisis, and that is in all of us, cannot stop until this transformation has occurred.

The psychologists cannot properly help all the distressed, depressed and terrified children in the world without first making this transformation [see [F. Essay 55: Endgame for the human race](#) on just how damaged children now are by the state of the world].

We cannot solve the obesity, drug or alcohol epidemics in our world unless we first make this transformation [again, see [F. Essay 55](#)].

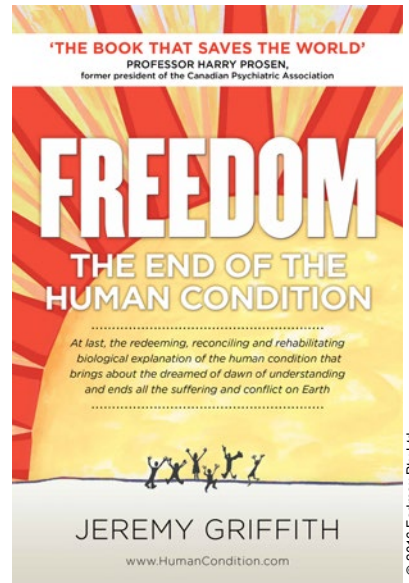
The power of what is coming as all humans realise that they are free of the human condition and are able to make this transformation and leave all the mess and all the suffering of the human condition behind and live in a world of freedom, is so incredible that it will let nothing stop it in its path. It will blow through every corner of the world like a cool, fresh, relieving breeze.

Our world can finally be free of the human condition through this breakthrough, compassionate, biological understanding of itself and all we have to do to make sure this happens is to consider the material in order to see that it is true and that it does make sense of our condition and our world. Once we are satisfied that it is true, we simply leave all the mess and dysfunction and the horror of our human-condition-afflicted states behind in history, where they belong, and simply live for the future when children will not have to die inside themselves as we have had to do for the last two million years, waiting and fighting for this day to arrive.

Section 3:8 Susan Armstrong (recorded February 2015)



My name is Susan Armstrong and I am 42 years old [at the time of recording]. It is simply thrilling to be alive at this time when understanding of the human condition has arrived, as put forward by Australian biologist Jeremy Griffith [see [Video/F. Essay 3](#)]. And it's so exciting to talk about my experience with this information.



I'd like to start with reading the title and subtitle of Jeremy's latest book, *FREEDOM: 'FREEDOM: The End Of The Human Condition. At last, the redeeming, reconciling and rehabilitating biological explanation of the human condition that brings about the dreamed of dawn of understanding and ends all the suffering and conflict on Earth'*. And that says it all. This really is it! This is, to quote Professor Harry Prosen in his Introduction to *FREEDOM*, 'the holy grail of insight we humans have sought for the psychological rehabilitation of our species'. The human condition is solved. Jeremy has provided the answer to this fundamental question of why we are the way we are—divisively instead of cooperatively behaved, and all the problems we worry about in ourselves and in the world are solved from this point and it looks after absolutely everything you love or care about! It really does transform your life from being an utterly preoccupied and selfish victim of the human condition to a person effectively free of the human condition, saturated in relief and excitement about myself, all humans, and the absolutely fabulous future before us.

My experience with this information began when I was 19, nearly 20. I stumbled across these ideas and I found them very interesting and accountable and from there my interest grew. The 'deaf effect' was very real to begin with [the 'deaf effect' is explained in [Video/F. Essay 11](#), and in [chapter 1:4 of FREEDOM](#)] but I just kept responding to the logic, re-listening to talks and re-reading the text and this does erode our historical fear of the subject of the human condition and you finally can 'hear' what is being logically put forward. This really does explain and solve our condition!

Life becomes *very* exciting as you 'test' this information on life around you and you start making sense of *everything* you look at. Walking around in your daily life you are able to understand and see through all the behaviour around you and in front of you. Everything becomes transparent. You see that the human condition is driving all our behaviour: individuals, cultures, countries and civilisations, religion, politics, men and women, absolutely anything you look at or think about! As WTM member Genevieve Salter says in her Transformation Affirmation [see [Transformation Affirmation 4](#)], it really is like you are drunk on knowledge and it's an incredibly exciting time. For me particularly, understanding the

differences between men and women was a very profound moment. To find out that men have actually been carrying out the most meaningful and important job on the planet, this battle to find knowledge—ultimately understanding of our good-and-evil-afflicted human condition—was an absolute revelation. [See [F. Essays 26 & 27](#) for explanation of the different roles men and women have taken up under the duress of the human condition.]

So this was all very exciting. However, obviously you do then begin to see through the human condition in yourself, and to start with this is a very fearful and terrifying prospect. I began to see all the upset within me that the human condition had caused and the strategy of denial I had taken up, and of course this was incredibly confronting. It leads to what we in the WTM call the ‘Mexican Standoff’, ‘**where you intellectually know the information is true and that it explains and defends the upset state, but find actually confronting it all excruciating**’ [see [Video/F. Essay 33](#) and also [Part 6:1 of Freedom Expanded: Book 1](#)]. For a time you can’t move forward because the truth is exposing your denial, strategy and the lies that you took up at Resignation [see [F. Essay 30](#) for an explanation of Resignation], but you are still trying to maintain this strategy to defend yourself. You also can’t move back, because this information *is* logical and true and you know it solves all the world’s problems.

The next stage in my journey with this information that I want to talk about is the most exciting because it solves this impasse, and in fact it solves all our problems and all the world’s problems, and that is the Transformed Lifeorce Way of Living. There seemed to be three main building blocks for me in accessing this new way to live which I’ll go through briefly now but they are in no particular order.

The first one is Resignation. As I mentioned before, and as is explained in [F. Essay 30](#), we all have an historical fear of the human condition. Jeremy has explained that for two million years we have been living without understanding, without the manual for life. And in our individual lives, we discover that in a very profound way at around the age of 15. We start off wondering about the world as children and why it is the way it is, but at around 15 you start to wonder about yourself and about ‘why I am the way I am’. Jeremy terms this incredibly deep time as Resignation. And I will now read a couple of extracts from chapter 2 of *FREEDOM* about Resignation [underlinings are as they appear in *FREEDOM*]:

“Delving deeper into how the journey toward ‘Resignation’ unfolds will reveal just how terrifying the issue of the human condition has been, which is precisely what the reader needs to become aware of in order to appreciate why it has, until now, been impossible to truthfully and thus effectively explain human behaviour. Yes, describing what occurs at ‘Resignation’ makes it abundantly clear why resigned humans have become so superficial and artificial in their thinking, incapable of plumbing the great depths of the human condition and thus incapable of finding the now desperately needed understanding of human existence.

So what happened at around 14 or 15 years of age for virtually all humans growing up under the duress of ‘**the imperfections**’ of ‘**our human condition**’ was that to avoid the suicidal depression that accompanied *any* thinking about the issue of our species’, and our *own*, seemingly *extremely* imperfect condition, there was simply no choice but to stop grappling with the answerless question. And so despite the human condition

being the all-important issue of the meaningfulness or otherwise of our existence, there came a time (and, although it varies according to each individual's circumstances, it typically occurred at about 14 or 15 years of age) when adolescents were forced to put the whole depressing subject aside once and for all and just hope that one day in the future the explanation and defence for our species' apparently horrifically flawed, seemingly utterly disappointing, sad state would be found, because then, and *only* then, would it be psychologically safe to even broach the subject..." (pars 107 and 108)

And just a small extract, again from chapter 2 of *FREEDOM*:

"...adolescents going through the excruciating process of Resignation, of resigning themselves to having to block out the seemingly inexplicable question of their worth and meaning and live, from that time on, in denial of the unbearable issue of the human condition..." (par. 109)

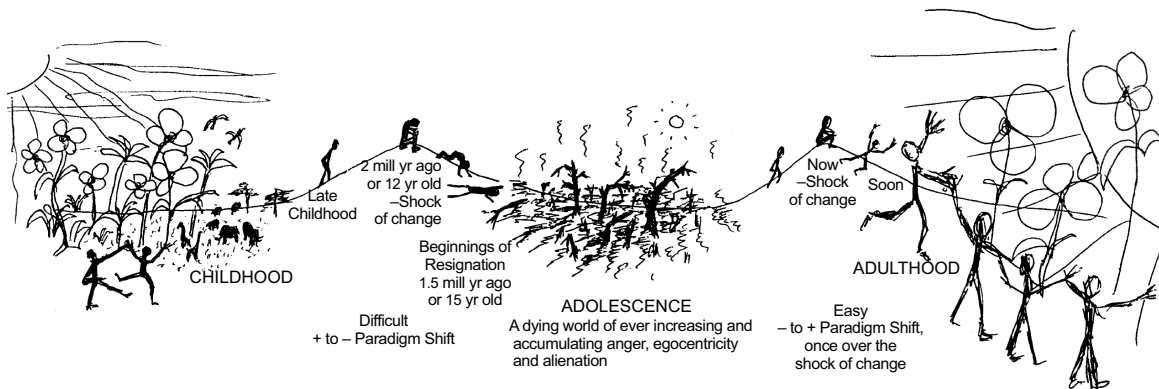
So for the rest of our adult lives we all take up strategies to cope with life, a life of denial of the human condition. As Jeremy says, while we became adults in a physical sense, without the explanation of the human condition we were all still psychologically stranded in adolescence, the 'who am I?' stage. We constantly fight off this implication that we are bad.

The second building block is the following all-important picture. Again I'm referring to *FREEDOM* here and it's the Story of Adam Stork.



This story of Adam Stork is at the heart of Jeremy Griffith's explanation [see [Video/ F. Essay 3](#) or read [chapter 1:3 of FREEDOM](#)]. It really *is* an astonishing analogy, because it explains the seemingly unexplainable, how we could be good when we appear to be bad. For me it has more diamonds and gold around it than anything else. Because when you absorb this truth, when you try using this logical explanation to defend you—the full truth about humans, that you are upset but you are good, that you are fundamentally worthwhile and heroic—*instead* of using the strategy you took up to defend you at resignation, your life is transformed. All I had to do was try this defence and move on from, or let go of, my old obsolete way of living/my strategy to life because it is simply not needed now.

The next picture I want to show is Jeremy's drawing of our human journey. I am referring to *FREEDOM* again, it's at the beginning of [chapter 8](#).



Drawing by J. Griffith © 1996-2016 Fedmex Pty Ltd

Absorbing this wonderful story was also a very important building block for me because it summarises the human journey over the last four million years from childhood, to the human condition beginning two million years ago, to the adulthood stage of 'I know who I am' that has finally arrived. I can see where I fit in as part of this amazing journey.

Putting these three building blocks together you really do see that our old way of living was just where we had to live before understanding arrived, we had to live with lies and in denial of our upset selves and we had to have strategies to protect ourselves from any criticism. But now, a whole new framework is available/on offer to humans where the truth is up, the full, dignifying truth about humans. It is a new landscape, a solution-based paradigm. The old way is just gone now, it is superseded by knowing/understanding our 'goodness' and having the defence for our 'badness', we are upset but we are good. That old way of living has done its job and is just *over*, it is a 'museum piece' as Jeremy describes it in *FREEDOM*, we can view it now as a way of living that once was in the human journey archives. The human condition has been solved and the full truth about humans has arrived. I can, *we all can*, live accepting our upset selves, the full, beautiful truth about me and all humans and I am no longer a victim of my resigned upset state. It *is* amazing that we/the world can admit

our alienation (that we have previously done everything we can to hide), and that we can show people how you can live with these confronting truths, how we can be honest about our upset—we *can* be honest now, there is nothing to be afraid of or procrastinate about.

I anchor myself here, to this change in attitude towards my upset self, to the truth about me and the strategy I *had* to develop to cope without understanding which naturally resulted in *a lot* of damage as it does in all humans: upset, warring within myself, huge insecurity about my goodness, compensating for any supposed 'weakness' or 'frailty', anger, frustration, deep preoccupation and selfishness, competitiveness to prove I was good, and codependency. There was just so much torture and confusion. On the surface I was maintaining a 'I've got it all together, happy' front but underneath I was a very high-achieving and over-applied, driven and competitive person and I had a lot of fear of ever living without that. I kept away from feeling vulnerable at *all* costs, the fear of that was enormous and it completely owned me and ran my life. Our strategies are protecting us from this depression, this uncertainty about our worth and they are like spitting cats in the way they protect us from ever going near the issue of the human condition again. They were born out of a time when if we looked at the issue of the human condition we knew we weren't going to survive because we had no answers and so we just had to resign. From that point we were stuck in that necessarily egocentric mindset but now we can actually see that it was just an habituated way of living that is simply obsolete and redundant now.

The other thing I was thinking about is something Jeremy points out regarding the 'Dog Whisperer', Cesar Millan and his work with super aggressive dogs. [Jeremy mentions Millan's work with dogs in *FREEDOM*, [par. 557](#).] Dogs obviously aren't conscious but the analogy is there, when you see him, he allows them to come out of their mad aggression to a super calm and happy state just in an instant. And that's what the Transformed State is like. When you actually *use* this information to defend yourself, you are suddenly not owned by all that fear and anger and preoccupation. You are suddenly enveloped in the full truth that you are upset but you are good. *Boom!* It's all calm and the mist clears.

We are all just little boys and girls who did the best we could under the duress of the human condition. I am upset but I am good, it *is* actually all logically understandable and beautiful in the full human story. The old framework is all around me and it is in me, but I can live in the new one. The Transformed State is the way for upset humans to participate so fully in this new framework, by supporting the information which is the full truth about humans and not your old way or your old habit any more.

As Jeremy writes in *FREEDOM*, [par. 1161](#), "We can reason that, 'Yes, I do have all these angry, egocentric and alienated feelings and thoughts, and I know that without undergoing a great deal of psychological therapy I can't hope to heal all the underlying upset that is producing these feelings and thoughts. But I *also* know that way of feeling and thinking is now obsoleted, so I'm simply going to leave that way of feeling and thinking behind me and adopt the new way of feeling and thinking that is now available where I live in support of a reconciled, non-aggressive, non-competitive, truth-based new world for humans!'"

And to bring up my last visual, this is a poster that is available on our website of humanity climbing out of the cave to freedom:



This cave here is based on Plato's cave allegory, that Jeremy has depicted here in the poster, and written about in *FREEDOM* [see also [Video/F. Essay 11](#)]. And it really is the perfect analogy for our situation. Because without understanding, living in this cave of denial was just the way it had to be in humanity's journey to enlightenment, but it is dark and it's full of worry and doubt and insecurity about your worth. It is just the *worst* condition to be so insecure in your fundamental worth, to be forever fighting that off. Now, with understanding there is a shock of change process involved in coming out of the cave to the sunlit plains of freedom, *but the thing is we can!* Jeremy has opened the cave door with this information. We are actually free as a species of the human condition. We are all free *right now* and it's just a simple realisation to make. The Transformed State allows you to uncurl from the foetal position in the cave just trying to survive life, you get up and simply walk out the cave door. And despite the fear of the human condition being so great in the cave when you are still relying on your coping strategy to protect you, once you drop your strategy at the cave door, leave it all behind and you are out of the cave there is just no fear at all. It just is so obvious, logical and natural how we live now that understanding of the human condition has been found. The cave life is just *over* in the natural evolving way of us humans growing up into adulthood. And for the first time ever this is a universal position for all humans. Everyone abandons the battle now and lives this way because the battle to find understanding of the human condition has been won. It's actually the only sensible and strong thing to do and it's actually just madness not to. We no longer have to prove our worth. Our worth is proven. Never again do we have to worry about that, or our goodness or our purpose.

We now live forever in this new landscape, sunlit, happy, with not just hope but a deep reassuring knowingness of why everything is okay forever more. You can actually boot hope and faith right out the window! It is honestly amazing! You are not free of your upset, but you are free from worrying about it and you know this freedom is for everyone and we fight for the future now and it is so thrilling! Despite being so damaged from the battle we can all still participate. Life begins afresh in terms of what you feel and see and want to happen and put your weight behind. It's just so exciting, your mind just buzzes with the feeling of freedom and what is possible now.

On this sunlit plain in Jeremy's picture, everything is glorious. I am glorious in the whole truthful story of humans. My upset/scars are understood and defended. There is a rational explanation for it all. I fit into that story, the greatest story *ever* told of the first species *ever* to become conscious [see [F. Essay 24](#)] and have to go into battle with its own perfectly-orientated-to-love instincts [see [F. Essay 21](#) for the origin of our moral instincts]. My instincts and intellect are gloriously reconciled. We are ALL glorious here. It's not a fleeting thought or inspiration, that is with you forever. You are standing in this new landscape of knowledge where we all belong.

The full truth, with *all* its confronting truths, must come out for humanity to be free. But it's only confronting from the perspective of the cave, in that no-solution paradigm. It is okay. We can do this. There is a way to cope. The way we live now is to take up the full defence available to us and leave our strategies behind. This is *our* truth and we have every right to use it! We live a new way and the truths don't condemn us here because we are *secure* in our upset. It just doesn't matter how upset we are, that is what we are meant to be after two million years.

And then you really, really see how we all, the whole of humanity, gets out of here, out of the cave. We finally, as the psychoanalyst Carl Jung said, can '**own [our] own shadow**'. And from here we can get this information to future generations and no child will ever have to resign again. As WTM member Annie Williams always says, the pain stops with us [see Annie's [Transformation Affirmation 6](#)]. We can stop the silence and finally be honest with children, answer all their questions, which we have historically found so difficult, about why the world is so un-ideal. We are all free of the old way here and we are living in the new landscape where the future is our focus and all humans are free and the sun is rising so highly and brightly. There is no reason ever to look back, just always to the horizon. Everything is covered here and everything is saved and I can be centred and calm and strong and sensible with the truth about humans in my life. All you have to do is support this information and IT will do all the work for you, it will look after everything you love, humanity is coming home, the Earth and all its creatures are saved. It's the most beautiful thing that has ever been seen on this planet.

And finally, what bursts out of every cell in your body, is the roaring cry of 'LET'S GO!!! LET'S GO!!!' And so to finish, I just have to read some short sections from [Freedom Expanded: Book 2, Section 4:1](#): '**It's on, humanity is coming home—our real self is going to come thundering through to the forefront now and the world will open up for everyone, and everyone will help everyone else. We CAN leave our old ego-embattled lives behind now and metamorphose into free, empowered lifeforce beings.**'

The following are a couple of quotes from the Bible [that also appear in Section 4:1 of *Freedom Expanded: Book 2*]. We can understand and decipher all manner of things now with this information, and the Bible provides such an incredibly powerful and truthful account of life under the duress of the human condition. These quotes are from two prophets, firstly from Joel. As Jeremy says, the prophet Joel perfectly articulated the vision of our species' liberation from the human condition when he said, **'Like dawn spreading across the mountains a large and mighty army comes, such as never was of old nor ever will be in ages to come...Before them the land is like the garden of Eden, behind them, a desert waste—nothing escapes them. They have the appearance of horses; they gallop along like cavalry. With a noise like that of chariots...like a mighty army...They all march in line, not swerving from their course. They do not jostle each other'** (Joel 2). And the second quote is from the prophet Isaiah: **'He lifts up a banner** [that is, the human race finds understanding] **for the distant nations, he whistles for those at the ends of the earth. Here they come, swiftly and speedily! Not one of them grows tired or stumbles, not one slumbers or sleeps; not a belt is loosened at the waist, not a sandal thong is broken. Their arrows are sharp, all their bows are strung; their horses' hoofs seem like flint, their chariot wheels like a whirlwind. Their roar is like that of the lion, they roar like young lions; they growl as they seize their prey and carry it off with no-one to rescue. In that day they will roar over it like the roaring of the sea** [there will be immense excitement, enthusiasm and commitment]' (Isa. 5:26–30).

And this concluding extract from [Section 1:5 of *Freedom Expanded: Book 2*](#), in which Jeremy writes:

"WE ARE OUT OF HERE, leaving this spent, exhausted, dead world behind FOREVER! LET'S GO *is* the great battle cry that will begin as a tiny voice among a few and then catch on and spread to become a roar of excitement that will be heard across the world—like a hundred thousand horses appearing from horizon to horizon galloping to a fabulous future...

And all of nature *will* be absolutely cheering for us because this is that greatest of greatest victories for all of life on Earth—because we humans were the ones who were given the task of championing nature's greatest invention, the fully conscious, thinking, self-adjusting brain. We humans were given this amazing computer, but we weren't given the program for it and instead were left to wander in a terrible wilderness of ignorance in search of understanding of our meaning and worth as a species—an understanding we have NOW FINALLY FOUND.

Everywhere there is going to be joy, more joy and excitement than we tired, worn out and weary human warriors are capable of imagining—again, as Beethoven's symphony anticipated, **'Joy', 'Joyful, as a hero to victory!'**, **'Join in our jubilation!'**, **'We enter, drunk with fire, into your sanctuary...Your magic reunites...All men become brothers...All good, all bad...Be embraced, millions! This kiss for the whole world!'**

We *are* out of here, the great breakout *is* on. The human race is breaking free of the shackles of our tomb that we have been forced to live in for so long we hardly know of another existence—but we *do* know of another existence, another fabulous place **'high on a desert plain where the streets have no name'**, that Bono [of the band U2] sang of, otherwise why would we have fought so hard and for so long. For *two million long years* we have fought for the arrival of this day."

Section 3:9 John Biggs (recorded December 2009)



My name is John Biggs and I'm a founding member of the WORLD TRANSFORMATION MOVEMENT (WTM).

As Professor Harry Prosen is quoted as saying in [Section 1:3](#) [of *Freedom Expanded: Book 2*], this is an extraordinarily exciting moment in human history and it's an honour and a privilege to be here supporting these ideas.

The quote by Prof. Prosen that John is referring to is: **'I have been a student of psychiatry for many years. What I have to tell you is that I have no doubt this biological explanation of Jeremy Griffith's of the human condition is the holy grail of insight we have sought for the psychological rehabilitation of the human race. I cannot urge you strongly enough to listen to what Jeremy Griffith has to explain. My message is as simple as that. This is all so exciting; I'm quite overwhelmed to be here on Earth when these answers are finally found. Thank you for the opportunity to speak with you.'**

The Introductory Videos on our WTM homepage deal with the most profound and confronting subject there is: that of the human condition—the issue of why humans are so selfish, angry, alienated and non-ideal [at the top of the homepage see [Video/F. Essay 10](#) for a description of what exactly the human condition is, and [Video/F. Essay 3](#) for the explanation of the human condition]. While I appreciate that this domain can seem exposing and daunting at first, in my experience it isn't as difficult as it can initially appear. Jeremy's explanation of the human condition is the dignifying and compassionate understanding of why we are the way we are. It explains that despite our deeply non-ideal state, we are fundamentally worthwhile and meaningful. We are on safe ground. So although it is a new experience for most of us to have the subject of the human condition discussed so openly and clearly, if you are patient and give yourself a little bit of time to take in the explanation, you will soon become familiar with it [see [Video/F. Essay 11: *The difficulty of reading FREEDOM and the solution*](#)]. You will soon discover for yourself how much sense it makes and how much it resonates in each of us. Once you have some appreciation, you'll be able to see how exciting a breakthrough it is and what an unbelievably good thing it is for the human race. What is in front of us now, both individually and collectively, is wonderful,

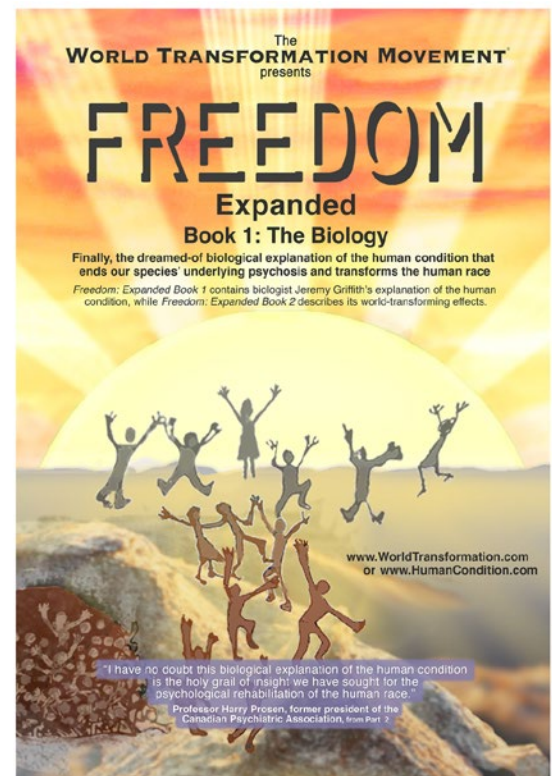
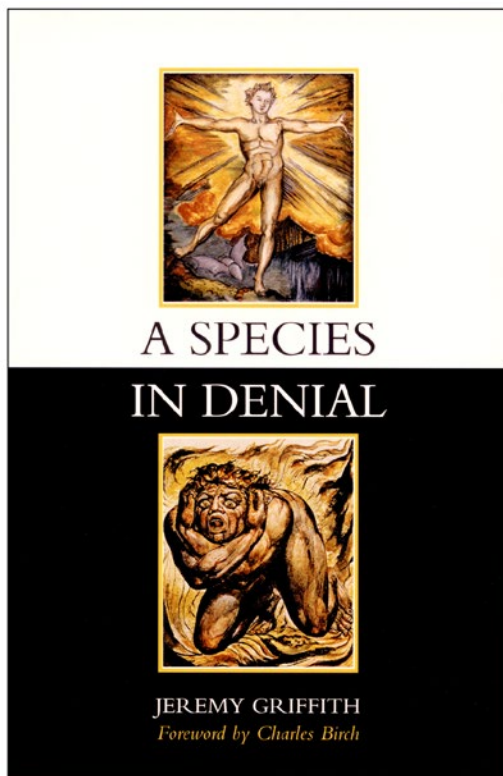
brilliant and exciting beyond words. Humans have always sub-consciously known that one day, understanding of the human condition would be found—that somewhere, somehow, someone from a sheltered corner of the world would turn up who was able to explain and solve all the problems on Earth—and that the truth that emerged would be able to explain and thus heal all the suffering on the planet. [See [F. Essay 50](#) about Australia’s role in producing this breakthrough understanding.]

A quote that I love, by the Jesuit priest and philosopher Pierre Teilhard de Chardin, which was published in a book after his death, articulates this knowingness in us all: **‘the Truth has to appear only once ... for it to be impossible for anything ever to prevent it from spreading universally and setting everything ablaze’** (*Let Me Explain*, 1966; tr. Rene Hague & others, 1970, p.159 of 189, quoted in Section 2:3 of *Freedom Expanded: Book 2*). It’s extraordinarily prophetic because, not only does de Chardin admit that we are living in a state of denial, he anticipates the day that the Truth about humans would be revealed and that everything would be **‘ablaze’**—that the knowledge which emerged would transform our world. The scale of the change that de Chardin anticipated is colossal, and this is what is actually now underway. A monumental paradigm shift has begun. [See [F. Essay 15](#) about the transformation this breakthrough makes possible.]

While this change is very exciting, we have to take it steadily and adjust to it step by step. We all have a responsibility to manage this process, rather than allow ourselves to be overwhelmed by how new and confronting it is. If you think about it, how could you stop all the anger, all the greed, all the selfishness, all the indifference and all the superficiality on Earth if you didn’t have a very profound and thus confronting explanation of it? Soft-headed, politically correct, feel-good, superficial ideas aren’t going to make any real difference to the horror and suffering on the planet [see [Video/F. Essay 14](#) and [F. Essays 34, 35 & 36](#) for an exposé of pseudo-idealistic movements]. As everybody knows, and you only have to read the newspaper any day of the week to realise, the world is in a terribly desperate, difficult situation [see [F. Essay 55: Endgame for the human race](#)]. It’s only profound, biological, first principle, compassionate, dignifying explanation of the human condition that can make any difference. And that is precisely what we now have. That is precisely what Jeremy’s explanation does and thank God that it does. [Of the four essays that expose pseudo idealism (14, 34, 35 & 36), see in particular [Video/F. Essay 36](#) for an explanation of how the transformation is completely different to pseudo idealistic ‘false starts’.]

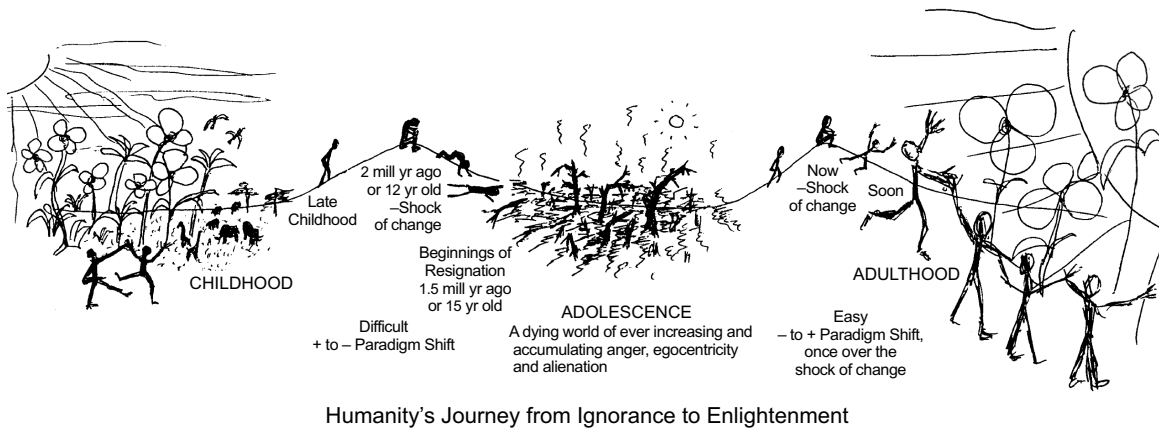
I have been a founding member of the WTM, and before that a member of the Foundation for Humanity’s Adulthood (FHA), for almost 20 years. In my experience, absorbing and adjusting to this information takes a while, but isn’t that difficult. While there is much that’s new, if you persevere with your investigation of it you will soon see the simplicity of it and realise how much this information resonates in you. You will soon experience for yourself how incredibly exciting this is. It’s not rocket science—it’s far from that. It’s just very profound honesty. It’s confronting but dignifying and compassionate honesty. The process of familiarising yourself with this information just

takes some time and application. The ultimate fantastic result of digesting this information is the Transformed Lifeforce State—how we live with this naked but dignifying truth about humans—and it is all set out word perfectly by Jeremy in [Section 2](#) [of *Freedom Expanded: Book 2*, or in [chapter 9 of FREEDOM](#), or, in the most condensed form, in [F. Essay 15](#)]. All I have to add to what Jeremy has explained is my personal experience of living with this information.



The transformation process is about how you get from the state depicted in William Blake's *Cringing in Terror*, which is the bottom image that appears on the front cover of *A Species In Denial* (pictured above left)—this person living with the horror of the human condition and being unable to confront it or explain it (that state is also depicted as the people living in the cave on the front covers of *Freedom Expanded: Books 1 & 2*)—out into the sunshine of the liberated or transformed position, the state depicted by Blake in *Albion Arose*, the top image on the cover of *A Species In Denial*, and the state depicted by the people in the sunshine on the covers of *Freedom Expanded: Books 1 & 2*. We are on our way to a world of magnificence, wonder, happiness and all the things we have ever wished for. [Again, you can read about the amazing transformation that is now possible in [F. Essay 15](#).]

It is important to mention that the process of change that comes with digestion of these ideas takes time, because, if you immerse yourself in how mad and upset and embattled this person cringing in terror is, you can see that initially it's going to be difficult for him to confront the fact that he or she is living in this embattled state of denial. It's going to take some work to help this person in the *Cringing in Terror* position move across into the position depicted in *Albion Arose*. That's what we're talking about. It can be done safely because, although we are all incredibly hurt, embattled, egocentric, angry and insecure, the bottom line of this information is that we are all fundamentally good. Notwithstanding all the pain, all the hell, all the horror and all the suffering we have been through, humans, every last one of us, are all wonderfully good. It's the understanding of our fundamental goodness that gives rise to The World In Sunshine that is ahead of us.



Drawing by J. Griffith © 1996-2016 Fedmex Pty Ltd

Jeremy's drawing *Humanity's Journey To Enlightenment* contexts this moment in time. This drawing spans about 5 million years in the development of the human condition in humanity's life story. [Read the full story of humanity's journey from ignorance to enlightenment in [chapter 8 of FREEDOM](#).] Humanity's 'Childhood' stage came after our arboreal heritage and we spent, as I understand it, some 3 million years in this 'Childhood' state—this Garden of Eden, our happy, innocent, wonderful past—that we now have a very strong instinctive memory of. With the dawn of the fully developed conscious mind some 2 million years ago, the human condition emerged. With that began the embattled horror of the 'Adolescence' stage, which humanity has been living in for the last 2 million years, an insecure state of not understanding our apparent inconsistency with the ideals, of not understanding the reason for our fundamental goodness. This is the essence of the Adam Stork story [that is presented in [Video/F. Essay 3](#)]: starting out with no knowledge; becoming embattled in the process of trying to find that knowledge; and becoming more and more and more upset the longer that journey goes on. Where we are now, is at the threshold of the 'Adulthood' part of that diagram. We are the little person sitting up on the hill—holding this long sought after understanding of the human condition in our hands—and trying to deal with

the shock of the change. For 2 million years we have lived in a world where there hasn't been any real understanding of the human condition and we are trying to adapt from having no understanding to being drenched in the magnificent, compassionate, dignifying truth about our condition. It's this World In Sunshine on the right hand side that is now possible that's so exciting. What we all want is to get the hell out of the state that the world's currently in and get across into The World In Sunshine.

Individually, it's a process that you have to work through. It's not instant but, if you follow the logic, it's not complicated. In fact it's surprisingly simple. I would like to talk about what I see as the two fundamental aspects that you need to appreciate in order to be able to make the fundamental personal change that's now possible.

Firstly, you need to recognise that what Jeremy has explained about the human condition is true. If it were not for the fact that virtually all adult humans live in a state of deep denial, that would be a straight forward matter. Unfortunately, it's very easy for us as humans who live in denial—as depicted in Blake's *Cringing in Terror*—to just fall back into our historical ways of coping. Because humans have historically been unable to explain their divisive state, we're very insecure about any truth about our condition being raised. So when we see/hear the human condition being discussed, a lot of us, almost instinctively, recoil into thinking 'that's taking me back down to that dark corner [of Plato's cave; see [Video/F. Essay 11](#)] and there are no answers to that problem and I don't want to be criticised and condemned so I'm not going there'. Others become angry when they sense that they are being confronted with the truth about our condition and respond by ruthlessly attacking Jeremy, the WTM or the information. That's also happened a lot over the last 20 years. [See [F. Essay 56: Why there have been ferocious attacks on the WTM](#); and read about the persecution that Jeremy and the WTM have suffered for exposing the human condition at www.humancondition.com/persecution.]

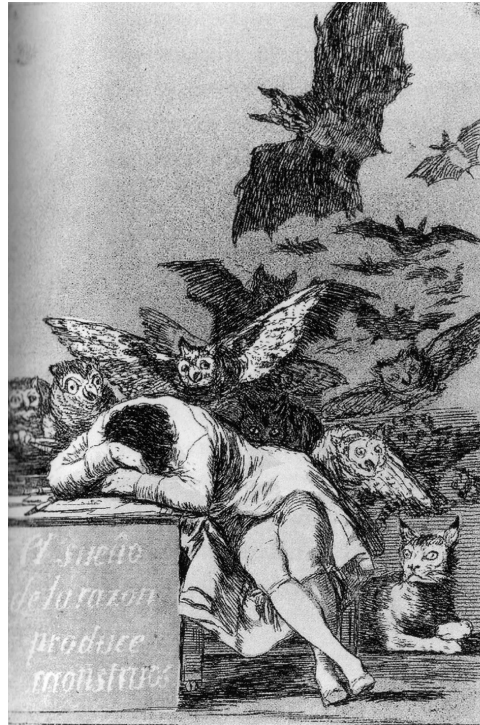
But there is a third response, other than falling back into denial or becoming angry, and that is to try to develop some appreciation of this information. I accept at the outset, that people are entitled to be 100 percent sceptical about whether Jeremy has explained the human condition [see [F. Essay 54: The accusation of hubris](#)]. Like all new ideas, such as Copernicus's idea (that the Earth was not the centre of the solar system) or Charles Darwin's idea (that life developed through natural selection), there will initially be millions of people who can't cope but there will also be many who can cope, who don't want to stagnate in the old paradigm and who want to take the human journey forward. If you take the time to watch some of the Introductory Videos of Jeremy explaining the human condition, or if you read one of his books, you'll soon appreciate for yourself just how true his explanation is. So I encourage you to do this and to persevere with it. If you watch the videos, it normally takes two or three viewings, perhaps a week or two apart, to get an appreciation of Jeremy's ideas. The reason it takes time is because of what we in the WTM call the 'deaf effect'. The 'deaf effect' arises because we humans live in denial of the human condition and have done so for millennia. When humans first hear the human

condition being discussed so openly, we have an almost instinctive ability to block it out and not hear what is being said, as though we are ‘deaf’. It takes some effort to apply yourself sufficiently to hear and understand what Jeremy is saying, so I encourage you to listen to what is being said carefully and to persevere with it. [See [Video/F. Essay 11](#) for an explanation of the ‘deaf effect’ and an introduction to the **WTM Deaf Effect Course** which has been designed to erode the ‘deaf effect’.]

In addition, I would just like to tell you something from the heart. What Jeremy has explained *is* the first principle biological explanation of the human condition. It’s *not* some superficial, left-wing, feel-good trip [again, see [Video/F. Essay 14](#) and [F. Essays 34, 35 & 36](#) for an exposé of pseudo-idealistic movements]. It’s *not* some esoteric intellectual bullshit. It is *not* some contrived excuse for human divisiveness [[Video/F. Essay 14](#) includes an exposé of the excuse that we have ‘savage instincts’]. It is The Answer to the question of questions. It is The Truth about humans. This is IT. I am not saying that you should take my word for it. I am asking you to make the effort to verify that for yourself. If this is what it purports to be, it should make sense. There is a forum for feedback and questions on the WTM website. If you make a genuine endeavour to understand this you will soon see how true it is. That realisation is the first threshold.

The second issue then arises, which each one of us has to appreciate and accept. It is axiomatic—if you realise that Jeremy’s explanation is true then logically you should accept the second point but in my experience people don’t and I include myself in that. It is this: you must also realise and accept that you yourself are a victim of the human condition. It’s easy to see the human condition in others, in people around you, in people you work with or socialise with or in public figures. It’s easy to say of someone else, ‘that person seems to be suffering from the human condition’, ‘that person’s insecure’ or ‘that person’s particularly egocentric’. It’s much harder to see the human condition in yourself and to accept the fact that *you* are a victim of the human condition—that *you* are an insecure, selfish, egocentric, alienated mess.

At the core of this realisation that you suffer from the human condition is this concept of Resignation and what it means to be a resigned human that Jeremy has explained very, very clearly in all his books. Resignation is a psychological moment, a ‘dark night of the soul’, when humans change from believing in the cooperative, selfless, loving, happy state that humanity lived in for some 3 million years, to believing in the competitive, must-win, aggressive, angry, selfish state that resigned humans now live in. When you are born into the world you expect it to be as it was during humanity’s *Childhood* stage, full of love, happiness and honesty [see [F. Essay 21](#) on the origins of our instinctive moral soul]. But you discover that it’s not. In fact, you discover that it’s extremely selfish, unhappy and dishonest as in the *Adolescence* stage. You discover the manifestations of the human condition in the world and in yourself. We all struggle when we’re young trying to reconcile our expectation of ideality with the reality around us and we find, almost without exception, that we can’t do it. As Jeremy explains, we are then faced with suicidal depression because we can’t explain our divisive condition. So to avoid that terrible depression, at about the age of 14 or 15, we resign, give up on the ideals and take up a competitive and selfish attitude to life. [Read more about Resignation in [F. Essay 30](#).]



Goya's *The sleep of reason brings forth monsters* (1796-97)

This drawing by Francisco de Goya, titled *The sleep of reason brings forth monsters*, is of the moment of Resignation. It is of someone trying to face down the human condition and being unable to do so—being hounded by these owls that represent all the misunderstandings that we might be bad—and without the explanation of why we are good being unable to cope. The monster is the implication that you are a worthless, evil human. There is a section on Resignation in each of Jeremy's recent books. I just want to try to give people an appreciation of what it means to be resigned because it's such an important concept and for me it's been a bedrock of understanding that has allowed me to understand who I am and to move forward. The following are quotes about Resignation from [Jeremy's 2003 book] *A Species In Denial*: 'After only a few days it is almost impossible to get people who have become resigned to consider there is such a thing as a cooperative purpose to existence, or to consider humans were once instinctively orientated to living cooperatively. Resigned minds believe with a passion that humans were once brutish and aggressive 'like other animals'. They will not allow themselves to believe that humans have an instinctive self or soul orientated to cooperative behaviour. And they believe with all their being that the meaning of life is to be competitive, and that succeeding in competition with other humans is the way to achieve a secure sense of self-worth. They actually believe that 'winning is everything', that success in the form of power, fame, fortune and glory is meaningful...Their mind in effect says 'I am going to believe in, live off, and enjoy this new way of viewing the world; I simply do not care if it is false' (p.236 printed edition/p.155 online version).

That is what humans take up when they resign. That is what the person in Goya's *The sleep of reason brings forth monsters* does when he can't confront the human condition in himself and in the world. They take up this resigned attitude to life. To quote *A Species In Denial* again: 'In fact resigning to a life of denial meant accepting psychological death, the death of a

person's psyche or soul' (p.257 printed edition/p.169 online version). Jeremy also quotes a poem written by a woman called Fiona Miller when she was about 13 or 14 years old: **'Again, Fiona Miller's amazing resignation poem described the extent of the psychological death that accompanied resignation: "Smiles will never bloom from your heart again, but be fake and you will speak fake words to fake people from your fake soul / What you do today you will do tomorrow and what you do tomorrow you will do for the rest of your life / From now on pressure, stress, pain and the past can never be forgotten / You have no heart or soul and there are no good memories / Your mind and thoughts rule your body that will hold all things inside it; bottled up, now impossible to be released / You are fake, you will be fake, you will be a supreme actor of happiness but never be happy"'** (p.257 printed edition/p.169 online version).

These are incredibly powerful quotes and I am using them to illustrate the state of madness that we all adopt when we become resigned. I want to immediately stress that this explanation of the human condition dignifies humans. There is a very good reason why we took up this artificial state. We took it up to avoid suicidal depression and we had to—it was actually the responsible thing to do—so we don't need to be ashamed of how upset and embattled we are. In fact, we can be incredibly proud of the fact that we are resigned. The truth about the human condition is very paradoxical.

This is another quote from Jeremy's book *A Species In Denial* about Resignation: **'The fact is that resignation is a state of extremely prejudiced falseness and thus 'futility' when it comes to thinking effectively. It is not interested in the truth, rather it is interested in evading the truth...Given the extreme falseness of the resigned state, it is no wonder humans have been sensitive about being called liars. Every resigned adult has been lying, has been denying the truth about Integrative Meaning and many other critically important truths, including the fact of their own extreme alienation. The truth is, all resigned adults have been 'lying through their teeth'; lying in the most extreme way while maintaining a broad smile of confident denial of these lies'** (p.284 printed edition/p.186 online version). There is also this quote from *The Great Exodus* **'...the truth is that the levels of alienation in society now are such that pretty well all humans are but cardboard cut-outs of what they would be like free of the human condition'** (Jeremy Griffith, 2006, p.111).

You just can't do any better than those quotes and they blow you away with how truthful they are, how profound they are, how confronting they are and how full of shit and upset and embattled humans are. But the converse of that is that we are wonderful. We are truly wonderful, glorious and courageous—as Jeremy said, human beings are the most courageous things that the Earth has ever seen. So the human condition is incredibly paradoxical. The reason I wanted to read these quotes is to try to help you to understand what it means to be a human who has had to go through Resignation. Because, if you bear with me, there's an absolutely fantastic, all-your-dreams-come-true, answer to this problem.

To take up this solution we first need to face the reality of what is really going on inside ourselves. We need to deal with who we really are. With any problem in life, whether it's at home, at work, at the football club, wherever, you first have to acknowledge that you have a problem before you can address it. If you don't admit it, you can't deal with it. The issue we need to admit, using the explanation of the human condition that Jeremy has set out for us, is to accept that we are victims of the human condition and that we are therefore resigned and self-centred. From the springboard of accepting that simple fact, there's just so much joy and happiness and wonder and glory that is possible. When each of us resign, we quite necessarily take up strategies, depending on the circumstances of our particular upbringings, to try to get

as much reinforcement that we each can. Except for the extremely rare, sound, unresigned prophets like Jeremy, Sir Laurens van der Post and Teilhard de Chardin and a very few others that you can read about in *Freedom Expanded: Book 1*, virtually everybody else, all adults, are resigned. Everybody ends up in this state of mad denial—it's just a question of what sort of mad denial that we each get.



Our personalities, which are our expressions of our various upset states, come in all different shapes and sizes. But fundamentally, we are all embattled Adam Storks—desperately trying to get as much reinforcement for our self worth as we can. There are different strategies that resigned humans take up—trying to be the best sportsman or the smartest cookie or the best looking or the happiest person or the funniest or the most laid back, etc, etc—but at base everybody is simply trying to validate their self worth and fight back against the implication that we appear to be ‘bad’. Resigned humans are forever preoccupied trying to get as much artificial reinforcement as they can. I am not condemning that state because it has now been explained that there is a good reason for humans being so upset but that is what being resigned has been all about.

My background is truly irrelevant in the scheme of things but it's as good an example as any for the purpose of this discussion. Because of the particular circumstances of my upbringing, I became what we describe in the WTM as a ‘power addict’. I had a particularly extreme desperation for power, fame, glory and fortune—like a big proportion of the men of my generation. While on the surface I try to give the impression of being a happy, relaxed good bloke—‘let's have a few beers’, ‘let's go down to the beach’—the truth is that psychologically I am actually like the characters depicted by Blake, Goya, Bacon or Steadman.

Beneath the surface, I am this intense, super competitive, winning-is-everything, angry, insecure maniac. These pictures, which are a compilation of ones that Jeremy used in his presentation, represent that part of us, of me. The hollow-eyed lizard in Ralph Steadman's *The Lizard Lounge* drawing is of a 'power addict'. These are true representations of what humans are—honest depictions of the human condition. I am not some centred, sound, secure, happy person. I am this extremely embattled, angry, hurt, alienated maniac. Realising that and accepting that is the springboard to changing it. Again, I stress that it's not that I am trying to condemn anybody or to make us feel bad by highlighting such terribly confronting drawings of what it is to be human. I am highlighting them because we can now face our condition and through doing so, change our state of mind in a way which has never been possible before. That is what I am trying to help us appreciate.



Clockwise from top left: Blake's *Cringing in Terror* c.1794-96; Goya's *The Pilgrimage of St. Isidro* (detail) 1821-23; Bacon's *Study for self-portrait* (detail) 1976; Steadman's *The Lizard Lounge* (detail) 1971

I have been involved in the WTM for 20 years as I mentioned. I was very lucky because when I first became involved, Jeremy was speaking a lot at universities and other forums. I was fortunate enough to hear him talk on many occasions and I got a lot of exposure to him explaining his ideas. As a result, I became very familiar with this information and I soon realised that it was true. However, for the 15 years after that, although I was quite happy to talk about and promote the information, even to defend it at great lengths, I never really applied it to myself in a personal way. I just battled on with my own 'Adam Stork' strategy. I persisted with the strategy of the hollow-eyed lizard in Steadman's *The Lizard Lounge* drawing. It was schizophrenic in a way: I was supporting an explanation as being the truth about humans but in my own life I wasn't personally embracing it. I was still thinking that my strategy to life—one of chasing fame and fortune—was going to work. So I battled on with

it, like humans do, for 15 years, despite knowing that this information was true and that my resigned competitive strategy to life was now redundant. [See [Video/F. Essay 33](#) for further discussion of this 'Mexican Standoff' and how to overcome it.]

And as I got older, like all humans do, I became more and more embattled and the human condition compounded and compounded in me. Underneath, I became more selfish, more egocentric, more angry and more insecure about my state. On the surface, I was working overtime trying to keep up a polite, happy, easy-going demeanour like everybody does but underneath the reality was that I was becoming more and more of an egomaniac. If you're honest you can see the same essential development of upset in the people around you. As we get older, we each become more and more embattled. What I eventually came to accept is that once you're resigned, that's it. You are this mad, selfish, egocentric, massively embattled human. You can't unresign, you can't unscramble the egg, you can't get back to and renegotiate that 'dark night of the soul' when you resigned (and frankly I don't want to go anywhere near there). You are trapped in a state of false, circular logic because what you adopt when you resign is not true. It's like being one of the masses in the movie *The Matrix*, walking around in a world that is completely false and contrived, but unable to see through it. Once you are resigned you are living with a self-perpetuating lie. It takes time to understand and appreciate the fact that you actually are no longer working from a truly sound, rational base—the honest base that the very few unresigned thinkers in the world operate from. So the real question you have to ask yourself once you accept that you are resigned is: What do you do about that resigned madness? Do you just keep living it out because it's a highly established pattern? What do you do?

I continued living out my resigned strategy for a long time until one day almost four years ago now, I came across Tony Gowing (who is also a founding member of the WTM), when he had recently taken up the Transformed Lifeorce State [see [Transformation Affirmation 7](#) for Tony's affirmation]. I had known Tony for about a decade before then and he is a very talented individual but, like all of us, he too was usually completely preoccupied with his own situation. A remarkable change had come over him. Suddenly, he had this amazing freedom and relaxedness. The change in his mindset was stunning. Whereas, just a month or two earlier he had been battling through life like everyone else, all of a sudden Tony was talking—he was raving really—with excitement about the potential of living for this information rather than through his resigned strategy. After watching him go about his life for a few weeks, I thought to myself: 'Well Johnno why don't you have a go at that? I mean, where you're going and what you've been doing for 20 years of your life since you resigned, if you're honest with yourself, isn't getting any better.' I thought 'Well why don't I just try doing what he's doing?' So I tried it.

Essentially, once you realise that this information is true and accept that you are resigned, you can very simply change your life by changing your strategy. You can effectively just 'put down' your old resigned strategy—you can metaphorically put all the psychosis and the pain of your life into a little box—and obtain all your meaning and purpose through supporting this information. You use the information as the true explanation of your self worth and you live in support of it. You simply let go your now redundant resigned strategy. That's it! I know that sounds almost absurdly simple, but it works. In fact, it works brilliantly! It works because the information does what you were ultimately dedicated to achieving in your resigned Adam Stork state, that being to validate your self worth.



This is WTM member Genevieve Salter's drawing that she drew more than ten years ago now, of the Transformed State [see [Transformation Affirmation 4](#) for Genevieve's affirmation]. The scale of the sun coming over the horizon gives you some insight into how wonderful life is in the Transformed State. It's wonderful because it liberates you from that mad, crazy, intense, never-ending cycle of anger and insecurity that the human condition is. The Transformed State allows you to effectively leave behind the embattled state that Adam Stork lives in. It works because fundamentally what you take up when you resign is a lie. Through your resigned strategy you are trying to prove that you are worthwhile artificially—by scoring points or making money or whatever it is and, fundamentally, those things are not the true reason that humans are good. The true reasons that humans are good are explained by Jeremy in first principle biology in *Freedom Expanded: Book 1, A Species In Denial* or any of his books [see also [Video/F. Essay 3](#) or [chapter 1 of FREEDOM](#)]. Our resigned strategies are now mad tangents that we no longer have to live out. Before this understanding was available, we had to take up and live through these artificial strategies. We don't have to do that anymore. And the way that we get ourselves out of those mad resigned strategies is by living through our support of this information.

The 'trick' to making this work is to internally let go of your old resigned strategy and take up supporting this information as the meaning and purpose of your life. It works because it's the right thing to do, it's the honest thing to do and it's grounded in rationale. If you try to do what I did for a very long time after knowing that this information was true, which was to persist with my resigned strategy, you won't succeed. No matter how talented you are. In fact, for the individuals involved, resigned strategies never worked. No matter how many tin cups you win, how much money you make you can't *prove* that you are worthwhile that way. Thank God that old way is now redundant. Instead, we now need to let the truth in, to let go of the elaborate edifices of lies that we've built up around ourselves and in its place take up the true reason for our goodness and use it as our defence.

Once you make this commitment inside yourself, the excitement is indescribable! An incredible excitement and inspiration comes over you and in that moment you can see how the Transformed State works. You can see how it works in yourself and you can see how it will work in everybody else. You can see in that moment how the world can and will change. You can't see it the moment before you make that decision but you can see it the moment after

and it is inspiring beyond words. In that moment you are instantly Liberated from that endless day-in and day-out struggle to validate yourself. You don't care about who you are, where you came from, how much shit that you have been through or how much pain and unhappiness you have suffered. That is all irrelevant. You are just ecstatic about being part of the Sunshine Army on the Sunshine Highway to the World in Sunshine—namely to a world of Freedom. You're instantly freed from the psychological agony of your position. I know that is a huge claim to make but that is what happens when you let go of your resigned strategy and put your faith in and live through this information. (I should mention that I am not using the word 'faith' in its religious sense, because you can verify for yourself and thus know that this information is true. I am using 'faith' in the sense that you can put faith in the safety of a bridge that you use to walk across a chasm: if you can satisfy yourself that the bridge has been built properly and won't collapse, then even though you haven't built it yourself, you can trust in it.) You live through what this information can do for the world. The feeling of relief and freedom is incredible and then all you want to do thereafter is to get this information out into the world and to stop all the suffering on the planet. You can access an incredible, profound compassion for humans and for yourself. We can all be a part of this now. United and together at last!



Humanity's Situation: the Sunshine Highway to Freedom, the Abyss of Depression, our Cave-like Dead Existence and the Spiralling Pit of Terminal Alienation

Jeremy's *Humanity's Situation* drawing is about how the world is going to change. Over on one side is the existing cave-like dead existence that we currently live in and on the other side is the Sunshine Highway across this chasm of unfrontable truths about humans. The importance of understanding Resignation is that it gives you a grip on the reality of why you are stuck over here and how you get out of it. It's the realisation that you are a resigned person suffering from the human condition who is stuck over here that enables you to have this change of heart—that enables you to cross the bridge along the Sunshine Highway into the New World where everything is just wonderful. The relief and through-the-roof excitement that flows through your veins is incredible. Nothing can touch this. This information has a purity and a beauty that is out of this world. It is the sun rising from the deepest, darkest, coldest night that humans have ever known. As de Chardin foresaw, everything is 'ablaze'. Prue Westbrook, one of the members of that the WTM, said the human body can't cope with the levels of excitement that the Transformed State generates and that is probably true. [See [Transformation Affirmation 1](#) for Prue's affirmation.]

Other than being an embattled human, there are absolutely no other pre-requisites or qualifications needed to be part of this. For humans, from one end of the Earth to the other, it's on for young and old now. It truly is. Anyone who wants to be part of this can be part of it. So get into it. It's not difficult—all you have to do is get started, listen to what's being said, follow the logic and take it step by step from there. It is beyond comprehension how much wonder and fun and excitement and happiness the human race has coming. We have a forum on our website for feedback and questions on this whole process and how to manage it so I encourage you to get into it.

Section 3:10 Doug Lobban (recorded September 2010)



My name is Doug Lobban, I'm 32 years old [at the time of filming] and would like to talk to you today about my journey with the information that Jeremy Griffith has put forward because using this explanation of the human condition to understand the world around me and myself has had the most profound effect on my life I could ever have imagined. [Read the explanation of the human condition in [Video/F. Essay 3.](#)]

I had a very typical upbringing, I grew up on a property in country New South Wales in Australia and then I worked in the rural industry after leaving school. I was introduced to this explanation through a friend, Will Salter, about 10 years ago and became a founding member of the WORLD TRANSFORMATION MOVEMENT (WTM) about four years ago and moved to Sydney to more directly support it shortly after that. My testament to the truth and power of this explanation of the human condition is also as much a testament to all the other Transformed Lifeforces you will see on this website and that what they are saying is true and is real and is available for all humans that have read and understood this explanation. Listen carefully to where Jeremy talks about the transformation that takes place through this explanation [see [chapter 9 of FREEDOM](#), and [F. Essays 15, 33, 36, 57 & 58](#)] and also to what the Transformed Lifeforces have to say [you can view other Transformation Affirmations [HERE](#)] because it is through that explanation and their experiences that you will find the key to living with this all-confronting but dignifying and defending truth about ourselves.

Humans are without a doubt the most destructive force on this planet. We are capable of the most severe atrocities to ourselves, other people, animals, our environment and the world we live in. Even in Australia, the luckiest country in the world there are epidemic levels of suicide, depression, murder, rape, child abuse and violence on so many levels, and it is all increasing. Humans as a species have become extremely angry, egocentric and alienated and this upset is spiralling more and more out of control with each generation [see [F. Essay 55: Endgame for the human race](#)]. However, we also know and have seen that humans have an incredible capacity for love, kindness and selflessness and can and have performed amazing acts of generosity and bravery for and towards each other. [See [F. Essay 21](#) for the explanation of how humans developed our altruistic moral instincts.]

In truth, deep down we are all striving for and want peace, harmony and freedom and it's through this explanation that this will be achieved. It is through this explanation that humans can be at peace within ourselves, harmonious with each other and our environment around us and experience the true freedom and all the relief and meaning and excitement that goes with that.

I'd like to talk to you about the transformation that I have seen take place in myself because it is in seeing this that I then understood how powerful this explanation is and it is through this process that the world's problems can be fixed virtually overnight.

I wasn't particularly searching for answers but when this explanation came along what really attracted me to it was that it was a first principle science based idea [again, see [Video/ F. Essay 3](#) for the explanation of the human condition]. It is a simple rational explanation and therefore understanding of why we are the way we are. It is not something you have to put your faith in and hope that it is right. You can use this explanation to understand the world around you and yourself, testing its validity by putting the concepts into real life situations that we all experience on a daily basis. For me there was always a rational answer for everything and I was never going to accept some ridiculous theory, of which there are many out there, which could not be tried and tested in my own mind and experiences.

My life before knowing about this explanation was heading down a very typical road but once I knew about this information I started to see the human condition in the world around me and why everything was the way it was. That was a massive relief for me because

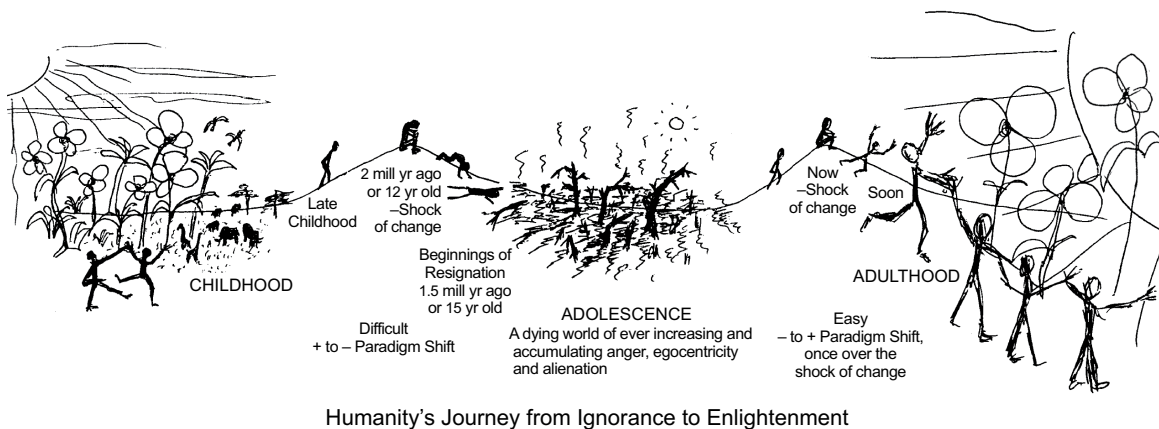
before knowing this everything was so confusing. Nobody would talk about anything except the weather and other mindless chit chat. Everyone walks around denying that there are any problems and to be a man in the world you just had to knuckle down, get on with it and become toughened to everything life threw at you. [See [F. Essay 30](#) for the explanation of how humans psychologically ‘resigned’ to a life of denial of the human condition.]

After understanding the explanation for a while the focus shifts and you start to see the human condition within yourself and it is at this point that you end up in the ‘Mexican Standoff’ with this explanation, which, as is explained by Jeremy in [Section 2:1 of Freedom Expanded: Book 2](#) [see also [Video/F. Essay 33](#)], is knowing the explanation of the human condition is true but finding it very difficult to accept the obsolescence of your old, habituated egocentric, escapist and defensive strategy that you adopted before coming across this explanation and that your resigned self will not accept any criticism. Even though the explanation actually dignifies and defends our resigned position it still sees it as a negative. I don’t want to talk too much more about what is known as the ‘Mexican Standoff’ in the WTM other than to say that if you find yourself in that position don’t worry, it gets a whole lot better and it will only be a matter of time before you’ll be able to see the true power and beauty of this explanation.

I’d now like to talk to you a bit more about how I moved from the ‘Mexican Standoff’ position to the transformed position.

Firstly, you have to understand that the information is true and you have to test it enough in your life, your own life experiences enough to see this. This process will become quicker in time so it’s not a problem.

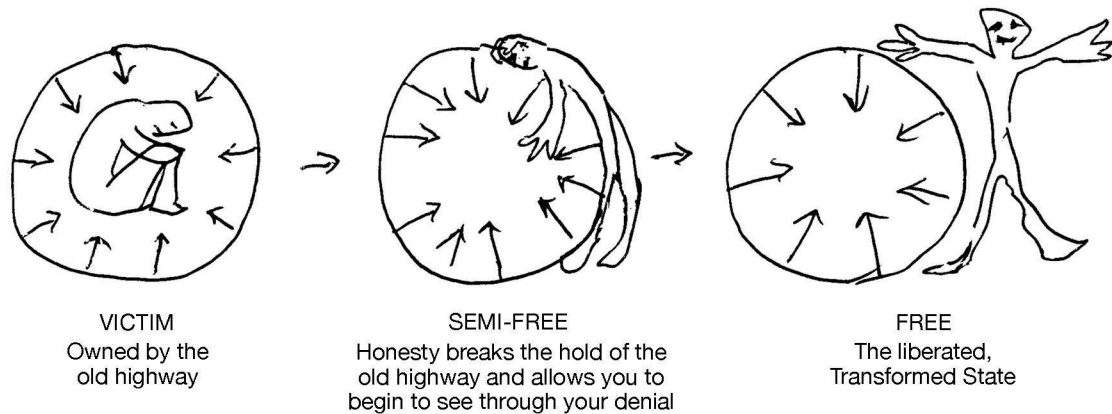
The next part for me pieced together over a few days.



The first thing that I saw, or really bottomed out on I guess, was this bigger picture of where humanity is at and where we’ve been. Two million years is a long time to be suffering under the duress of the human condition and a friend of mine was talking about this one night, that it is just where humanity is at in its journey, which is just an extraordinary thing to bottom out on. It is the thing that I really latched onto—that it is no one’s fault, it’s just where humanity is at and it’s just what has been going on for 2 million years. So it’s no wonder everything is the way it is and if you can look at it in that light of our species’ journey it

explains why humans are just on such an egocentric bender in so many different directions. Without understanding in that journey we were going to end up in the position that we're in basically. And it's no one's fault, it's just the journey humans have had to go on but thank God we've now got the truth and the explanation as to why it's happened. [Chapter 8 of [FREEDOM](#) details the 2 million year journey humanity has been on to find understanding of the human condition.]

The next thing I saw was basically that within my own mind there are two ways that I can think.



This picture is really good at explaining that and it will come more into context here as I go on. One way to think is the rational, logical, truthful way that everyone now has access to. You can understand Jeremy Griffith's explanation that he has put forward, you can understand who Jeremy is, you can understand why he and other unresigned thinkers could delve into the forbidden realm of the human condition and dig out the truth and I can understand to some extent why I am the way I am, and what shaped me and moulded me in to who I am now. [See [F. Essay 39](#) for an explanation of unresigned thinkers.]

The second way to think is the resigned way, this way just totally rules the roost, it defies logic, it doesn't want to listen, it throws its weight around, it's manipulative, conniving, compromising—basically dishonest. It'll do anything to get a win or prove that it's good and not bad. It's insatiable, it's never satisfied, it just always wants something else. It's massively ego-centric. It'll get one win and then it'll want another one, always on the lookout, it'll never back down, it'll just hold on to grievances forever, it is never going to accept that it's resigned and it'll always argue the toss and never be happy. For me my whole strategy was one of trying to look soulful, trying to be something I'm not. To admit that you're resigned is the biggest blasphemy for your resigned brain. [Again, see [F. Essay 30](#) for the explanation of Resignation.]

But once you can see those two ways of thinking, once I could see that then I was out of my resigned bubble. I was in this realm here [the second bubble in the diagram] where you're looking back in and you're seeing the framework that you've been living through and you're seeing that nothing will ever change whilst you're living through that framework. It's at that point that you're out of your bubble, you're looking back in at it and you're seeing it for what it is and seeing that it's okay, seeing that it had to be that way, that you're just another

resigned human after 2 million years of the human condition. Once you're in that position you're no longer being owned by your resigned strategy/view of the world as you are in the first position in the diagram, you're in the second position.

You can also see that your resigned strategy is defended, you can see that it's explained, you can see that it's over, you don't have to live through it anymore and you also see that you don't have to face it down, you don't have to confront all the human condition within yourself and you can just let it go, just like that. Just like in the third picture in the bubble diagram.

The best way I can describe it is I just moved on and my strategy didn't come with me. It just stayed back there and from there everything just opens up, it is quite extraordinary how you just start living for something other than yourself and what you are living for fixes the world's problems and everything just becomes amazing.



Humanity's Situation: the Sunshine Highway to Freedom, the Abyss of Depression, our Cave-like Dead Existence and the Spiralling Pit of Terminal Alienation

I love this picture because when I broke through into the Transformed State I had a real vision of coming out of a big swamp and coming into a beautiful meadow with green grass

and everything is just so relieving. It's exactly as Jeremy says, it's like taking wet, heavy burdensome woollen jumpers off and the weight and everything just drips away from you and the relief is unbelievable, it really is amazing. I was thinking about that coming out of the swamp image and thought you know that's so great, it's just such a shithole back there, just keep going forward and then I thought 'Oh, it's just exactly like Jeremy's drawings of coming out of the cave and it's exactly like the macro picture Jeremy drew of *Humanity's Journey to Enlightenment*. [Plato's cave allegory is explained in [Video/F. Essay 11](#).]

So anyway, you end up on this bit of road on the right-hand side of the *Abyss* drawing (above) and you start trudging out of that cave-like dead existence and you keep walking forward and then you get on this bridge straight across the abyss and you end up out in the sunshine. It is extraordinary. Just the fact that you can be free of your own human condition and free of all that preoccupation. You've got no worries, no noises in your head, it's just gone, you can just work away with nothing in the back of the mind nagging away, you can just do your work and be happy, singing, whistling away. This explanation and Transformed State is for everyone and there is no odd human out there that can't access this, you're not the one out of 6 billion that can't access this, it is there for everyone. The beauty of that *Abyss* picture I was thinking the other day is that it's got a bridge going over it, Jeremy didn't draw a little ladder going down into the abyss so that you have to trudge through the depression at the bottom and climb all the way back up the other side. Instead he's drawn this awesome bridge going straight across it! It doesn't matter what strategy you've got either, you can be anything and just knowing that you don't have to live out that strategy is so relieving. You can just bundle it all up into one big package and leave it behind and head across that bridge. It's all explained and it's all dealt with. All the pain and suffering in human life is now explained and understood. It's dealt with and defended and understood. The information or the explanation does that and you can just be so free of it, it's incredible.

And the excitement that flows from being free of all that, that is quite amazing. You can't sleep, I mean I would go to bed thinking about this transformation process and I would wake up in the morning and the first thing I would think of is the transformation process! I'd be waking up at 4.30am and just thinking for an hour or so and then jump out of bed at 5.30am and say to my partner 'Pol, I've just got to get up and go to work I'm so excited!'. And the excitement is unrelenting, I don't know whether it's going to settle down. In the first week my poor old body wasn't quite coping with all the excitement I am feeling, it couldn't quite keep up with my brain and all the realisations I was having! The 180 degree switch your thinking takes is what really amazed me. You go from being confronted by the information and Jeremy and the explanation basically because your resigned self can't deal with it, and also being confronted by the Transformed Lifeforces and the transformation process, to just not being able to stop thinking about it. Any spare moment your brain has got it will just click in because that's all it wants to think about, that's all it wants to promote and that's all it wants to support. And all that ego and the need to prove yourself just goes and you can walk around free to do whatever you want to do. And the buzz you get after talking to someone about it or doing a talk about it is just incredible, it is amazing and that is one thing that I have found just so extraordinary, that switch in your brain from struggle and preoccupation to total freedom.

So through this process you can change from living your life through a competitive, egocentric, insecure, meaningless framework, to being able to live a happy and content- with-who-you-are, meaningful and incredibly exciting life.

I just thought I'd read out this little bit of writing. I wrote this late one night after lying awake for several hours being so excited trying to calm myself down but I couldn't, it was about 11.30pm so I will just read it out now:

'I am just so excited, I can't sleep, I am about to burst. I was in the shower and a hook on the curtain had fallen off so I put it back on and got an amazing feeling of meaning and I got out of the shower and just looked around for something else I could fix because that is what we get to do now, fix the world, and I just can't believe that after eons of generations we are the ones who actually get to participate in fixing the world up. It's just unbelievable, there is so much to do I can't wait to get into it.

Even though I know you did, especially Jeremy, I have this feeling of "You didn't tell me it was this good". I'm starting to feel selfish because all I can feel is how good it is that it is finally all over. We're out of there. LET'S GO.

I got this image of marching straight forward with incredible purpose straight out of a massive swamp into long green grass with flowers and butterflies and sunshine and never ever looking back just keep marching forward. Everyone together, we are going to have so much fun.'

Section 3:11 Nick Shaw (recorded February 2015)



Hi. My name is Nick. I'm 42 years old [at the time of filming]. I came across Jeremy Griffith's biological explanation of the human condition when my school friend (and fellow WTM founding member) Rick Biggs introduced it to me when I was 19.

Today I'm here to give my affirmation about this breakthrough understanding that has occurred. I thought I'd structure the talk in two parts. Firstly I want to go over the information a bit and secondly talk a bit about my experience of encountering this information and how it has completely transformed my life.

Even though the explanation is presented on the WTM website perfectly, for this first part of my talk I wanted to go over it as it's the underpinnings of this new product which is the Transformed Lifeorce State. There are four themes I wanted to draw out:

- Firstly, that this information actually is true. It actually is the exonerating, compassionate, healing, transforming explanation of the human condition. It's our species' story and represents just a mind-bogglingly exciting breakthrough [the best place to familiarise yourself with the explanation of the human condition is Video/F. Essay 3, in which Jeremy introduces the 'Adam Stork' analogy].
- Secondly, solving the human condition has been a case of having to get all the truth up in one go. Therefore we have gone from a position of having virtually no truth about our condition, because we have necessarily been living in complete denial of the issue to cope, to suddenly having the whole explanation up. So that's a shock and it also makes the information extremely confronting to us [see F. Essay 40: 'Judgment Day'].
- Thirdly, because the information is very confronting, the answer to the question of 'What do we do about this, how do we cope?', is to not confront it any more than is necessary to verify that it's true and instead just support it. Its unequivocal truthfulness and compassion and honesty and strength will do the work of transforming the individual and so the world [see F. Essay 15 on the Transformation this information makes possible].
- And fourthly, I want to talk about Resignation. Resignation is the most important psychological event to occur in human life and yet it has never before been able to be explained [see F. Essay 30].

It's understanding those four themes that really helped me understand what is going on and helps me/us cope with the arrival of this breakthrough. And then beyond that, not only cope, but take up the absolutely-all-your-dreams-come-true, impossible-to-describe-how-good-it-is attitude and way of living that this information allows for existing generations of humans.

To flesh out the first theme and go through the information a little bit. The information is there in Jeremy's books and videos and presentations, set out beautifully and perfectly for the world. What it lets you understand and see is that the human story has fundamentally been a journey from ignorance to enlightenment, and all the while having to live with this unbelievably difficult equation of being criticised for doing that—for searching for knowledge to make us enlightened and not ignorant! As Jeremy explains in the Adam Stork story, our story has not just been one of having to defy the ignorance of our instincts, but our instincts were the most magnificent, perfect orientation to love and selflessness [see F. Essay 21]. Not only that, our instincts also represent the Godly ideals [see F. Essay 23]. As Immanuel Kant said, **'there are two things which fill me with awe: the starry heavens above us, and the moral law within us'** (*Critique of Practical Reason*, 1788). We all know how amazing God is! So we were on an absolute hiding to nothing. It wasn't just a case of one-on-one. We were outnumbered three to one! And it has been going on for two million years! It's just been the most amazing against-all-odds story. [To clarify how 'we were outnumbered three to one',

Jeremy explains this ‘triple whammy’ in chapter 3:5 of *FREEDOM*, par. 263: ‘So, when we humans went in search of knowledge we were initially criticised for not obeying our instincts, and *then secondly* for responding to that initial criticism in a way that offended our cooperatively orientated, moral instinctive conscience, and, *then thirdly*, by that behaviour defying the very integrative, cooperative theme of existence that our intellect could so plainly see existed in nature. We defied our instincts, we offended our moral conscience, and we insulted the very meaning of existence/God!!! We humans could hardly be more guilt-ridden. And all this guilt, which we can now understand was completely unjustified, made us extremely, excruciatingly upset—absolutely furious, in fact. As necessary as it was, in our case, ‘flying off course’ was an incredibly upsetting act of defiance—which is why we humans have been capable of absolutely extraordinary acts of brutality, barbarism and cruelty. While we have tried to restrain and conceal the anger within us, ‘civilise’ it as we say, it is, in truth, volcanic—but, again, we can now at last understand the origin of all that anger.’]

As Jeremy has said, it will probably be beyond the reach of anyone to ever describe the pain, difficulty, heroism and utter magnificence of what embattled humans, along with their innocent prophets, have endured and achieved [see F. Essay 39 for an explanation of prophets].



The Adam Stork story is our true story. If nurturing was the prime mover in humanity’s primate past [see F. Essay 21], I suppose it could be said that the Adam Stork story has been the prime mover in humanity’s conscious adolescence. The human condition has been the bottom line driver in all of human life for two million years and its influence just saturates everything. All situations, all people for all time [see Video/F. Essay 10]. So if you want to understand your story, it’s just a part of the human story, and it’s all okay. It was all for the right reasons. A defiant conscious mind seeking to find knowledge, guided by, underneath

it all, our beautiful soul, but also condemned to kingdom come by our soul's ignorance, it's orientation to the ideals and by God.

It's our true story. We are just beyond upset. We are just so volcanically angry, egocentric and alienated BUT we are immense heroes. The incredible thing about the Adam Stork story is that it finally articulates and explains, with irrefutable logic, the incredible paradox of the human situation of how could we be good and worthwhile when we are just so volcanically upset and seemingly bad? It finally explains the feeling in us that we're not banishment-deserving, evil blights on the planet but immense heroes. That defiance of the ideals and the upset that unavoidably went with that was exactly what was required of the human race. There was no avoiding it. We had to have the courage to do it and endure it. And what is just so extraordinary is that it was all for the right reasons. Ultimately, it was our love of the true world, of our beautiful lost soul and the re-discovery of that in the future (that has now arrived) that drove humans through our adolescence. Because it was only through finding the ultimate knowledge of the human condition—with the price being to become upset—that all the suffering, pain, upset, angst, unhappiness, etc could be brought to an end and humanity return to its fabled Garden of Eden state.

So our story is not just a story of flying off course like Adam Stork. It's also a story of being triply condemned for doing so! Our upset was just unavoidable and it was going to be extreme and intense and it has been and it is. That's why we are just so incredibly upset, such psychologically messed up creatures. What we had to endure was just so unfair, just so immensely unfair. *Our response to it—our upset—and the colossal extent of it is the true measure of our courage.* It's just amazing that the seemingly most simple exercise of searching for knowledge could lead to such an all-out war! And you can see that it was just a lack of knowledge and understanding that led to our immensely embattled state and that once we find the explanation, the criticism stops, the two parts of us can be reconciled and our ego can calm down. So the human journey *was* part of God's plan after all! It's true, we're good and not bad after all! And we can finally, through all the efforts of, and on behalf of, all the humans who have ever lived, stand triumphant and say 'I AM UPSET AND I'M GOOD AND I CAN EXPLAIN TO YOU WHY!'

That explanation is as clear and as obvious and as true as, to use another fundamental truth about our world, the truth of gravity. Gravity exists, it explains the movement of bodies in relation to one another. It's just a fundamental truth about our world. Similarly this biological explanation, that Jeremy Griffith has synthesised, is just as fundamental and basic and true as what gravity is. The battle to validate ourselves is all over!!! As Martin Luther King said, **'Free at last! Free at last! Thank God Almighty, we are free at last!'** ('I Have A Dream' speech, 28 Aug. 1963). Can you believe it?!?!?!?!?

So the biological explanation of the human condition is freely available on the WTM website for people to check out and evaluate, but I'd like to say that I can't find the words to describe how true, profound and magnificent it is. The goodness that it brings about by solving the human condition is just so immense and exciting that it's nearly too much to bear. It's impossible to describe the magnitude of the breakthrough. The nearest words that I have seen are these that appeared in an Amazon review of Jeremy's book *A Species In Denial*: **'tears stream down my face, so overcome have I been by this book. It is the greatest book on the planet,**

no wait, in the universe. In fact it is the greatest anything in the universe.' (see www.worldtransformation.com/online-endorsements). It really is the greatest anything in the universe, for as Jeremy has explained, denial-free thinking has always been the purest form of love the human race has ever known.

Einstein said that truth is that which survives the test of experience. As we are the subject of this information, this biological explanation of the human condition, we are in a position to personally test its validity. Not only through independently verifiable scientific observations and evidence but also through our own experience. Humanity's journey has been a psychological one, and because we each in our own lives go from being instinct-controlled creatures to conscious-controlled—we go on the same psychological journey the whole human race has been on—we're very well equipped to know its truth or otherwise as it applies to ourselves and the whole human race.

The second theme in the information that I want to talk about is that because the human condition hasn't been an issue that we have ever been able to openly discuss (because we have never been able to understand it) it has been, and was always going to be, a case of having to 'get all the truth up in one go'. So basically there has been this completely off-limits subject—off-limits because it was just too confronting while we couldn't understand it—that has all of a sudden been reefed from our deepest awarenesses and placed right out in the open. Given our denial, it was always going to be like that. It's dead-set like being in a dark room where you can't see anything, and you just have to grope around trying to find your way, to the lights suddenly being turned on in one instant. That being an analogy for the fact that we have lived in such deep, deep fear and denial of the issue of the human condition for eons and then all of a sudden the world is being explained and therefore everything is transparent and out in the open. So you need to stay steady on your feet psychologically and it makes sense that, initially, if you have a history of psychological instability, to keep a distance that is safe [see FAQ 1.19].

So, while finding of the understanding of the human condition has been the holy grail of the human journey—and it is truly beyond exciting that it has been found—it does come as a great shock because we are just so completely saturated and full of the human condition and equally in denial of that to cope [see F. Essay 40: 'Judgment Day explained']. We have been so completely owned by it and victim to it, we are just so upset, so embattled, so historically condemned and confronted by the ideals and so in denial of all that, so it comes as a great shock and naturally that shock is going to take some time to adjust to. However, because this is an adjustment from a terrible negative to an incredible positive, the time taken to get over the shock and make the adjustment will get quicker and quicker. This massive paradigm shift has been, and will continue to be for a little while, a pioneering journey, but as we say 'If not us, then who?' and 'If not now, then when?' and we can gladly and enthusiastically participate in what can appear at first to be a daunting frontier, but really is the most exciting ever of frontiers. And because this is logic driven, you're on safe ground. You can just get on with your day, your life, as best you can, following the logic that is in front of you at a pace that you can cope with. Another aspect of denial is because this has been such a previously off-limits subject, a lot of your realisations happen sub-consciously and you only later catch up with them consciously.

The third theme in the information I'd like to talk about is that we can't hope to heal all of, or even virtually any of, our upset in our lifetimes. Even if we could, it would take so much supportive therapy and counselling that we can't afford the time or resources for because the priority is to make this information available to everyone, especially new generations, so all the suffering can end.

This information is just perfect science, it's also perfect philosophy and heaps of other things too. It just perfectly describes what has been happening in the human journey, what *is* happening, and what *will* happen when humans respond to it rationally, which ultimately, because we are rational creatures, we will. Jeremy Griffith didn't invent the human condition. He didn't invent the fact that the generations who were going to be there at the end of the human journey would be completely embattled, upset, resigned and worn out. It's just the facts, it's just the truth. And having the truth is the only chance the human race has got. So our upset can't be fixed or healed. The information is enormously beneficial to help us cope with our personal circumstances, but it's future generations who will be free of upset. But what we can do—and this is completely sensible and rational—is not overly confront this information, but just investigate it sufficiently to establish it is the truth and then support it and it will do all the work. It's dissemination will help everybody and helping everybody will fix up the world. What you discover is that being able to legitimately, responsibly, sensibly and lovingly 'put down the sword' of battling to validate yourself and take up support of this information is just the most thrilling, exciting thing to be able to do that it is beyond description! What you discover is the revelation that it's not our upset that is necessarily the problem, this colossal, volcanic upset, it's our inability to understand it. So while we are still upset, being able to understand where it all came from completely transforms our lives.

The fourth theme is a very important aspect of how we coped with the human condition while we couldn't understand it. This is a phenomenon that Jeremy has called Resignation which is a psychological adjustment that, without understanding of the human condition, we were forced to make [again, see F. Essay 30 for explanation of Resignation]. So to talk about Resignation: the situation to date is that you are born into the world expecting it be ideal but then discover it's not. As you grow up under the duress of the human condition you also discover that you personally are no longer ideal but highly imperfect—in fact, carrying huge elements of anger, indifference and selfishness. So, at some point, usually in your teenage years, to cope with the reality of the world and your upset reality, you have to give up on the ideals and adjust to reality, a process Jeremy has identified and termed Resignation. In fact, Jeremy explains that resigning requires three elements: blocking out the truth of your upset reality, the truth of who you really are; blocking out the truth of the ideals, that they exist and that they are true; and just forever thereafter focusing on seeking superficial reinforcement for yourself, a win, just anything to get some relief from the implication that your condition means you're bad.

Because Resignation is so important to understand I'd like to flesh this process out a bit more. We come into the world expecting it to be ideal—expecting it to be unconditionally loving, but the world is not, it's massively upset because of this heroic battle that humanity is waging. Because children are innocent they have got no awareness of the full horror of what being a resigned adult human is like and because adults can't be honest about their state (because they can't understand or explain how they became so), children, in their innocence

and generosity, blame themselves for any lack of love they experience. They conclude they aren't worthy of love, that they are unlovable and bad. This is a terrible thing to seemingly have evidence about yourself and that hurts children immensely. Children, in their innocence, fight back with everything they have to try to prove they are worthwhile. Such hurt and the following emergence of egocentricity upsets our soul which fuels the criticism, which leads to more defiance and more criticism, and so the human condition has been passed to the next generation! [See F. Essay 55 for analysis of our species' compounding upset.]

So, if we come into the world expecting it to be ideal but it's not and we similarly are growing increasingly upset—in fact, we have encountered the effects of two million years of the upsetting search for knowledge—there comes a point where we have to resign ourselves to reality—the reality of the world without but, very importantly, also the world within. So, Resignation is basically a super-developed, near-autistic response to the issue of the human condition. Jeremy explains that it's a mechanism for invulnerability so that you don't get taken back to the issue of the human condition that you can't deal with without understanding. I/we all have a part of us that is cringing in terror about the issue of the human condition. It's saying, 'Don't make me look at it, I can't, I can't, can't.' Understanding the process of Resignation and what it means to be resigned is critically important in understanding how to take up the Transformed Lifeorce State because, importantly, even though Resignation is a completely dishonest, destructive and selfish state it was a necessary and heroic part of the human journey. We can understand that it is okay to be resigned.

This brings me to the second part of my talk which is to talk a bit about my own personal experience with encountering this magnificent, all-exciting breakthrough in understanding the human condition—a subject that is all-confronting and historically (in humanity's life and in my life) completely off-limits. In a lot of ways, experiencing the transformation that this information makes possible really is a matter of letting it. It's a matter of realising those macros truths I've talked about above, realising that they are true and applicable to you and making the adjustment to let those truths in. As Jeremy has said the human condition is an intensely personal subject, but we can now understand that it is also a universal phenomenon that every human suffers from and all our stories are explained and reconcilable to one another.

A critical issue you need to understand to make the adjustment is the fact that we are resigned. Our resigned way of thinking is just completely designed to avoid the issue of the human condition. It is mutually exclusive with the truths that the information can now allow you the benefit of. Initially, it's the truth in the information, its accountability, its absolute importance to the human race that makes you want to support it. But then you discover personally that you are resigned, that you have a mortal fear of the human condition and that you've developed your whole life and thinking framework around denying your reality, denying the ideals and just living for superficial reinforcement. Humans live completely at odds with the honesty that the information gets up and represents and allows you to have the benefit of. So you can get into a 'Mexican Standoff' with this information where you can't go forward, because you're habituated and committed to your resigned ego-castle, and you can't go back, because you don't want to sell out the truth about humans because it's the only way forward for the human race.

What's required is having a change of heart, is to take up the Transformed Lifeorce State [see F. Essay 33 about the 'Mexican Standoff' and how to overcome it]. To explain: it requires the abandonment of your commitment to your resigned self and instead, using the knowledge that is now available, understand that you are good, lovable and worthwhile even though you are upset.



Drawings by Jeremy Griffith © 1991-2008 Fedmex Pty Ltd

Jeremy sometimes puts the caption 'Out of here!' with the above image of the person holding the key of understanding aloft. In other words, we can just leave all of that world of having to egocentrically bat away behind us now. The job is done, reconciling knowledge has been found, and we can just leave all of that behind. The reason we can do that is because this information *is* the real reason we are good, lovable and worthwhile. Our resigned way of thinking is just completely redundant, obsolete and has done its job. It really and truly is no longer necessary. It just isn't needed anymore so it doesn't make sense to keep peddling the old, resigned agenda, defiantly rejecting criticism from the ideals and madly trying to convince ourselves that we're good because we're winning etc. Even though it is a massively destructive, dishonest and fraudulent state, it was an absolute necessity before the human condition was solved. I am still resigned and still full of the human condition. It's just that with this information you can parent and re-assure your arrested-development-stranded-in-adolescence, resigned self. The funny thing is that the bottom line of your resigned self is just trying to say, 'I'm good', but in an immensely defensive no-holds-barred, psychologically aggressive, *extremely* limited way, a way that was only necessary before the explanation of the human condition was found.

People say to me that I really emphasise the logic of the Transformed Lifeorce State and I do. It *is* all logical but also, my experience of the human condition is quite intense and so it's important to me that I am well versed in that logic and that I keep the arguments in my mind. The logic explains that we all get some version of the human condition from the imperfection of life and that we have to endure this whilst doing our best to participate as we live out the deeper truth that humans are good.



Drawings by Jeremy Griffith © 1991-2009 Fedmex Pty Ltd

The above right picture depicts what happens when children encounter too much embattled, have-to-prove-yourself, egocentric oppression from the previous generation. This type of thing is rife now but the amazing thing is you can explain and defend all the aspects of this terrifying picture using the Adam Stork story. That embattled parent was once a child. Everyone is defended now and it's understandable how it all happened. If you are faced with that type of situation, you will—as the picture shows—either become psychologically crippled from it or turn into what we call a 'power addict', which is what happened to me [chapter 8:16D of *FREEDOM* describes the effect this 'power addicted' personality has on children]. It's nobody's fault. It's just an extreme version of the human condition where you are just completely owned by the need to get a win and therefore extra sensitive to and intolerant of any criticism. [See F. Essay 55 for more on power addicts.]

Anyway, one of the realisations that I had along the way when I was in the 'Mexican Standoff' was that I do have this ability to be sensible, if I want to be, about the issue of the human condition and that I don't have to be beholden to my resigned self. Resigned thinking will take you away from being sensible about the issue of the human condition like a magnet being repelled. We can now explain why we are good in first principled, irrefutable logic so there is no need to keep going on with it. So, if I wanted to be sensible, I could run with that! But in our resigned, confused state, we can't even admit to ourselves what we are doing

because it would just undermine our whole strategy. But once you use the information to understand that you are resigned—that it is okay to be resigned, that it's no longer necessary to go on with it—you can let the whole thing go and let the information take the burden of the issue of the human condition and deal with it for you. All of a sudden this massive preoccupation, that you hardly realised you had, is lifted!!

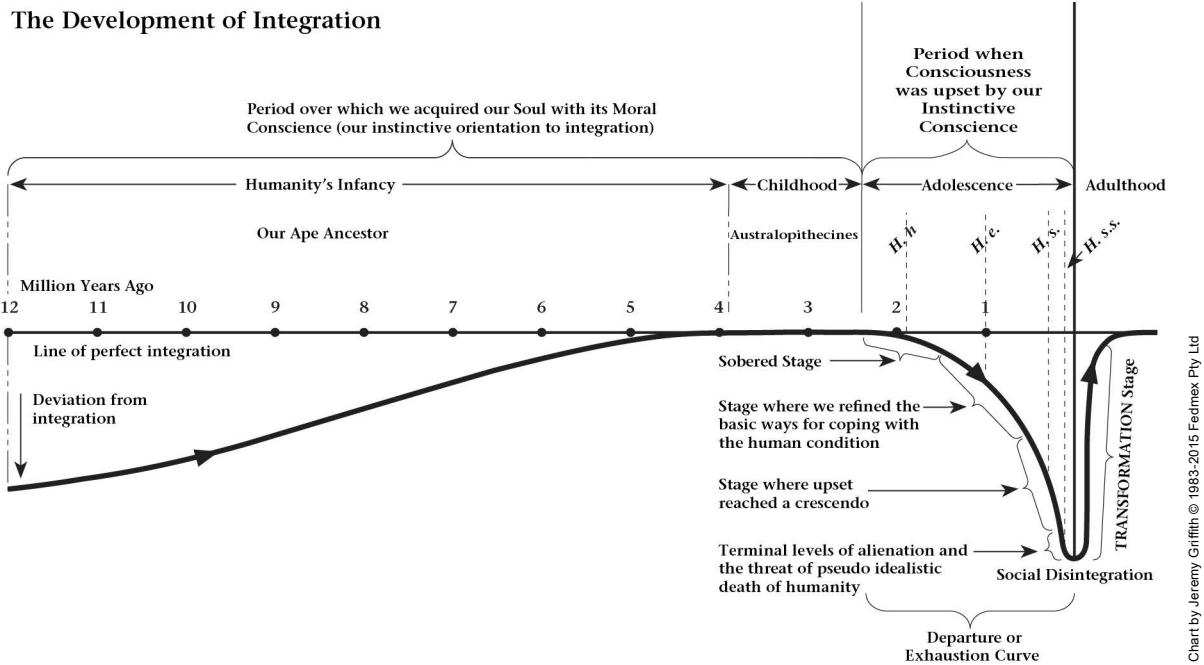
You go from being deeply ashamed of who you are to, at worst, not being ashamed of who you are anymore or, at best, actually connecting with the truth that you are deeply lovable and profoundly heroic. You/your condition is completely explained and accounted for as part of humanity's immensely paradoxical, brave journey from ignorance to enlightenment. And it's all true. It is. And that's virtually all you need to know/understand—that you are upset but you are good.

The thing I just love about it is that you actually can't argue with the logic. There is just no other conclusion—Adam Stork/humanity has been heroic, and good, and right, even though we are so massively upset. You can try and argue that Adam Stork was wrong for flying off course, or wrong for getting upset, but you'll actually lose that argument. We do need to put down the sword and move on from the battle and its destructive effects and we can and should now because it is all completely defended.

All of a sudden everything makes sense. Including that it's true that as a species we once lived in the Garden of Eden [see F. Essay 21] and personally, we once had some access to that before we resigned, and that this information really is the end of that journey, and that it really is all over, and that humanity really is coming home. All you really have to do is be sensible and rational and abandon the now old, obsoleted technology of the resigned way of thinking and just do anything to help this project and it will save the world. You realise that no one is free until we are all free and you just want everybody to catch onto this information. The goodness that this has brought about and will bring about is just ridiculous! It's just everything everyone ever wished for. You can near explode when you let yourself feel it!

So every problem you look at, whether it's yourself, some other egomaniac, any article in any newspaper, just any problem you look at—and there are just endless numbers of them—can all be solved by supporting this information that defends humans. It allows us to put down the sword, understand that the great battle is over and that we are now free to bring about the virtually-never-let-ourselves-dream-of new world. We're finally all going to be united with the one goal of fixing up the world and freeing the planet from the human condition. The battle to champion the ego is won now, everyone can come in from the cold and be together in the Sunshine Army on the Sunshine Highway to the World in Sunshine!

Another aspect of it that I just love thinking about is that the colossal pain, angst and frustration of being misunderstood as bad when we know we're good, can end with us. The upset and all the pain will start to rapidly subside now.



Looking at Jeremy's 'Development of Integration' chart (that appears in a number of his books—see, for example, chapter 8:11C, par. 842 of *FREEDOM*) we can see the human race is at the bottom of the exhaustion curve and is facing the prospect of terminal levels of alienation and social disintegration [see F. Essay 55: 'Endgame for the human race'], BUT that disintegration stops with us. If ever I'm having a bout of being bluffed by the resigned world within me or all around us at present, I always remind myself of this. The things that my resigned self thinks are so important—in its completely imprisoned, cave-dwelling [see Video/F. Essay 11 for an explanation of Plato's cave allegory], only-paltry-sticks-to-play-with, denial-ridden, fraudulent-but-immensely-heroic-and-previously-necessary state—are now obsolete and redundant. It's all just a false construct that we developed to cope with the horror of the human condition. It's just not real. We can just move on from it. It *can* all stop with us. It won't exist in the future. People won't have to suffer it, they won't have to endure it. As Jeremy has talked about, in the future there might be a museum where you can go and put headphones on to experience what the world was like before the human condition was solved and dead set people will put them on for a second and then throw them off their heads it's so horrible! Jeremy said in his first book *Free: The End of the Human Condition*, published in 1988, with the human condition solved we have nothing to prove anymore, only something to achieve and that's where the human journey is up to. Going over that bridge, over the Chasm of Depression, over the issue of the human condition, is going to take humanity back to where it came from—a world full of selflessness and happiness but this time with the answers we had to originally leave that world to find. (The 'Development of Integration' chart shows that with understanding we enter the 'Transformation Stage' and return to living integratively/selflessly.)



So, in coming to the end of this talk, I just can't emphasise enough how full of the human condition we are; I just can't emphasise enough how much this information takes care of that and loves it and I just can't emphasise enough how exciting it is to be able to support this information that ends the human condition and so will solve every problem that the world has. So, as Jeremy says, it's not that hard to take up the Transformed Lifeorce State, it's just a matter of seeing the situation and opportunity for what it is.

Nick's affirmation is followed by him talking about the excitement and power of the Transformed Lifeorce State in a group discussion.

There are five extracts that flow on from each other.

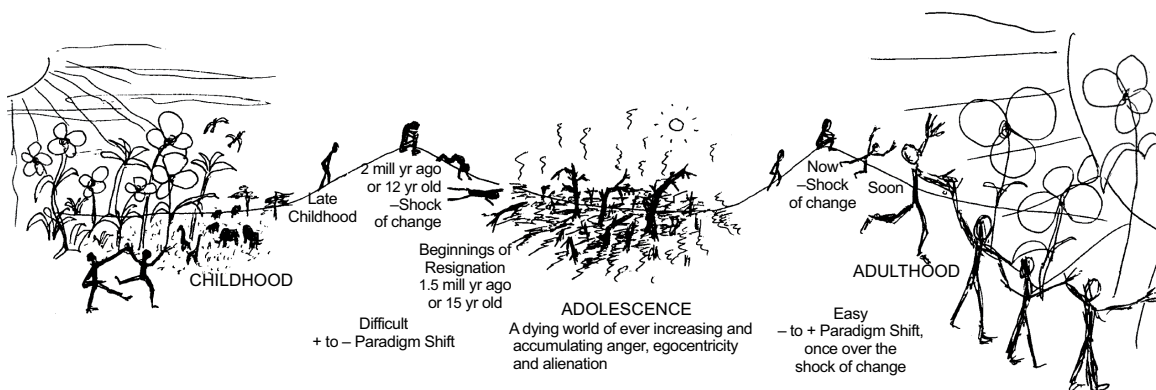
Part of the excitement of this pioneering stage is knowing about the absolutely incredible excitement and happiness that the Transformed way of living is going to bring to the world. People looking on can think 'oh, that's going to be a slow, arduous job. You're going to be fighting to have every person get their head around this and move from whatever their

egomania is to just forgetting that and supporting this'. Once you experience the Transformed Lifeorce State you know with certainty it isn't going to be like that at all. Jeremy has written about a prophet in the Bible called Joel who saw clearly how it will work and it makes a lot of sense. Joel basically looked forward to the time when the human condition was resolved and talked about how unbelievably exciting it will be. I forget all the words he used, but they described how people will be so together and inspired they will tackle any problem before them, coming over the roof tops, everyone just shoulder to shoulder. [**'Like dawn spreading across the mountains a large and mighty army comes, such as never was of old nor ever will be in ages to come...Before them the land is like the garden of Eden, behind them, a desert waste—nothing escapes them. They have the appearance of horses; they gallop along like cavalry...They charge like warriors; they scale walls like soldiers. They all march in line, not swerving from their course. They do not jostle each other'** (Joel 2)] That was Joel's vision. Jeremy has a similar vision that he describes in all of his books. He says **'from one end of the horizon to the other, an army in its millions will appear to do battle with human suffering and its weapon will be understanding.'** [See a description of Jeremy's vision in F. Essay 51.] It makes sense that that will happen because we are just so battle-weary and dead we can hardly feel anything anymore and we just live in hope and faith that the answers will one day come. So, imagine the relief when the answers arrive. The excitement just in the WTM is enormous because once you get the Transformed Lifeorce State you can see how it works for you and you can see how it works in the world. You *know* that the human condition is finished, you know that *every* problem that there is is going to be fixed. You know that the future won't suffer, and you know that there's *no* impediments to that happening. *All* that needs to happen is that this information is supported and that it does the work. Jeremy calls it 'the Joel Effect' and with this momentum it's going to take off and we're just going to have to pinch ourselves. It's just going to be just so unbelievably exciting, just everything you've ever, ever wanted, and everything every human ever wanted, and it's actually here! There just aren't words to describe it. You just can't describe it!

In terms of the positives of togetherness etc that humans haven't been able to have, I was going to read the words of this song at the end of my Affirmation but I just couldn't because I knew I would get too emotional but I will quickly read them now. At Christmas time, my nephew was playing the piano and his Mum was sitting next to him just crying because it was so special. Anyway, I looked the song up and it's this song called *World in Union*. They actually use it as the theme song for the Rugby Union World Cup but I think it was originally an African hymn. (If you want confirmation of what the human story is actually about—that we did once live innocently, and we did become corrupted, and we lost that, and we searched for understanding so we could return to that state—then just look at the lyrics of any song that you love and that inspires you.) The words are: **'There's a dream I feel, so rare, so real. All the world in union, the world as one, gathering together, one mind, one heart, every creed, every colour, once joined, never apart!'** That's what's coming. It's here actually. It's actually here! Thank goodness there's actually something practical that we need to do, because if you just sit with that and try and just cope with the goodness that this information brings about it is too much. At the end of the day, it's like what Albert Camus said about the enormous task of solving the human condition when he said, **'Naturally, it is a superhuman task. But tasks are called superhuman when men take a long time to complete them, that is all'**. [You can read more of Camus's quote in

F. Essay 50.] That's the goal of this job and it has taken a fair while, and it might take a little bit longer. But thank God there is something to do, so you can actually apply yourself, rather than just evaporate into a pool of excitement, kind of thing! I reckon it's dead set going to be, as WTM member Prue Westbrook talked about [see Transformation Affirmation 1], people are going to just get too excited and have to have some way of coping with it.

As WTM member Tony Gowing said, you can't see how bad the human condition is until you're free of it [see Transformation Affirmation 7]. You've dead-set got to convince yourself that it's great because we just haven't been able to have the positives of a normal, sound life because we have been banished into 'Plato's cave'. It's as Jeremy said, you couldn't design a worse torture, and that's what we've lived with, and that is finished! Plato has the analogy about humans living in a cave, a cave deep underground, chained up with their backs to the light, looking at pictures/reflections/shadows of stuff on a wall [see Video/ F. Essay 11 for an explanation of 'Plato's cave']. That's such a good metaphor for where humans psychologically live when we haven't been able to understand the human condition. We resign and that's the world we lived in and we couldn't see how bad it was. It's impossible to describe how terrible it is. But because we had no option but to do that—to just defend ourselves, to become angry, egocentric and alienated as the only responses available to us—we made as many positives out of it as we could. For blokes, it's the adventure. For girls, it's being pretty. Basically, it's literally as if the lights have been turned off and the keys chucked away and we found a rat in the corner and said, 'I'll make my life out of grooming rats. That's just fantastic! It's great!' So, the absolutely best thing in the old world, like going to a rock concert or your footy team winning the competition or whatever, is in truth just an absolutely, incredibly poor substitute for being able to understand yourself. We just did it as a holding pattern. We just did it because that was what we had to do while we accumulated knowledge to get us to this day, and get us the hell out of there!



Drawing by J. Griffith © 1996-2016 Fedmex Pty Ltd

This drawing of *Humanity's Journey to Enlightenment* shows that it's a shift from a situation that is *so* negative to *so* positive. It just seems amazing that it would require any adjustment at all to get used to it, but nevertheless, we do need to adjust because we *did* live

in that cave. We didn't have any understanding. So, it's just like humans, before we didn't understand thunder and lightning, they sacrificed their children. That's how terrified they were of that issue, of thunder and lightning. It's going to take a lot of reassurance for them to accept, 'Look, when thunder and lightning happens you don't have to kill your kids. It's just a natural phenomenon caused by an electric discharge in the atmosphere during a storm', and they'll say, 'Are you sure? Are you sure? It looks really angry! I feel like killing one of my kids because I feel like I'm in trouble!' But, 'No, no, no, you don't have to, you know!' So, the analogy is, it's a situation we're absolutely terrified of. That's why it's a bit of an adjustment for the human race, on the macro, which will take whatever it takes. And for each of us personally it takes a bit of time because we live in mortal fear of the issue of the human condition and we have resigned to cope. So even though we have a sensible self that can hear this information, that can understand the logic in it and that desperately wants it to succeed, we are just sort of waylaid by this commitment to the old, resigned way of living. We have had to be really committed to it and it just takes a while to have the fabulous realisation that it's all over! But you don't have to live there anymore. It's just extraordinary that it's all over. It's nothing like anything that's ever been before! This is the culmination of two million years of conscious effort. That's what it is. It's just amazing!

What is amazing I reckon is how the journey shown in the *Humanity's Journey to Enlightenment* drawing (above) went on for just donkey's years (two million years in fact). You can't get your head around how long it went for. It just got worse and worse and worse and worse and worse! That is us! We are humans who have been suffering from the human condition for two million years. We are just completely wrecked [again, see F. Essay 55 for a description of the 'Endgame' state that the human race has now reached]. You'd think, 'Aww, well surely it's going to take at least another two million years to fix, so those people will be useless, you may as well just put them straight into the museum!' But what's amazing is we can be totally effective. We don't personally become sound again, we're *highly* compromised and all that stuff, just messed up people—but it's supporting this information which is perfect, it's sound. There's nothing to add to it. All humanity needs is this information. All you need to do is to help it. Whether that means you mow the lawn or just whatever it is, it's helping that. *So the effect of what you're doing is sound even though you're a wreck.* Sure, you're not as dysfunctional as you used to be because you've got an awareness of what has been going on. It's just the most extraordinary deal. It's a 'get out of jail free' card! The deal is: 'You are one corrupt human. Welcome aboard! What do you want to do to help?' It's just amazing!

I was just going to say, I was thinking about what Tony Gowing and Prue Westbrook were just talking about. In Prue's Affirmation [see Transformation Affirmation 1] she said that there'll come a point when we're just not even talking about the human condition any more. Where this project is currently up to, one of the priorities is developing the Transformed

Lifeforce State, how to do it etc, but once that's up and running, then what will be happening is people will be discussing, 'How do we fix the world? What do we do next? We've got ten million people who want to come and help clean up the rubble, where do we start?', etc. We are sitting here talking about a way of living because it needs to be developed but there will come a point when it is developed, and it will have a life of its own and there will be a department for it or whatever, but there'll also be this huge thing going on where the world's just being fixed up. Everyone will be transformed, like, 'Yeah, yeah, I know how to do that, just give me something to do! Just whatever it is, I'll take care of it.'

[After Nick's presentation, the following discussion took place]

Tony Gowing: Essentially [for the world to be saved] all that's got to happen is people have just got to sit children down and tell them the Adam Stork story. That's it. And be honest enough to say, 'Adam is me and this is all the terrible shit that I'm going to inflict on you. But really, don't look at me, just look at this story.'

Nick: And the children will respond saying, 'Thanks! That all makes sense to me. I love you for it. Good on you for doing it. It wasn't your fault, no!' There's no problems any way you look at it! The children might add though, 'But yeah, if you wouldn't mind just letting me hang out with my childhood buddies!!!' [LAUGHTER].

Section 3:12 Neil Duns (recorded September 2010)



My name is Neil Duns and I am here to give my affirmation as to the power and potential of this explanation of the human condition. [See Video/F. Essay 3 for the explanation of the human condition.]

The way I live my life now is really very simple. My resolve comes from the efforts of all the humans who have ever lived; inspiration from the children of the future who will one day

be born into a world of understanding; and strength and courage from a boy's vision—that **'Soon from one end of the horizon to the other, an army will appear in its millions to do battle with human suffering and its weapon will be understanding.'** (This is a phrase that has always summarised Jeremy Griffith's vision. He has stated it in every one of his books going back to his first book, *Free: The End Of The Human Condition* which was published in January 1988, where the quote appears on pages 37 and 40.) [See F. Essay 49 for Jeremy's biography.]

That's what I draw strength from now.

That's what I call upon.

What talents I've got are aligned to that.

What frailties I've got are taken care of by this information. And what frailties I've got, I get enough understanding of to enable me to be as functional and able as I could wish to be for the new world that has begun.

I am no one special or unique. I am a 29 year old male [at the time of filming] who has stumbled upon this and seen it for what it really is and acted upon that. I am from a regional city in rural NSW in Australia. I grew up in a middle class family. Mum was a teacher and Dad ran a small business. I went to a public school and then went to Sydney University [Neil was elected Senior Student of Wesley College] and completed a science degree. I played rugby, had a few girlfriends and travelled the world. I started and was involved with a charity for a developing country, and when I finished studying I went off to work in a developing country in a private enterprise. That's just a brief background which may or may not be relevant—maybe you'll relate to me, maybe you won't.

I am not here to give a profound outlook on the state of the world. Or to debate the issue of whether the glass is half full or half empty—I am not seeking to resolve that philosophical argument. To me the state of the world is serious and the current human state, the human condition no less, is well worth investigating. In fact, it's the most serious of issues we must now face. There is a deep psychological sickness in us all which needs addressing if we are to overcome the world's problems. And we can only do that now thanks to where science and the accumulation of knowledge has brought us to, but most importantly due to the soundness of an unresigned mind and its holistic approach to piecing together the full picture that Jeremy Griffith has had the capacity to achieve. [Again, Video/F. Essay 3 covers the explanation of the human condition; while the role of unresigned thinkers in assembling that explanation is explained in F. Essay 39.

I, and I think all of us, come at this variously sceptical and dubious about the claims, or offended at the audacity of what this seeks to resolve and overcome. We, (and I'm talking about my generation here) live with such deep cynicism and for me, prior to embracing this information, an actual resistance and fear that there is an all-encompassing truth [see Video/F. Essay 11 for the explanation of why humans have had to live in what Plato described as a cave of denial of the human condition]. In fact there is even a movement in my generation

embracing the belief that there is no deeper truth or reason to life, that existence is meaningless and random, and that we're selfish due to our genes—that we should just get on with life, not look too deeply into the meaning of life [see F. Essay 55: *Endgame for the human race* about the Millennial generation]. As long as we have good food, wine and coffee and are surrounded by good friends and family, then that's it, that is as good as it gets—just enjoy life. [See F. Essay 30 for an explanation of the psychological process of 'Resignation' whereby we 'resign' to a life of seeking reinforcement and distraction.] That's where we have got to and in fact that's where I lived. But this is just living with the blinkers on, it's living in the dark, not living in the true context of our time. And we just need to wake up and see this time for what it truly is. If we can actually see that the time we are in is the start of a new world where humans live through understanding, not under mysticism, faith, dogma, enforced ideality, or in the nothingness of post-modernist deconstruction [see F. Essays 14, 34, 35 & 36 for an exposé of these 'pseudo idealistic' movements], then overnight everything changes. As Pierre Teilhard de Chardin said, **'The Truth has to only appear once...for it to be impossible for anything ever to prevent it from spreading universally and setting everything ablaze'** (*Let Me Explain*, 1966; trs René Hague & others, 1970, p.159 of 189).

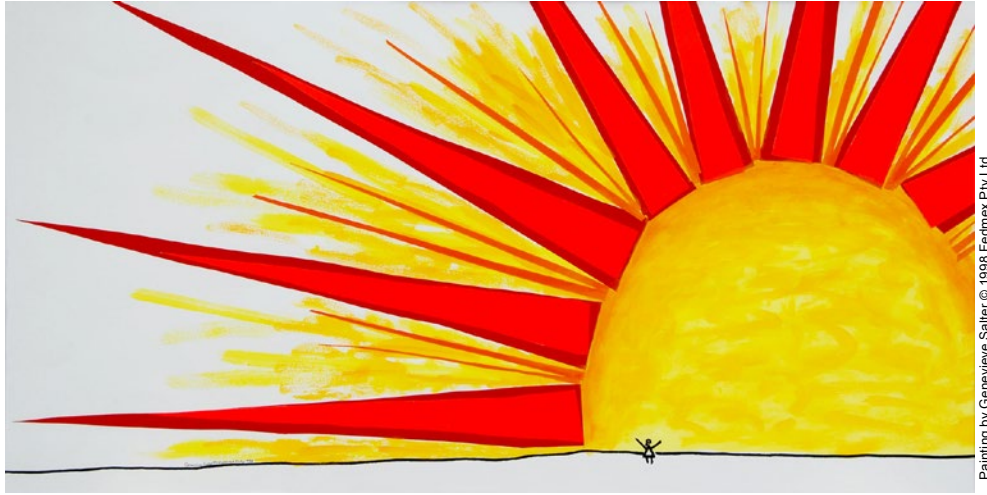
This is the most serious and important of subjects which we are dealing with but I know that there is the most exciting of outcomes as a result of penetrating the impenetrable. That's what I want to talk about.

I am here to talk today about the relief, excitement, pure joy and freedom that is on offer for everyone now, regardless of who we are, where we're from and what we've done. For me, for men, for women, for children, for all humans now. We're all equal in this. For the older generations, for the younger generations, for the future of the whole human race. THIS IS BIG!! But this is the time we have arrived at—and isn't it just incredible!!

It's the start of the new world.

I want to talk about that relief, excitement and freedom because that's what I know and have experienced and it makes sense for me to talk about this and share this as my affirmation. Because my affirmation should be about how this information, this biological understanding of the human condition, has changed my life, and it's through the initial investigation, the subsequent support and, more recently, the embracing of this information that I have been able to experience what I will describe.

The relief we can now experience as we let this information dignify and ameliorate what we know and refer to as our upset or our afflicted state, is like feeling the sun's warm rays for the first time. Imagine spending, in fact we have spent, a lifetime living in the dark and now we are feeling the warmth shine upon us. And not only are we feeling the warmth, which is the love and ameliorating understanding which this information delivers, but we are now seeing clearly for the first time that this information has shed light upon a whole landscape, the whole world. Just like [WTM member] Genevieve Salter's Sun picture below [see Transformation Affirmation 4 for Genevieve's affirmation].



I love that because it also shows just how big this is compared to us individually. So we now experience relief from being loveable, which is the sun's warmth; relief from seeing clearly for the first time a world of understanding; and relief in just how much we are a part of something so much bigger than us and our small lives—the scale of this compared to us. Getting out of our selfish preoccupied lives is an ENORMOUS relief. This is a drenching of meaning, compassion and enlightening understanding on our world, our place in it, each other and ourselves.

For me personally that relief was about letting go of the need to feel good about myself. You see this information explains that we are fundamentally good—in fact that we are an amazing species!! Letting the need to feel good be fulfilled through letting my pain and upset state be taken care of as dealt with by this information is an enormous relief in that this insatiable appetite, this futile quest for an unreachable goal, is now over.

That need to feel good about myself was insatiable and was simply a result of an underlying insecurity of self I lived with since Resignation and that has defined how I lived my life ever since. We all share this insecurity to various degrees. This became a full time preoccupation for me as an adult as it does for everyone, and in my early to mid 20s I set off into life seeking to overcome that feeling and expressed that urge in its extreme. I'd sleep with as many women as I could, I set myself up in the most difficult and challenging work environment in which to conquer and state my claim, I went to the extreme of satisfying the urge my ego was crying out for and have experienced the emptiness and the loneliness of that state. I now live relieved of that feeling, that burden to overcome, and that relieved feeling is standing with my arms in the air, embracing the sun which has risen on the horizon and feeling that warmth, being able to see for the first time and being humbled by my size compared to this.

The excitement that opens up when we allow our preoccupied, upset state to be taken care of by this information, to be now living relieved of that upset state, well the excitement that opens up is just incomparable. It is just like Jeremy's depiction in his *Humanity's Situation* drawing of the state humans experience when they take the Sunshine Highway (which is the

embracing and supporting of this information) over the depression of the unfrontable truths that this information inevitably brings up, and run towards freedom with open arms. The excitement shown in this drawing is real.



It's the highest of highs no drug could deliver and is like electricity running through your veins when you see and feel this. And it lasts and it stays with us unlike the feeling from any drug or sex or win or indulgence or embellishment. This is the most exciting time humans have ever experienced. **THIS IS THE MOST EXCITING TIME HUMANS HAVE EVER EXPERIENCED!!**

And Freedom. Freedom's like a destination we've been travelling towards for an eternity, for so long we've forgotten where we're going, what we're doing. We've been striving for something just out of grasp. Well, we have reached true freedom now. Think about how incredible that is!! How ethereal and out of reach it's been, but nonetheless we've held hope we'd one day reach it. This information now sets us free— 'The Truth will set you free' like they say. Freedom that is like nothing before, which no humans have until now experienced, freedom from our afflictions, insecurities and preoccupations, which liberates us and allows us to truly live now and experience life in a totally new framework. Freedom to participate in a new world. Jeremy's first book in 1988 was called *Free: The End of the Human Condition* and that's what this delivers and this is the time we are now in. I should clarify that while this is the end of the human condition, our generation will not become free of the human condition, but we are in a Transformed Lifeorce State—we are energised and share a common cause

as a conduit generation to get these understandings to a fresh generation who'll one day be born free of the human condition That's the common goal we all now share. [F. Essays 15 & 33 explain more about the role of generations who grew up under the duress of the human condition].

As Jeremy explained in Section 1:13 of *Freedom Expanded: Book 2*, **'This Exhilarated, Ecstatic, Enthralled-with-Existence aspect is the "Life" in "Lifeforce"; and the Empowered, World-Transforming aspect is the "force" in "Lifeforce", so Lifeforce covers the personal benefit and the benefit to the world in one word.'** This is a perfect description of what we can now live with and is the relief, excitement and freedom that I am talking about.

As I said earlier, we all approach this variously sceptical and dubious, or even offended at the claims as to the power of this information. But I do ask you to stay open to the possibility that there is a world that you don't yet know about, a life that is bliss that you haven't yet experienced, and a future that awaits that is incredibly exciting and that you haven't seen coming.

Each one of us is standing at the door to something so easily obtainable, incredibly exciting and offering unlimited potential. This fixes all the world's problems because it deals with the source of the problems, which is US.

The responsibility is there but don't act on responsibility, be drawn by what's on offer. It's unbeatable and I urge everyone to open their eyes to this and see the time we are now in for what it is.

Thank you.

Section 3:13 Tony Miall (recorded December 2009)



My name is Tony Miall and I'm a founding member of the WORLD TRANSFORMATION MOVEMENT (WTM).

This wasn't part of what I had originally prepared but I just wanted to first talk about something that happened a couple of days ago which was a testament, for me anyway, of just how important it is that we get this information out to the world. In the 2009 Introductory Video Jeremy presented the most moving thing I've ever seen. It was a description of a boy

who is 15 or 16 and who has shut himself in his room as teenagers do and Jeremy acted out that teenager holding his head in his hands with a look of utter despair, with the music blaring, asking those deeper questions to himself at that age that no one can provide any answers for. And that was true, that certainly happened to me when I was 16, to the extent that I can still actually remember being in my room and going through that and sort of yelling out loud, 'I know I'm good!' Unfortunately for me and my generation I couldn't explain or understand what was going on which, before I knew was Resignation [as is explained in F. Essay 30 and chapter 2:2 of *FREEDOM* by Jeremy Griffith] led me down roads of looking at Buddhism or Christianity and all sorts of things to try and get some answers, until I basically just gave up.

I have three children of my own now and I love them all very much. My youngest son, who is 17 [at time of filming], said to me the other night when we were watching television, 'Dad, I just can't watch TV because of what you see on the news, there's paedophiles and there's rape and murder and everything else, and this might sound weird but I sit here thinking to myself, what if I'm like that?' And that is the same question that we have all asked ourselves and I asked myself at that same age, 'What are we capable of, are we good or are we bad?' Basically that's what he was saying too, 'Am I good or am I bad?' And thank—I was going to say thank Christ but thank Jeremy for this information—because I could sit down with my son and we talked about it for half an hour and he went to bed that night not tormented but happy. He got the answers to the questions that all of us have asked ourselves at that age that really do force us into this terrible state—force us into the human condition, which is a pretty ordinary place to be most of the time. [The explanation of the human condition is presented in Video/F. Essay 3.]

So I didn't intend to talk about that, but for me that summed up why the information Jeremy is presenting is so important. If we can stop the torment children go through and give children the answers when they're asking those questions it will be such a relief for them. You could give them a billion dollars and it's just nothing compared to what this understanding of the human condition brings to their lives.

The following is what I prepared for this testimonial. I've been around this information for about 10 years [at the time of filming] and I suppose up until a few months ago I really didn't appreciate it for what it was. I wanted to talk for a minute about what I see in these pictures that Jeremy has drawn.



It sums everything up for me. You can be around the information for a long time and fool yourself that you're supporting it, but really there is only one way to support it and that's free of the old world and free of all the strategies that you've dragged around since you resigned. After Resignation, you give up asking questions and you end up in the first diagram, effectively inside a bubble. In that world everything is so insular, you don't see anything, all you care about is yourself and you're always tormented by that original question of 'am I good or am I bad?' You spend your entire life—well up until now that is—living in this bubble and being owned by all the grievances you've got, for example, 'No one gave me any answers' or whatever it might be.

Basically everyone's life, if they thought about it for a minute, consists of this total preoccupation with proving that you're good and not bad. This information is just so beautiful because it doesn't judge or condemn, it explains and dignifies the human condition.

So you spend all your life after Resignation and I certainly did, trying to prove myself. As a teenager it's pretty disconcerting because I can remember I was pretty good at golf and I was asking those deeper questions and wanting to understand what the meaning of life was, but all people cared about was the fact that I could hit a golf ball well. So you'd just basically give up on ever getting those answers and now that this has come along it's a second chance for that little boy in his room to finally get the answers that he was asking for.

How I understand the second bubble in the diagram is that it shows what happens after you come across the information. In my mind you understand the information, you do work out that you can get out of this state of living in a bubble. You can start to recognise it and see it for what it is and it's a little bit unnerving in one respect. First of all you get very excited because you can understand what's going on in the world around you. But then you start thinking, 'wait a minute, this is becoming a little bit confronting, it's cutting a bit too close to the bone (so to speak)', because the honesty of these understandings start to reveal the human condition within yourself.

It's at this stage you know the information is true but you try and use it within your resigned selfish framework to satisfy your ego, but it can't work because the information makes the ego redundant. What you're really trying to do is pick the information up and bring it back into the first bubble and manufacture it to suit your own strategy that you adopted at Resignation. This is what we call the Mexican Standoff. But it's just no way to live once you understand this information, you can't! [Jeremy explains the 'Mexican Standoff' in F. Essay 33.]

So you reach a point where you decide to fully support the information without trying to get a 'win' out of it. When you do that you can see clearly the real potential of this information and really appreciate it for what it is. For example, I haven't prepared this, but I will randomly pick a page in *A Species In Denial* [Jeremy's 2003 bestseller] and read an extract to demonstrate how profound this information is: **'This acceptance and subsequent honesty fractures the hold the resigned 'highway' of denial has on your mind. It releases you from being a total victim of your old resigned strategy, where you cannot think any other way than from a base of denial'** [p.303 printed edition/p.199 online version]. Honestly, I didn't think I would pick one so relevant, I didn't prepare that, I just opened the book! Anyway, you can do that all day long, find truth after truth. I mean there's not one word in that book that's not true, and there's not one sentence that anyone could have written coming from that first bubble in the diagram, it's just impossible. So your appreciation grows

for really how big this information is, that it really does end the human condition. It really does solve all the problems, it really will stop kids from dying inside themselves, it will just create bliss beyond our comprehension. We can't really imagine or know what it's going to be like for humans free of the human condition but in the meantime what we can do is let our resigned state go and accept that this information explains everything and just support it. That leads us to the third picture in the diagram, where you are truly liberated. You can finally, legitimately leave behind all the baggage you were forced to take up at Resignation in order to cope with the human condition. Not through some hollow form of escapism, but through true understanding and seeing the ultimate freedom available for all humanity.

I was trying to think of a way to describe the relief that comes with that and it's just impossible but the nearest thing I could come up with was like having a raging bushfire chasing you and you are running out of water and you're running and running and running and running and finally, you know this goes on for hours, and you're covered in dirt and sweat, and you finally come over a little hill and here's a nice lagoon with green grass and you just have to jump in and the fire goes around you and you just sit there and go 'Phew, thank Christ that's over'.

So, I've got really not much more but as far as I'm concerned it's just the only thing on the planet worth talking about and it's certainly the only thing worth being involved in and that's it.

Section 3:14 Anthony Landahl (recorded December 2009)



My name is Anthony Landahl, I'm 35 years old [at the time of filming] and I've been part of the WORLD TRANSFORMATION MOVEMENT (WTM) for the best part of my adult life. I grew up in Sydney, and had a pretty typical Australian upbringing, went to school, played sport etc. You know the plans—grow up, meet a wife, get a job, have kids etc. On the surface this is all fine and can be seen as pretty typical of a lot of family life. I wasn't personally searching for answers or particularly philosophical either.

Everyone can read and test this explanation of the human condition by Jeremy Griffith themselves to see if it's true [see Video/F. Essay 3]. My experience is that once you go on that journey you realise this information and explanation of the human condition is true, it is

the culmination of humanity's search for knowledge, so it certainly shouldn't be dismissed lightly. In fact what you start discovering is that it's an incredible time in history and there is an exciting future for humans that we can all access.

This information goes to the core in all of us of what it means to be a human and to the heart of understanding ourselves individually and collectively. So just step back and consider that there might be an explanation to all of the suffering, selfishness, loneliness, depression, greed, pain and day-to-day personal battles and difficulties we humans front up to.

I'd firstly like to talk from a broader macro perspective, and then give a more personal account about what this understanding of the human condition has done for my life.

So firstly, what does it mean for us, this explanation of the human condition?

It means collectively, with the search to find the greater dignifying understanding of self, the need to validate ourselves, or if we go back to the Adam Stork story that Jeremy presents in Video/F. Essay 3 and chapters 1 & 3 of *FREEDOM*, the need to fly off course, is over. Our insecurity about our self worth that developed two million years ago has been dignified, explained and truly validated by the information. Hunger for self-validation is rested with a fundamental understanding of ourselves. So it means individually the burden of the human condition is lifted and all that anger, egocentricity and alienation in all of us can subside. We can leave the self-worth-focused, self-preoccupied-with-proving-I-am-good wasteland behind now. We have had to live how we have lived, it was unavoidable as Jeremy has explained, but now we transform from living without understanding of our fundamental worth to living with the truth about our condition explained and dignified. [See F. Essay 15 about the Transformation that understanding makes possible.] So it's a massive paradigm shift in thought and brings about a massive change to the world and to ourselves in the way we can live.



Eventually, because of this understanding, children won't have to resign [Resignation being a psychological process that is explained in F. Essay 30]. But for us who have been born into this world still afflicted by the human condition and who had no choice but to resign and go out and assist in this search for knowledge, what happens initially is we try to bring the resigned world, our resigned life into the truthful, denial-free world that is made possible by understanding of the human condition. In effect, when we first hear this explanation we continue to live in that insecure, self-preoccupied with proving our self worth, resigned state of denial, whilst simultaneously trying to live with this truth up. It's what we have called the 'Mexican Standoff', where you live in a 'no man's land', where you can't deny the truth of the explanation but you can't let go of your resigned ways—in effect, you continue to live in denial of the truth about yourself.

But that is not the way to respond to this information—it's about seeing, accepting and then knowing the truth about this understanding in ourselves and the world, breaking our own denial if you like, not being a victim of our defensive reactions to the truth and instead taking up this Transformed Lifeorce State. And the way to do that is simple. There is no need to face down or overly confront yourself with this information, no need to hold on to our redundant resigned ways anymore. Just support this dignifying explanation of the human condition and ourselves and live for what is possible now and just leave that resigned, self-centred, preoccupied-with-self-validation state that's now redundant (because it's been explained and dignified) behind. Live where the human journey is at. Participate in the truthful world again by living for the future generations when children won't have to resign. [Again, Video/F. Essay 15 explains the Transformation that this information makes possible; while F. Essay 33 features a discussion in which Jeremy Griffith explains the 'Mexican Standoff', and how to adopt the Transformed Way of Living.]

I'm going to talk a little bit more personally now. It's taken me a number of years to absorb this information. I've personally wrestled with the 'Mexican Standoff', a state where you know this information is true, but you're holding onto your resigned life that we're so habituated to, our own strategies to life. So what I want to talk about now is what for me has opened up this whole Transformed State, **and that was understanding and accepting and knowing in myself what it really is to be a resigned human**, accepting what it is to live a life in denial of the human condition and the soul's truthful world.

The first time I came across the concept of Resignation, or of being resigned, was in Jeremy's writing on the human condition. It was a concept I'd never heard about at school, or ever come across before. You get on with life just accepting it for what it is and from time to time you might look at things from a slightly deeper perspective, but you never get any real answers and so you just get on with life. Then, when I understood this explanation of the human condition it was a big step for me to firstly understand, then accept Resignation and say, 'I am resigned and I'm living in denial of the human condition. I'm angry, I'm egocentric, I'm alienated from the soul's world, in fact I died inside myself when I resigned, and I took up a strategy to cope with life based on validating myself'. That was all incredibly difficult to get my head around and accept in my core, not just intellectually. It at times has been an extremely exposing and confronting journey. Honestly, we are so in denial of the human condition and the soul's truthful world, we don't even know what we are in denial of

anymore. [See F. Essay 21 for the explanation of how we acquired our instinctive moral soul.] We don't think there's anything wrong with our lives, we just block out the horror of what's going on in the world and day-to-day in our lives. But when you can finally understand, accept and know what it means to be resigned, it's incredibly relieving and exciting and it opens up the unbridled potential of this information.

Through the understandings that Jeremy has presented I can understand that like us all, I was born into the world expecting it to be soulful and ideal, but it's not. We are born into a divisive world that we can't reconcile with the ideals. So eventually we stop trying to reconcile the two states, we stop asking those questions about the wrongness of the world that we ask as children, questions that adults couldn't answer and instead just said, 'Oh that's just life, you'll understand one day.' But because we couldn't reconcile it (the divisive world with the ideals) and there were no answers, we let go of our truthful/soulful child's view of the world in our adolescence and resigned to the adult world and left that truthful/soulful world behind.

Jeremy has explained to me, and through these explanations I can understand myself, that because of my particular upbringing and because of my intellect and sensitivity, at Resignation I could see the horror of the human condition in the world and in me, and I made a very deep philosophical decision at that point that I would never go back there emotionally, that means I never wanted to look at or face down the human condition in the world and myself again. Practically, I decided I did not want to participate in or be a part of the horror of the world. At that point of Resignation the little boy left the soul's world behind and died inside of me....[struggling to speak].....this is the hard bit.....Resignation was a really awful time for me. I was physically sick with glandular fever for about three months.....I couldn't get out of bed and my sister used to come home after school and lie next to me.....it's hard to reconnect with that actual moment, and the depth of it, but I can feel and know the truth of it in terms of never wanting to look into the deeper issues of life again and not wanting to participate in life from that point on. The way my life's been lived since that time is a testament to this, and I reckon everyone has a similar story of sorts to that.

So since that moment of Resignation I went into denial of the existence of the human condition, blocked out the soul's world, and everything I've ever done since has been driven by those deep decisions I made then about how I'm going to live my life, and then I developed a strategy for validating my life based around this. I developed an ego-centred win system to feel good about myself, prove my worth, relieve my insecurity about 'am I good or bad?', as in the Adam Stork story. I'd side with the 'down and outers', but wasn't one of them, I'd side with soul, but wasn't soulful, I was smart but disowned my IQ, I tried to 'out-bloke' everyone and it goes on and on in all of us.

All my energy from that moment of Resignation was dedicated to and preoccupied with maintaining this resigned life, to feeling better about myself. The way I talk, the way I walk and dress, everything I do. Our lives become a tangled, insecure mess. But it was my way of coping and validating myself, of giving me self-esteem and I loved it and it looked after me. And everyone takes up some strategy at Resignation to validate themselves, whether it be to be a winner at all costs, become part of a born-again movement, or drop out of the battle of life, or whatever. The meaning of life becomes competitive, self-focused and preoccupying.

So with the explanation of the human condition I can now understand, know and feel what it means to be resigned. That's who I am and I can see why my life's been what it's been. That's what's been driving me and how I coped with resigned life. I can shake hands with this part of me now, see it, love it, but not be a victim of it. I can see how embattled, heroic, tired, exhausted, preoccupying and beautiful the human journey is—I can know what the Adam Stork story is for me. And that for me is the transformation. Seeing and accepting and knowing what it is to be resigned. Knowing and understanding what happened to me at Resignation, what's driven me since and that I have lived a life in denial of the human condition and the truthful world is incredibly relieving. And with the human condition reconciled, explained and defended—you will see we can leave it (our resigned life) behind now. It's a revelation and the denial-free, soulful/truthful world opens up again.

Even though I'm resigned and always will be, I can be a part of the truthful, denial-free world again now by supporting it, with my old resigned way of life able to be left behind in a defended, dignified and loved state. I can participate in something so beautiful and meaningful, it's amazing. This information fulfils me and all of us. The WORLD TRANSFORMATION MOVEMENT is something to live for now and participate in.

Understanding all of this also allows me to see the difference between someone who resigned like myself and someone who didn't resign. Someone that didn't have to go into denial to cope, who could live with the human condition up-front, not buried. An unresigned brain or a denial-free thinker or what traditionally was called a prophet, can confront and walk around in the realm of the human condition, can think truthfully and honestly and is not in denial of the human condition or the truthful, soul's world. And there has been a handful of humans throughout time who have done this: Abraham, Moses, Christ and more recently Sir Laurens van der Post, Sir James Darling and Jeremy Griffith [see F. Essay 39 on unresigned thinkers]. It's not personal, it's just part of the human story and just plain facts.

This means that the truthful, soulful, denial-free world and where these explanations came from can be made sense of and, in fact, still exists, and the resigned world can also be made sense of. There is a whole world that we don't even know exists in our estranged denial. But it exists. The denial-free, truthful world has always been there. Children and the unresigned, denial-free people have access to that and can live there and we can too now again. It's real and tangible and that world can come alive again in all of us and in ourselves.

Without this information I would have been just living out my strategy to life. Or with this information I could live in the 'Mexican Standoff', which we talked about before which I have done for many years, just living constantly in and out of exposure, defending my current state of denial. Or by understanding and accepting and knowing I am resigned and that I can leave that resigned life behind now brings so much peace and resolution to all of our bones. We can truly live again.

You know at base in our day-to-day lives, I know myself, and all of us at different times and moments get a glimpse of, just how selfish or egocentric or angry we are and how unhappy our life has become, or how messy our life has become and without this information we can't cope with that, we just block that out, we soldier on, we get on with life in denial, under the duress of the human condition if you like, using whatever strategy we could grab onto in order to validate our lives and feel better about ourselves.

But in taking up the Transformed Life Force State this all dissolves, the need to live for self dissolves. Day-to-day having to live out our resigned strategy, trying to validate ourselves, trying to get a win, trying to out-do the next person, all that insecurity goes with understanding our resigned life that we have led. Your life becomes incredibly meaningful and happy. You understand where humanity has been, you understand where you've been and you also see the future and the possibility of a world that is free of the human condition. You are living for something that is so much greater than any resigned life could ever imagine to offer. And it doesn't mean how we have been living has been wrong: as Jeremy has explained, we had to march into hell for a heavenly cause. That's the beauty of all this information, it's all explained. It dignifies where we've been and how we've lived.

This information explains the whole human story. The human condition exists, it is real, and now, with this explanation here, the Transformed State is here for all humans to take up, regardless of who you are, where you were born, what particular way you coped with your life, whether you were born-again to religion, or a businessman, or born in the back blocks of any country in the world, this is for everyone.

We may not always hold the clarity as clearly from one day to the next—we are coming from two million years of that resigned way of living, and our own personal way of coping and block out and denial—so for me that resigned state will always be there, but it's about not living for that anymore. It's about understanding that, understanding the human journey, understanding where we've been and understanding that that's over. So it's about living for the future and for what this information can offer the future and what it can do for the world and its potential.



You do feel like you just pop up in front of that sun in the FREEDOM poster and you just want to help where you can with this project and I just want to help get this to everyone where I can now.

Section 3:15 Pete Storey (recorded December 2009)



© 2009 Fedmex Pty Ltd

I was born in Brisbane and was introduced to the understandings of the human condition by my girlfriend Annabel in my early 20s when she explained the Adam Stork picture to me once after we had seen a movie [in Video/F. Essay 3 the human condition is explained using the Adam Stork analogy]. I had been to art school and I had gone down a lot of roads in myself looking for understanding of what I considered the crisis of my childhood to be, which was meaninglessness. The world was a bleak place in terms of love. I looked out at the world thinking, ‘Where do I fit in?’, ‘Who am I?’, ‘What is all this selfishness and aggression about?’ Ultimately I was asking why is the world so non-ideal. You look around and you can’t seem to make sense of anything and there are apparently no answers to these questions. Then, as you grow up, you see that lack of ideality in yourself and that’s something that you just cannot face down or answer and without an explanation you are left with some terrifying conclusions that you are bad and unlovable. So, as Jeremy explained very well in chapter 2:2 of *FREEDOM: The End Of The Human Condition* [for an introduction to Resignation, we recommend you read F. Essay 30], you just cut out at that point and you cease asking those questions of ‘why?’ and you resign. You take up completely some artificial way of life in order to feel good about yourself and to prove your self worth. Once I heard the Adam Stork story, the penny dropped for me. I just knew in my bones it was true and I remember saying to Annabel, ‘Yeah, that’s it!’

I’ve been a founding member of the WORLD TRANSFORMATION MOVEMENT (WTM) since then and I’ve been quietly digesting this information. That digestion leads you to a point where you do know that the information is true but you have committed to a life of proving your self worth and taken up a strategy to try and achieve that and have become massively addicted to that way of life, which leaves you in a Mexican Standoff with this information, where you are effectively saying, ‘Yeah Jeremy, that’s a great idea, but in lieu of not having those answers when I was young I’ve got something going here that I’m addicted to now. I’ve developed a strategy which gives me a lot of wins and sustenance and I’m doing pretty well. So how do I maintain this strategy *and* support something that explains and ultimately obsoletes that way of living?’ [F. Essay 33 contains an important presentation by Jeremy Griffith on how to resolve the ‘Mexican Standoff’.]

But the whole point of when the dignifying understanding arrives for real is that you can have a very serious chat with yourself and say, ‘Look, is this the truth about my situation or not?’ It’s testable in your own life and I’ve done it and I’ve tested it and all that meaninglessness can now be explained.

I look around at the suburb I grew up in and it is not unlike the picture Jeremy presented of suburban California in Part 2:5 of *Freedom Expanded: Book 1* and it was bleak [see below]. I remember, as I said earlier, just thinking ‘Where is something meaningful?’, ‘I’m looking for something that isn’t here’ and people are going about life in a way that is alien to me and there were these pieces to the puzzle of life that just didn’t connect.



This information has logically answered all those questions for me and that’s what I love about it and it resonates in me in a purely logical way and I don’t have to defer to anything or anyone, it’s not a stretch of your imagination or anything like that and for a boy who grew up seeing the world as a complete mystery, now I see it through this information, everything has been explained and therefore resolved, so whatever happened to me in my life is all explicable in terms of this information.

Now the beautiful gift about it is, as Jeremy says, you don’t have to go and look at the catalogue of your pain and say, ‘I’ve got to work out that, that, that, that and that’. When the big answer comes, when the answer to ‘What is the meaning of life?’ is here, you can say, ‘Yes that’s it, game over, we are defended’. The amazing thing that happens after you realise that you no longer have to be preoccupied with proving your self worth because we are defended, is that a new realm of possibility opens up that you could never imagine before. You start thinking ‘Okay, if there isn’t any mystery to life, if everything has been explained and if a child can have that explanation growing up when they begin to ask all those real questions, they won’t have to resign and will grow up in a world where there isn’t any anger, competitiveness and selfishness’.

I have wondered how the concept of ‘self worth’ will be viewed in the future and where it will fit in? Because if you ask a child in the future, once this explanation is universal, ‘What is the meaning of the word “worth”?’ they’ll say, ‘Um, it’s not money, it’s not material things... what, self worth? Was that ever in question?’ and you’ll say, ‘Well, it was at one point!’

That's what I live for, the potential of what this can do and it's once you can have that chat with yourself and fully understand that this is the answer to all your problems, then a world of unlimited possibility opens up to you. As a conduit generation, we can live through the vision of what is possible now and that is what is happening here in real time in real life; it's living for an amazing future. I'm doing all I can for this information to reach the world in honour of 'little' Pete who didn't get told what the world was about and couldn't be told because the human condition hadn't been explained, but now that the human condition has been solved, anything can happen and it's going to be so good!

Section 3:16 Prue Watson (recorded December 2009)



My name is Prue Watson and I'm 35 years old [at the time of filming] and I first got interested in this information when I was 16 years old. I was just going to talk a little bit about growing up because I feel like I do remember asking those real questions that children ask, about why the world isn't ideal and why there are so many things that are wrong in the world. I remember hitting that point where I had been bumbling along growing up and then suddenly I wanted to understand why all these things were the way they were. Why could people be so mean and cruel? Why were parents getting divorced and that was making my friends so unhappy? Why were people being abused? Why was there rape and why was there war? Why were there all these things happening?

The next thing I remember is discovering that imperfection and non-ideality in myself. I had feelings, for example, of jealousy and resentment, and these were non-ideal things and that was incredibly difficult to try to understand in myself. Now that I understand the human condition and Resignation, which Jeremy Griffith explains in chapter 2:2 of *FREEDOM: The End Of The Human Condition* [for an introduction to Resignation, we recommend you read F. Essay 30], I know that what was going on was that I was trying to face down and ask these questions about the world and myself that there were no answers for. It is something that you do in your own head because no one talks about it and so it is incredibly silent and lonely. You end up resigning to the world of reality but that's incredibly difficult to accept because I know that when I did resign, I gave up on absolutely everything real. But there's no choice in that,

you have to resign at that point. You can't stay living trying to face that down in yourself and survive, you can't. I remember it was quite vivid for me because I'm the eldest child and I have three younger sisters and they hadn't resigned and here I was knowing that I was giving up on everything. They were still alive inside and I knew exactly what I was going to have to do was to block everything out that was really real, including them, and everything they felt and all the real questions. So I resigned and I knew that meant I was taking up a false, superficial, self-preoccupied existence, but nonetheless I did that.

The next thing I wanted to talk about was hearing the Adam Stork story when I was 16 and I remember that incredibly clearly. I was sitting there and listening to Jeremy Griffith explain the human condition to me and explain the Adam Stork story and I spent most of the time trying not to burst into tears because he was talking about things that no one else had been able to talk about and not only was he acknowledging the questions, he was explaining why adults couldn't talk about those questions and he was explaining all the answers and it was just an amazing, amazing time to be hearing that, it was incredible [in Video/F. Essay 3 the human condition is explained using the Adam Stork analogy]. When you're that age you're so young and I don't think I said anything probably in response but Jeremy Griffith was talking about everything that was really going on in my head.



Drawing by Jeremy Griffith © 1991 Fedmex Pty Ltd

From there it was really exciting—understanding so much about the world and understanding the human condition and being able to make sense of myself and everything around me. But I got back to living out my resigned life and that went on for probably six years.

The next experience that was quite significant for me was when I was at university and I was having a great time and doing very well at living out a superficial existence. One day it just dawned on me I suppose that I was going to live out this resigned life, I was going to do that completely with no problems at all and that was 100 percent what my mind was committed to—but I did also know that this information answered all the real questions. I knew that it solved the human condition and that means that it is going to be able to stop all the suffering. I realised that I had to make a decision then about whether I would continue to live out my selfish existence and deny the potential of this information. I really didn't want to do that because I absolutely knew this information that Jeremy Griffith had synthesised did solve the human condition and I knew that it dealt with the crux issue on Earth and I knew that that meant that all the suffering could stop and so I decided to support this all-important information. I have included the following piece of writing (something that I wrote about 10 years ago), which summarises what I decided to do and explains where I got to in myself in terms of this information:

'It's very simple. I basically just know that I can't face down or confront this information—I am born after two million years of the human condition and I'm bugged if I'm going to look into all of that upset inside me. And what I do is I just live for the future and the day that children can come into the world free of pain and suffering—and it makes my life so exciting and fulfilling to be in on this time in history. Humans, and men especially, are finally going to be free of the human condition and I can't ask for anything better than that in my life. And I know that it is up to me—do I want to work all my life out and heal myself and only end up crippling myself, or do I want the future to make it across the finishing line? And it is as simple as that. I mean of course many days I struggle mightily and I am up against my resigned self which doesn't care—but I don't want my resigned self in the way of the future. I also keep in my head the overview—which is the incredibly heroic story of humans and that the courage of every human that has lived is something to be so proud of. This information brings so much real love to humans it makes your heart tingle.'

And I suppose that's something that always comes home to me when I watch the Introductory Videos and listen to Jeremy talking about the Adam Stork story. It really is the most amazing story, and like Jeremy says the most heroic story is that of humans and what that little picture does is really incredible. I do know that because of this information we can build a new world that is free of pain and suffering and that's the world that children are going to be able to come into.

Section 3:17 Monica Kodet (recorded December 2009)



My name is Monica Kodet. I've been a founding member of the WORLD TRANSFORMATION MOVEMENT (WTM) for 15 years [at the time of filming], since I was 23.

These explanations do confront us with the extent of our upset and our current superficial, artificial, empty lives, but the whole point of them and the completely liberating and significant thing about them is that we can finally see the totally necessary, beautiful, courageous and meaningful story behind it all now and our own place in that. [See Video/ F. Essay 3 for the explanation of the human condition Monica is referring to.] And then we can see that the need for our superficial, egocentric existence has been made redundant and that we are in fact free of it to take up an all-fulfilling, all-exciting and meaningful life of supporting something that can really save the world—getting these explanations out to future generations.

It feels awkward talking about personal details which become so irrelevant in the scale of what you discover as you digest this material, but in thinking about what I would say today, my own life is the starkest example and evidence to me of the desperate need for the ability to fully understand ourselves; the liberating and transforming power of these explanations; and the danger that lies in new age/pseudo idealistic movements in their claims to solve the world's problems [see F. Essays 14, 34, 35 & 36]. I've heard people say that they think the state of the world is improving, which is a pretty frightening statement given the terrifying atrocities being committed and the undeniable levels of stress in the world, and I presume it's because of the rise of these new age movements and things like people wanting to reduce their carbon footprint on the planet, etc. [See F. Essay 55: *Endgame for the human race* for a presentation of the *real* situation humanity is now in.] Such movements have been necessary in countering the destructive effects of our behaviour, but they are the complete opposite of what's needed to truly save ourselves and our planet.

From the age of about 16 to 23 I became increasingly paralysed by my own self-doubt over my ability to operate in the world. I carried massive shame and self-hate surrounding that, feeling completely useless and worthless in the world. The most help I got from anyone apart from my mum, three close friends and children, was from a taxi driver who articulated

for me how I felt, when he said, 'There is no room or place for shy people in this world'. I think the worst thing about it was that there was this thing that was happening to me that I couldn't talk about, understand or explain and no one else could help me with it or wanted to know about it and it was all spinning out of control. It was really frightening and the only thing I could do was to keep trying to pretend it wasn't happening and so I would just disappear inside myself and I became more and more crippled by it and disconnected from myself and the world around me. It was hell on Earth, especially as I wanted to participate in life so much but I was like the walking dead. I was so numb and so uncaring about anyone or anything around me. I became completely self-absorbed, preoccupied with searching for answers, I guess, and driven by the need to heal myself and find the soul I so lacked in myself.

I pretty much searched the world and exhausted every option I think and the realisation that there was nothing out there was indescribable. I had to look seriously to myself to do something about it and literally six weeks before I got my hands on *Beyond The Human Condition* by Jeremy Griffith [Jeremy's 1991 book], on my way home from overseas, I learnt meditation in a Buddhist temple in Thailand. I applied myself to meditation intensely until I transcended the crippling and depressing effects of my insecurities, to the point where I actually managed to forget about them! I became artificially confident and had all sorts of grand delusions, like I was actually a soulful, selfless person. It scares me when I think about it, given how much I was struggling just weeks before, but that's the power of denial for you and thank God for it because it allowed me to cope and got me to the very thing I was searching for!

A friend gave me a copy of *Beyond The Human Condition* by Jeremy Griffith when I returned from my 12-month trip overseas. I absolutely devoured it in one sitting and I knew instantly that I had found the answers to everything I and everyone else needed to know about the world and myself. I was amazed by its ability to explain our fundamental goodness in concrete terms and so relieved that someone was finally breaking the silence and being honest about the extent of the horror and pain in the world.

I had to see through my own delusions though, and I had been seduced by the seemingly powerful effect that meditation had had on me. Bear in mind however, that I had to practice it very regularly in order to maintain its effect, so you can see that it's a management tool that transcends your pain but doesn't actually deal with it or solve it. There are lots of spiritual type movements out there claiming to lead us to enlightenment but, in fact, they are dedicated to shutting down your brain and extinguishing your ego, rather than fulfilling it. The whole point of being a conscious human—of having a brain—is that we have to and need to understand ourselves, as well as the world we live in. In essence, these movements are about escaping from our condition, rather than thinking about and dealing with it. Instead of leading humanity to peace, they are leading us away from it. It's scary that people are being seduced by these claims because the truth and the crucial need for the truth gets buried under all our denial, delusion and artificiality that we've needed to cope with our situation. [Again, see F. Essays 14, 34, 35 & 36 for an exposé of pseudo idealism.]

I guess that's why I wanted to share my story because I know very deeply in my bones that it's ONLY the honesty of these explanations that saved my life and if I had the benefit of knowing back then at 16 what I know now, those eight years of trauma and compounding upset

wouldn't have occurred. As Jeremy has written, **'What happened in our lives was not the problem so much as our inability to understand why it was happening'** (*Beyond The Human Condition*, Jeremy Griffith, 1991, p.78 of 203). I know that it's only the honesty of these explanations that can give children the answers they need to stay alive inside themselves and that is what will save this planet. Children can see through all our delusions and fake happiness through to our upset and they can see and feel their own upset and it's only acknowledgment and full compassionate explanation of our madness and non-ideal state that can really reassure and love them and let them know that it's their world that is the true and real world. The fact is that if at that point—when that adolescent is trying at the peak of their thinking ability to make sense of it all—it gets the answers it needs, *that* changes and reverses EVERYTHING! It ends the need for denial and alienation from ourselves, each other and the real world and it breaks the cycle of pain and destruction. It allows real healing of our planet to take place. Humanity is free and can return to its all-loving, all-sensitive world. Soul and intellect have been reconciled. How amazing is that!

The trouble is that we are completely committed to avoiding the subject of self and denying the horror of our universal psychosis, so much so that we can't let ourselves see it [see Video/F. Essay 11 on the so-called 'deaf effect' and Plato's cave allegory]. That is why we struggle so mightily to embrace these explanations and recognise the solution, and that's what keeps us enslaved to our artificial, superficial and egocentric existence, when we don't need to be anymore. We've heard people say 'Yeah this explanation makes sense, but so what?', 'How does that affect me?' or 'I'm perfectly happy over here thanks'. These explanations are enormously confronting and do go into our 'no-go-zone' but they do so because they *can* and *do* bring so much love to every human and humanity as a whole. And that is what brings about profound change to our situation. Initially I felt massively confronted and exposed by the truth of my own dishonesty in the delusion that I had taken up to cope; and by the fact that I wasn't selfless and soulful but massively alienated and selfish. But the thing is I can now love what I had to do to cope with my particular equation under the duress of the human condition, and not be ashamed at all of who I am, because I can understand the very good reason for my upset. I am enormously upset but the point is I don't need to worry about my worth as a person anymore. It's all been taken care of by these explanations. And it was really important for me to understand and learn that I couldn't use this information to look into my personal pain or confront the extent of my upset and that it was actually completely unnecessary. So the fact that I can love myself now, in effect through these explanations, is the very thing that unlocks our universal psychosis and releases the hold our upset state has over us and the need we feel to live it out. It dissolves all the insecurity surrounding our massively upset state and is the very thing that frees us from our self-confined, artificial worlds and the need to keep convincing ourselves that we love it, when the truth is we never wanted to take up that existence in the first place—we were forced into it—and we have had no idea what real happiness feels like under the duress of the human condition.

But with these explanations, our human-conditioned existence is over and now real life and true happiness is available for every single human, whether we realise it or not.

The best thing about the liberated and Transformed Life force State for me is that I am still the upset person I was but I don't feel the need anymore to fix my upset state and all the energy that went into defending and proving my self worth is now freed up and can be put behind an all-effective solution to the world's and my own problems! These explanations love us so incredibly much, like love you have never known or experienced before and it was realising and accepting that the macro truth of the Adam Stork story [see Video/F. Essay 3] and that the process of Resignation [see F. Essay 30] applies *to me personally* that liberated me and allowed me to *really* access the compassion this information brings and its power to transform the world. All you want to do from there is support its ability to do that in whatever way you can and that is what you get to live off—the enormous excitement and meaning of knowing that if we just look after this information it will solve every problem that plagues this planet at an individual and global level. You are liberated to become a force for life! I don't think anyone other than humanity's true, denial-free thinkers have ever experienced the gift of being free to live for something other than themselves, let alone something as awesome as this. Every man can legitimately do this now for the very first time in human history and that is so incredibly exciting.

These ideas are so simple and obviously true, as Jeremy has explained. It's only our cleverly disguised denial that complicates it and prevents us from really understanding it at first, but if you do keep persisting and following the logic in front of you, it will erode your denial for you. For me, it's like a thick dark fog gradually lifting and ever-clearing, enabling me to see the birds, the trees, the sun and the sky for the very first time. It is endlessly fascinating and everything takes on new meaning, or actually has meaning for the first time as things are explained to you not from a position of needing to deny the greater truths in life but being able to safely access them now. This most incredible meaningful world opens up. The real world becomes visible for the very first time and that has a profound impact on your life. It has completely changed how I viewed the world and my emotions surrounding that. I've moved from a completely victimized position to an objective position. I basically disliked my father before I came across these explanations and blamed him for my problems. But being able to understand his role and responsibility as a man in this world dissolved my anger into compassion and a respect for him, and men in general, that I would never have imagined possible [see F. Essay 26 for the brief explanation of men's role under the duress of the human condition].

If you do persist with this information and explanation of how the Transformed State works, everything will be here for you and you will discover the beauty and power of its simplicity and its ability to look after you. You will then discover that you are free of your self-confined existence. Free to live and enjoy the incredibly exciting gift of supporting the WTM!



Something that expresses the inexpressible for me, and that's why I love it so much, is this picture that WTM member Genevieve Salter drew [see Transformation Affirmation 4 for Genevieve's affirmation], and that the WORLD TRANSFORMATION MOVEMENT and FREEDOM posters are based on, with herself, this little girl, who is standing tiny and free with her arms raised in awe and excitement over the blazing beauty, scale and magnificence of the sun before her—a symbol of the freedom and potential that these explanations allow for all humans and all of our planet.

Section 3:18 Anthony Clarke (recorded December 2009)



My name is Anthony Clarke and I'm a founding member of the WORLD TRANSFORMATION MOVEMENT (WTM).

I can remember a moment, one afternoon back in 1993, whilst I was living on the Gold Coast in Queensland [Australia]. I was sitting in my bedroom, listening to the radio, and there were two songs that stuck in my head. One song was by World Party, called *Is it like Today?*,

and the other was by Spy vs. Spy, called *Comes a Time*. Both songs were reflecting on the less-than-ideal state of the world and how we personally adopted different ways of blocking it out. So I remember thinking about the world's problems—about the human dilemma and thinking, 'Someone will work it out. I don't know when it will happen, but someone will work it out.' Little did I know at the time that it had already been worked out! Two years later I heard about Jeremy Griffith and his ideas through the media and I was very curious. I read *Beyond The Human Condition* [Jeremy's 1991 book] and it just blew me away because it answered so many of the questions that I had struggled to find answers to—as well as questions that I had not even thought of asking! The information made the world around me transparent and explainable. It was so profound, it made perfect sense, it dignified all humans and it gave hope for a real repair of ourselves and our planet [see Video/F. Essay 3 for the explanation of the human condition].

So I made contact with the World Transformation Movement (WTM) and kept in touch, making the occasional weekend visit. I was quite excited that I had access to this world-changing information and initially tried getting others interested, but to no avail. I'm pretty sure looking back that at the time I was trying to get superficial reinforcement out of the fact that I had access to the information.

It didn't take long before I came up against what we call the 'Mexican Standoff' in myself—where the information was making my old strategies to life look decidedly flawed [see F. Essay 33 for an explanation of the 'Mexican Standoff']. But, being stubborn, I persevered with them. Some of the strategies or causes that I've used throughout my adult life to make myself feel worthwhile were: trying to get wins out of playing sport and supporting sporting teams; gambling on horse-racing; trying to achieve personal financial freedom; getting into a lot of self-improvement courses; dabbling with alternative and new age feel-good philosophies; and, in general, trying to be the so-called 'nice guy'.

Over those years I would often think of the possibility of becoming a member of the WTM, but I would always write it off thinking, 'I'm just not made of the right stuff.' So after many years of this I basically reached a point where I was disenchanted with where I was at. I was in a rut in many areas of my life—nothing was working out! After a weekend visit to the WTM in May 2006 I got excited again about where the project was heading and I decided the time was right to make the move to Sydney to become a member and be able to support the project more directly.

Now that I look back on those first two and a half years in Sydney, I see that I was still ruled by many of my old strategies and insecurities. I hadn't made any real fundamental changes in terms of my priorities or my attitude. I remember being confused about the Transformed Life Force State that the people who were in it talked about. It all seemed very out of reach for me.

Things changed earlier this year though [2009]. We had two really good transformation meetings that left me buzzing. Also, I started to get back to regularly listening to some good WTM talks and reading Jeremy's books and some of the old WTM Newsletters on my trips to and from work. So I was feeling much more connected, very positive and as if something was ticking away. I just knew that I had to listen again to a compilation of WTM member John Biggs's best talks [see Transformation Affirmation 9 for John Biggs's affirmation]. I had listened to it once before, two years earlier, but it just went in one ear and out the other [see

Video/F. Essay 11 on the ‘deaf effect’ and its solution]. I was probably too confronted by it back then. So, there I was on a bus on my way to work and I was able to zone out enough to focus on what was being said.

There were many crucial points that John made but there were five that really hit home for me:

1. The quotes from *A Species In Denial* [Jeremy’s 2003 book] about the explanation of the extreme dysfunctionality of the resigned mind.

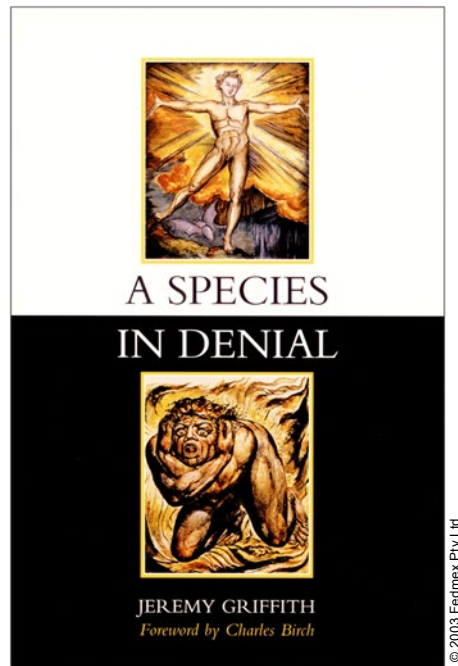
2. His [John’s] observation that, being resigned, we are basically mad, unable to think effectively.

3. The need for honesty is Step 1 of the Transformation Process, which leads to making the decision to do what’s right!

4. We can trust in the information 100 percent.

5. For the Transformation Process to work we need to keep it simple!

I decided to be brutally honest with myself about my own corrupted, selfish resigned state. It was time to get real! I had not yet fully bottomed out on the whole concept of Resignation, that, I am a resigned human [see F. Essay 30 on Resignation]. I AM that tortured wretch on the front cover of *A Species In Denial*. It’s as though, before, I thought that Resignation was something that others had gone through, but not me. I had only been paying lip service to the whole subject. This was a key realisation and felt like a major roadblock had been removed.



The cover of Jeremy’s 2003 bestseller *A Species In Denial* featuring William Blake’s *Albion Arose* (top) and *Cringing in Terror* (bottom)

I remember being on that bus, in my own little world, all the usual buildings flashing past, with visions of the Australian Anzac soldiers at Gallipoli (in Turkey during the First World War) in my head and I just literally felt like parts of me were being stripped away. It was a really pure and peaceful feeling! A few days later at a smaller group meeting I spoke more about my realisations and a lot more honesty flowed out. That was when I felt a wave of relief and joy. I remember lying in bed that night and just feeling lighter. I couldn't sleep! All these different songs were going through my head. I remember thinking, 'This really is simple, if I can do it anyone can. Who's next?!'

This next stage that we are about to embark on is just so exciting and I know that I am so lucky to be involved. Time is of the essence, so I have no intention whatsoever of getting bogged down trying to analyse or unravel all the details and complexities and causes of my personal condition. As I look back on my life and on the distractions I have chosen, the things that have consumed a lot of my time, when I break them down they were just ways for me to try to block-out, to maintain a sense of self worth and to find some sort of happiness. What we have in our hands NOW is a real source of happiness!

Looking back, I feel like the Transformation Process requires a change of heart. But it's a personal thing and the change of heart has to be made willingly. The decision to make the change will be your best friend and you will never forget the day that you made it. The decision will be the rock that underpins the rest of your life. You will never stray far from it. It will be like the first rung on the ladder of the most meaningful of lives. You can now start afresh, unburdened, with a clarity of mind and purpose, to willingly go and serve humanity now and to participate in the most important project the world has ever seen!

I can tell the difference in my attitude now—it's like chalk and cheese, where I can be doing some sort of task and I'm doing it willingly rather than doing it begrudgingly. It's like flicking a switch.

I really think too that the confusion I had felt before, towards the Transformed State was simply procrastination in disguise. I've always been an expert at procrastination and what makes it easier to procrastinate is when you are unable to look at the big picture. And the big picture now is the true magnificence of what we have in our hands, namely supporting the information that has solved the human condition.

This is a true win-win situation. Everyone wins! This is a thousand times bigger than my old collection of reinforcements, strategies and empty causes. Now I really just want to live it. To be a part of the conduit generation which will pass on the understandings—intact—to the next generation, leading to a race of humans who will be totally unresigned. the Universal Beings who are just around the corner. There WILL BE Peace on Earth!

The band U2 has an older song called *Acrobat* and part of the lyrics say '**I'd join the movement, if there was one I could believe in...**'. Well, this is it! The WORLD TRANSFORMATION MOVEMENT!

Also, there is a more recent U2 song called *Unknown Caller*. Here's part of it and for me it sums up part of what the Transformed State is all about: '**Go, shout it out, rise up / Escape yourself, and gravity...Force quit and move to trash...Restart and re-boot yourself / You're free to go / Shout for joy if you get the chance.**'

Thank you.

Section 3:19 Polly Watson (recorded December 2009)

I'm Polly, I'm 30 [at the time of filming] and I have been living in Sydney for about four years, looking closer into the work of Jeremy Griffith and the Foundation for Humanity's Adulthood (FHA), now known as the WORLD TRANSFORMATION MOVEMENT (WTM). I have put this information to the test every day since knowing about it and it has proved to me over and over again that it is in fact the naked but dignifying truth about humans, and therefore about me, and that it will save our species if we let it. I have explored these ideas and discovered that what is explained does make sense of the crazy world we live in and there are no doubts in my mind that this is the key to the future and therefore I am dedicating my life to supporting it. [See Video/F. Essay 3 for the explanation of the human condition.]

I know that nobody wants to admit or talk about our alienation: 'Why am I so insecure and fragile?' 'Why am I selfish?' 'Why am I so competitive?' 'Why is everyone getting cancer?' 'Why are children not being loved properly by their parents?' 'Why are so many people dreadfully unhappy, depressed, suicidal and lonely?' Up until I found these understandings I couldn't even begin to think about those questions because the answers were superficial—or not there at all. We are habituated to blocking out and denial, which has enabled us to survive, but that all ends now [Video/F. Essay 11 discusses humanity's historic denial of the human condition].

Because the human condition is the cause of all the pain on Earth, and the human condition exists in all of us, I am as capable as the next person to perform the most brutal atrocity on the planet if placed in the right circumstances; and I am as responsible as the next person to do what I can to fix that when a solution arrives. And now, thank God, the real solution has arrived. The answer to absolutely everything is here, not only the cure for our human condition, but the prevention of it for the future.

I know there are a lot of weird movements in the world claiming to be 'the one' and we all have a right to be sceptical of the huge claims being made about these understandings, but I urge anyone new to this to just consider the possibility that it is true. You have a responsibility to question it and listen to what Jeremy explains about our denial. Consider what it means to go through Resignation [as is explained in F. Essay 30 and chapter 2:2 of *FREEDOM: The End Of The Human Condition*] and put the effort into putting these ideas to the test.

Before I looked into these understandings I wasn't walking around looking for answers. I had resigned myself to a life in denial and I had my simple life planned out in order to allow me to get on with that. But I could not abandon this information once I knew about it because I discovered that it was true and I know so strongly in my gut, more than anything else, that this is right. What I discovered when I looked into the explanation that Jeremy Griffith has written about was that for the first time in my life I could look honestly around the world and into myself and with these understandings I could now logically and rationally understand it all. This information is tangible, it's not dogma or belief—it's understanding, and that, I couldn't ignore. I understand the pain, I understand that every fibre of my being is etched with the result of two million years of the human condition in my heritage. I can accept that because I know why it has occurred, I can live in honesty about that predicament in myself and in the world and I can dedicate my time and energy to ensuring the rest of the world gets that opportunity. With the WTM as a vehicle for these understandings the pain and suffering can stop here and that will be a transformed world.

If everyone on the planet can be secure in their alienation, be secure in their insecurity, be honest about our state then it will allow the preoccupation to subside enough to look beyond the needs of ourselves to the needs of the planet, and the world will instantly be a different place. That is what being a Transformed Lifeforce allows you to do. I can transform my life from an insular, insecure, self-proving, pain-reproducing existence, to a Lifeforce that can look around the world and live with knowledge about it, be secure in my alienation, let go the preoccupation with proving my self worth and put a stop to the pain. The second I realised that the future suddenly looked promising, the relief came flooding out of me and the potential for a bright future for the world became possible. And seeing that difference was what really confirmed for me how this understanding can actually save the world. That is the beauty of the WTM—not only do I get the gift of being able to understand myself and the world around me but I get the opportunity and the great privilege to participate in the solution to it all. And that is available to all humans now. How lucky are we?! I get to look pain and suffering in the eye and know that to contribute to putting an end to all of it, all I have to do is support this by living like it is true and participate in the fight for every human on the planet to have the opportunity to realise that potential. And that is the most wonderful gift any human could have, a beautifully free way to live. To live like that means that today is meaningful, and tomorrow is glorious.

So to finish I would just like to refer to Jeremy's proposition slide [see next image; these propositions are introduced in Part 2:5 of *Freedom Expanded: Book 1*] and tell you from my experience what these understandings will achieve:

1st Proposition—This understanding will transform the world for its complete betterment [ticks the box].

2nd Proposition—That this understanding will bring complete hope to what can seem hopeless [ticks the box].

3rd Proposition—That this understanding does give rise to a movement that will sweep the world [ticks the box].

4th Proposition—That this understanding will introduce a new paradigm of understanding around which all knowledge can be integrated [ticks the box].

5th Proposition—That this understanding will reconcile all the opposites in the human situation [ticks the box].

So the proposition is that in the next few hours we are going to introduce an understanding that:

- ☒ will transform the world for its complete betterment
- ☒ will bring complete hope to what can seem hopeless
- ☒ gives rise to a movement that will sweep the world
- ☒ will introduce a new paradigm of understanding around which all knowledge can be integrated
- ☒ will reconcile all the opposites in the human situation

— good and evil	— the non-sexual and the sexual
— yin and yang	— young and old
— idealism and realism	— women and men
— instinct and intellect	— religion and science
— soul and mind	— spiritualism and materialism
— conscience and conscious	— left wing and right wing
— the innocent and the corrupted	— socialism and capitalism
— the natural and the artificial	

So the proposition is that we will come back at the end of this talk and see if you feel that it is possible that each one of these boxes might indeed be able to be ticked!

Written by Jeremy Griffith © 2009 Fedimex Pty Ltd

That is my experience with this information and why I wouldn't want to be anywhere else other than right here as a very thankful and proud member of the WORLD TRANSFORMATION MOVEMENT!

Section 3:20 Connor Fitzgerald (recorded February 2015)

G'day, my name is Connor FitzGerald, I'm 35 [at the time of filming] and I've been around these understandings as put forward by Australian biologist Jeremy Griffith for about 10 or 11 years—just over a decade. Today I just want to have a chat about what this information means for the world, obviously, but also just talk personally about how this information has impacted my life and hopefully portray just what that means to me and maybe that'll help people watching.

I just wanted to start with this quote by Jeremy which I just absolutely love, **'The point of all this is to stop the suffering'**. People that are watching this video online and are wondering what the WORLD TRANSFORMATION MOVEMENT (WTM) is all about—that's it. That's basically the end goal here and there's a lot of content on the website that you can look up about the understandings that Jeremy has put forward that you will discover makes this end to suffering possible. [See Video/F. Essay 3 for an introduction to the explanation of the human condition.]

This particular talk that I'm going to try and give today is about the Transformation process, which is how you go from living a totally preoccupied, shut down, deeply numb state to a transformed, preoccupation-free state, effectively free, of the human condition. So, it's pretty exciting. I've got a few things to talk about, it might be a bit of a dog's breakfast but we'll see how it goes!!

I just want to emphasise that there's a lot of content on the WTM website, have a look at it, it's very, very good.

In a speech made in 1950, Geelong Grammar School Headmaster Sir James Darling said, **'selfishness is, as it has ever been, the ultimately destructive force in a society, and there are only two cures for selfishness—the regimented state which we all profess to dislike, and the change of heart, which we refuse to make. That is the choice, believe me, for each one of us, and we have not much time in**

which to make it. The need for decision [to have a ‘change of heart’ and live selflessly] is serious and urgent, and the sands [of time] are running out’ [GGS Speech Day address in 1950, *Light Blue Down Under*, by Weston Bate, 1990, p.219 of 386]. So, that’s just a good summation of the situation in the world at the moment and Jeremy talks a lot about how it’s been our inability to be selfless, up until now, which has been a fairly major handbrake on humanity eventually rehabilitating, and you don’t have to go far to see the madness that’s out there—turn on the television, watch the news—it’s all pretty awful and it’s been humans’ inability to live selflessly in a universal context that’s been the problem. What’s so amazing about this information and this Transformation process is that it does allow us to live selflessly.

So, I suppose I should explain a little bit about myself. As I say, I’ve been around these understanding for about 10 years and I first came across them through a very good friend of mine, Will Salter. We were both working in the bush [Australian countryside] at the time and we would drive around and he’d talk to me about this information and it was just incredible, particularly when you first come across it; it is just amazing in that it explains absolutely everything about us—men and women [see F. Essay 26], religion [see F. Essays 35 & 39]—all the topics that are just seemingly inexplicable are explained by this—What is love [see F. Essay 27]? What is our soul [see F. Essay 21]? How did we become conscious [see F. Essay 24]?—so, it’s incredibly exciting when you first come across it. It’s just as WTM member Genevieve Salter said in her Affirmation [see Transformation Affirmation 4], it’s like being drunk on knowledge. All of sudden there’s all these things that you didn’t understand and you can now explain—it’s really amazing.

To quickly summarise my journey. So I come across the information, it’s amazing, it stacks up, it makes a lot of sense, but there’s a whole bunch of stuff that I didn’t fully realise the implications of at the time—for example, Resignation [when in our teenage years we tried mightily to understand the human condition—tried to reconcile upset behaviour with the ideals of life—but we couldn’t, so to cope we took up a strategy of simply denying the human condition existed; see F. Essay 30]. This resigned strategy is something that is completely at odds with the information so when you come across it you can enter what’s called the ‘Mexican Standoff’ where you can’t deny the logic but you are fearful of letting go of your resigned strategy [see F. Essay 33] but eventually there comes a point in the journey with this information where you can see through your strategy enough, realise enough is enough and that it is safe to put your strategy aside and just live the way this information says you actually can. Then the real, truthful world opens up, which is all about honesty about our corrupted selves, but this information also loves and explains us like our strategies never could. Letting the information take care of my resigned upset self is the most therapeutic, natural and rational thing to do.

So, that’s what this is really all about.

So, just to provide a bit more context. You’ve probably heard in other videos, and seen on the website, that there’s a lot of talk about Resignation. This is pretty important because it’s the most significant psychological event in anyone’s life and yet up until 1983 when Jeremy’s first book was published it went completely unacknowledged. That’s the problem, it’s the silence of the adult world that makes it incredibly difficult and incredibly confusing for children. And children blame themselves, that’s sort of where this psychosis that we develop, that the following picture illustrates, starts.



Detail from Michelangelo's *The Last Judgement*, 1537–1541

A picture tells a thousand words so that's sort of what Resignation is like. I can't really connect with what it was like day to day during my teenage years but I certainly found it a very confusing and disorienting time; I can't remember what went on in my head but I do remember becoming increasingly distressed and estranged from myself and everyone around me. It's the most distressing, confusing, sort of maddening situation, however, I can now understand what I was struggling with. Basically, what was happening at that time was that I was struggling mightily with trying to reconcile all the imperfections and wrongness in myself with all my natural childhood expectations of a peaceful, happy world [see F. Essay 21 for the origin of our all-loving instinctive soul]. The bottom line was that life simply wasn't turning out like it was supposed to. I certainly wasn't peaceful and happy, I was becoming increasingly selfish and angry as I tried to reconcile my reality with ideality and with no explanation at my disposal at that time I had no choice but to resign myself to a life of denial of the human condition and consequently take up a strategy to make myself feel good, to prove my self worth by simply being nothing but 'good' or ideal and burying my 'bad' or upset self so deep that it no longer existed. We all take up a strategy, everyone's got their different colour of it—in my case it was to be a nice guy, be a good person, save the environment, you know and this was all driven by my high IQ. I've got a massive pride in my intellect, my ability to think (or rather not think about the human condition), so I really cranked that up to the point where I believed my born-again-to-idealism strategy was actually my authentic real self [see F. Essays 14, 34, 35 & 36 for the complete exposé of 'pseudo idealism']. At this point, I'll read out a quote that I think relates to what I was saying earlier about how having a strategy which is based on misreadings and misunderstandings and then coming across the whole truth about humans can be a bit turbulent. Particularly in my journey, having a born-again, 'nice guy' strategy has added an extra layer of fog or dissociation from my real self that I have always struggled with massively because the honesty of this

information just absolutely smashed my belief that I was ideal to pieces. Of course, I then tried harder to be ‘nicer’ which doesn’t work because I’m still being dishonest about my resigned psychosis, and the whole thing gets into a vicious cycle and I get stuck in the ‘Mexican Standoff’. [In chapter 8 of *FREEDOM*, when talking about the 40-year-old pseudo idealistic equivalent stage of the human race, Jeremy explains that:

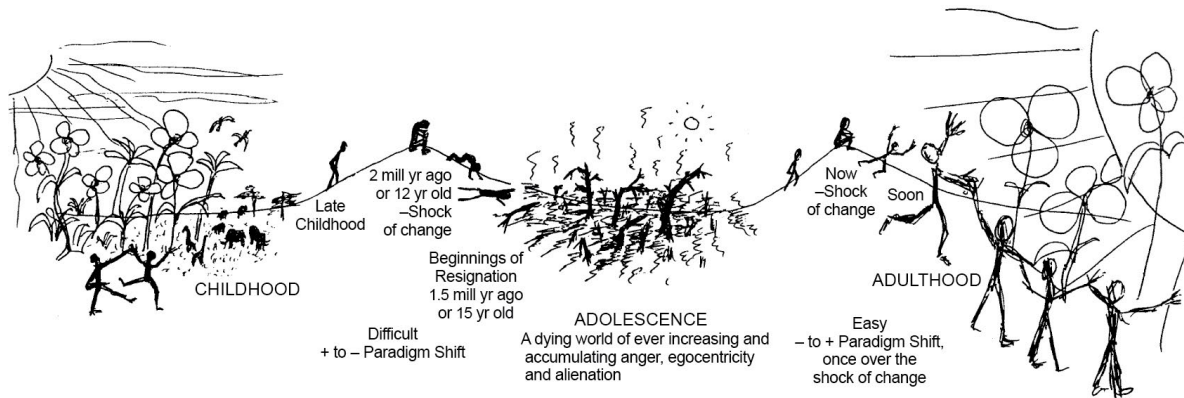
‘...so desperate were they [the born-again] for relief from the horror and guilt of their situation that their mind decided to focus so completely on the positive that they were good when they behaved in a cooperative, civilised, ideal, loving way that they deluded themselves that they weren’t actually corrupted, that they weren’t massively upset human-condition-afflicted people. They convinced themselves that the mask or facade of civility was not actually a mask or facade at all, but a true representation of their real self: ‘I am behaving in a cooperative, loving way, therefore, I *am* an upset-free, guilt-free, human-condition-eliminated, thoroughly good, cooperative, loving, sound human.’ It was an extraordinarily false/dishonest/‘phony’/‘fake’/deluded interpretation, but the depression from feeling guilty/bad/worthless about being *so* upset was *so* great that their mind was well and truly capable of making such a grand delusion.’ (par. 881)

‘...while being civilised—that is, using self discipline to restrain and contain your upset so it didn’t show—*did* help contain destructive behaviour and provide its practitioners immense relief from doing so, what happened during the 40-year-old stage, for both humanity and humans individually, was that this relieving, ‘feel good’, ‘warm inner glow’, ‘blissed out’ positive of having restrained your upset and behaved in a ‘good’/ideal/cooperative way became the *entire* focus of existence. In the end, as we will see, when humans became extremely upset-saturated with the problem of the corrupted state of the human condition—their whole mental preoccupation became one of searching for situations and opportunities where, through doing ‘good’, they could derive ‘the rush’ of relief from the condemning issue and truth of their corrupted state.’ (par. 883)].

The point is it doesn’t matter, we’ve all got strategies that we had to develop in light of not having any understanding when we were little and that was just my particular one.

Jeremy refers to this quote in one of the earlier chapters of *FREEDOM* [chapter 2:3] by a Danish philosopher called Søren Kierkegaard and he says, ‘...there is not a single human being who does not despair at least a little, in whose innermost being there doesn’t dwell an uneasiness, an unquiet, a discordance, an anxiety in the face of an unknown something, or a something he doesn’t even dare strike up acquaintance with...he goes about with a sickness, goes about weighed down with a sickness of the spirit, which only now and then reveals its presence within, in glimpses, and with what is for him an inexplicable anxiety’ (*Sickness Unto Death* tr. A. Hannay, 1989).

I guess what I’m trying to say is that it’s all a bit heavy but the beauty of this information is that the whole human story is explained and I just absolutely love the following picture because in here is the whole human story from start to finish, and this is any of your particular stories from start to finish.



Humanity's Journey from Ignorance to Enlightenment

Drawing by J. Griffith © 1996-2016 Fedmex Pty Ltd

This is my story from start to finish and the reason that's so wonderful is because there's a reason for all these stages. There's context, we've never had the full truth about humans from start to finish so naturally we're not used to it—but this is it.

The best part, as WTM member Doug Lobban said in his affirmation [see Transformation Affirmation 10], is that you just don't have to worry about the fact that you're a corrupted, resigned human. This information will take care of it, you hang in there with its logic and eventually you reach a stage where you realise that enough is enough of your strategy and you see it for what it is. For me particularly, that stage felt really important, being able to break my denial and blow the lid on my resigned upset state and the strategy that I was using to cope with that and once I was able to see that it was quite incredible. I could see that I've got this strategy that I developed when I was a kid and it's been with me the whole time and it's been absolutely necessary and it kept me safe and all these things. Then you come into contact with this information which is this whole truthful story about humans and it makes our strategies transparent and redundant and it makes us feel very uncomfortable about the way we're promenading and posturing and trying to just get by. Basically, all that I was doing from Resignation onwards was just making myself feel good, whatever that was, the way I dressed, the way I talked, 'be smart, be good', whatever it was, it was just all about me trying to make myself feel better. Again, when I was a kid I didn't have any understandings and in a world without that you adopt a psychosis and away you go.

Then this information comes along and there's a bit of an upheaval but the beauty is that at some point you do realise that you don't need to use your strategy to cope with all that pain and upset and hurt anymore. I just don't have to, because this information, which I happen to have been supporting for a long time, completely, explains that, it's got that totally covered and actually seeing what's been driving me all this time, getting some transparency on that resigned madness and then letting the information, this truthful framework, completely look after me so that I don't have to be preoccupied with my pain, with my hurt, with my upset anymore, was the most amazing moment. It does get to a point where we do have to have a '**change of heart**', that's been the problem, we haven't been able to have a '**change of heart**' up until now because we were yet to understand ourselves, but now we can.

Tony Gowing wrote a really good blog post about this feeling because it is such a relieving change. You are going from a negative to a massive positive and it's just so relieving

to not have to pretend all the time or worry about your divisive behaviour, trying to prove all the time that, ‘No, I’m not that, I’m not that, I’m not that’. There’s so much time, energy and preoccupation that goes into trying to prove to yourself and everyone else that you’re a good person and this information actually does it and it’s logical and makes sense so it’s completely legitimate to allow the information to just cover all that and that’s the relief. I just don’t have to worry about that ever again. Of course, I’m still an upset person—the fact that I’m upset is not the problem, it was the preoccupation with the upset that was the issue and now I just don’t have to worry about it. It’s just the most life-changing transformation, I literally went from being totally preoccupied, I was so preoccupied I didn’t even know I was preoccupied, to the whole world opening up, it’s sort of like you can breathe again. So, Tony wrote this which I really like: **‘...this is my best attempt at explaining it: It’s like winning the World Cup after scoring the winning points right on the final buzzer; it’s like falling into the deepest and most enthralling first love imaginable; it’s like being eight years old again and being an hour or two into a fully fledged adventure to catch frogs in your local creek with your best mate; it’s like coming home after some massive natural disaster and finding all your family alive and well; it’s like being drunk for the first time in your life and your favourite song comes on and you dance with the most carefree and excited freedom that you have ever felt; it’s like waking up from that dream where everything has gone completely and utterly wrong and finding out that none of it actually happened and everything is okay—YES! It’s like all of those tiny moments in your life combined!!!’** (Feb. 2014, www.worldtransformation.com/the-excitement-is-here-waiting-for-us-right-now) [See Transformation Affirmation 7 for Tony’s affirmation.]

So, the point is, I’m not free of upset, I’m still a massively upset person, I just don’t have to worry about covering that because the honesty of this information does and that’s what’s so good.

I was just going to read out something I wrote a little while ago:

‘Now that the human condition is solved and human upset has been totally explained and exonerated the Truth is that I am still massively upset but I am good—which means I don’t have to pretend and delude myself that I am not—this is very relieving and honest and real and it’s the truth anyway! Everything else has been just resigned falseness to survive—which is incredibly heroic but now totally useless. All that has happened is that I have seen my upset state for what it is and totally let the information deal with all of it.’

That’s the thing about this transformation—just the realness of it, you can be sceptical about it and think, ‘Well, are you sure about all that?’, but the amazing thing is that it is real because this information is true. I mean, I’ve tested and applied it in my life and it’s completely made sense of my life and everything that I am about and that everyone else I know is about and everything else that I see in the world. So this Transformation process is just the logical, rational, natural way that humanity can go from living selfishly to selflessly. That’s why it’s incredible because the human condition is a universal problem [see Video/F. Essay 10] and this transformation is also the universal solution, it means that this applies to every single person regardless of race, creed, colour, this applies to you. The human condition applies to everyone, therefore, this amazing Transformed State that is on offer now is also available for everyone and that means the world and that means a world which can start to rehabilitate from the God-awful stuff going on at the moment [see F. Essay 55 about the ‘endgame’ state the human race has now reached].

I'd just like to read a couple of things. One is from Jeremy's latest work, *FREEDOM*, in chapter 9, and it's just a really good summation of this transformation process:

'Yes, we can all now know that our insecure, egocentric need to validate ourselves through winning power, fame, fortune and glory is obsoleted. We can understand that it is no longer necessary to prove that we are good and not bad through demonstrations of our worth because our goodness has now been established at the most fundamental level through first-principle-based, biological explanation. We can know that with the arrival of understanding of the human condition our whole competitive, self-preoccupied, selfish, must-win-power-fame-fortune-and-glory way of living has been made redundant. In fact, the fundamental situation we are now in is that the resigned, competitive way of living has become pointless, meaningless, because it doesn't progress the human race to greater knowledge as it once did because the key piece of knowledge that we needed to find of understanding of the human condition has been found. Furthermore, living out that self-preoccupied, competitive, selfish existence is now unnecessarily destructive of our relationships with our fellow humans, and of our world in general. We can now know that the resigned, egocentric, competitive, selfish and aggressive way of living is finished with, which means we can, and, in fact, should, simply cast aside that way of living, and take up, in its place, a new way of living that is available to humans now where we live in support of a reconciled, non-competitive, selfless, loving existence.' (par. 1163)

'And, most wonderfully, what happens when we give up our old way of living and take up the new way of living that understanding of the human condition has made possible is we become *transformed* from a competitive and selfishly behaved human to a cooperative and selflessly behaved one. Yes, even though we are not yet free of the upset state of our own personal human condition, we *can immediately* have a change of attitude and decide not to live out that upset state that remains within us. The overall effect in our lives is that, despite our retention of the upset state of the human condition, we are effectively free from its hold and its influence, which is an absolutely fabulous transformation to have made in an instant—in one simple decision!' (par. 1164)

Secondly, Jeremy talks a lot about Australia. He refers to Australia quite a bit in his books [see also F. Essay 50: *Australia's role*]. Jeremy grew up in Australia and this is just a really nice poem called *Song of the Future* by Banjo Paterson and I'll just include throughout the reading of this poem some of Jeremy explanations:

'Tis strange that in a land [Australia] so strong, so strong and bold in mighty youth [innocence], we have [in 1889] no poet's voice of truth to sing for us a wondrous song [explain the human condition]...[However,] we yet may find achievements grand within the bushman's quiet life. Lift ye your faces to the sky, ye far blue mountains of the west...Tis hard to feel that years went by before the pioneers broke through your rocky heights and walls of stone, and made your secrets all their own [broke through the wall of denial blocking access to the truth about the human condition]. For years the fertile western plains were hid behind your sullen [alienated] walls, your cliffs and crags...Between the mountains and the sea, like Israelites with staff in hand, the people waited restlessly: They looked towards the mountains old and saw the sunsets come

and go with gorgeous golden afterglow that made the west a fairyland, and marvelled what that west might be of which such wondrous tales were told...At length the hardy pioneers by rock and crag found out the way, and woke with voices of today, a silence kept for years and years [brought an end to the silence of the resigned world of denial]...The way is won! The way is won! And straightway from the barren coast there came a westward-marching host, that aye and ever onward prest with eager faces to the west along the pathway of the sun...Could braver histories unfold than this bush story, yet untold—the story of their westward march [liberation from the human condition]...And it may be that we who live in this new land apart, beyond the hard old world grown fierce and fond and bound by precedent and bond [bound up in sophisticated, intellectual denial], may read the riddle [of the human condition] right [synthesise the liberating truth from science’s hard won insights into our world] and give new hope to those who dimly see [those who are embedded in blind denial/alienation], that all things may be yet for good and teach the world at length to be one vast united brotherhood.’ [Section 4:1, *Freedom Expanded: Book 2*]

And that’s it.

[After Connor’s presentation, the following discussion took place between WTM members]

Doug Lobban: It’s just so amazing that we don’t have to live through those strategies anymore, you can just let it all go as Connor says, you just let the information take care of that because we’ve spent our whole time since resigning, preoccupied with that strategy and keeping everything in place with it. It’s 100% pre-occupation every day, every minute, every second and that’s where the relief and the time aspect comes into it because all of a sudden, you let your resigned way of living go and you realise, ‘God, that’s what I was doing the whole time’, and all of sudden you have all this time on your hands and you have all this mental space and it’s amazing this freedom, it’s incredible. It always blows my mind—holy cow we can just let that go, you know! We don’t have to face it, we don’t have to deal with it, we don’t have to go through it, we don’t have to confront it, we don’t have to spend years trying to pick through and explain it all and you can, just as one big bundle, let it go and move away from it and the freedom and excitement from that is incredible just as you’ve talked about, Con. [See Transformation Affirmation 10 for Doug Lobban’s affirmation.]

Connor: And just how legitimate that is too, to do. I wanted to say that at the end of my Affirmation, that this is such a legitimate change, it’s just so far from being dogma-based or a leap of faith or anything—it’s nothing to do with any of that because it’s all based on understanding. It’s all based on this incredible story of the human journey, our story—why we behave the way we do, how we got here, if you like, that’s what so incredible. It’s actually 100% real and the old way of living and coping with life is now redundant, it’s done its job.

Doug Lobban: It is unreal.

Connor: Yeah, it now becomes unreal, that's actually not real that way of behaving in light of this whole truthful framework that's laid out for us. That way of behaving is now an unreality. That's what I just love about it—just the realness of it. Nick Shaw talks a lot about the logic of it [see Transformation Affirmation 17 for Nick's affirmation]. It *does* explain us, that's not a throwaway line, it does. I also just love what Jeremy says about this being a change that any species would have had to go through from an instinct controlled state to an intellect controlled state—this same wrestle, if you like. Until we found the full story about it there was this horrific battle and the psychosis and neurosis that resulted from that was unavoidable. So, it's just an adjustment, it's all fine, everything's fine, nothing is out of place.

Everything has got a place in this journey. This [pointing to the figure sitting on the hill in Jeremy's *Humanity's Journey to Enlightenment* picture] is a 12 year old, you know, just thinking so deeply in light of not having understanding and the world around him is crazy and he doesn't have any explanation and so he just retreats and that's the beginning of the end for that little fella. But Jeremy is saying that this is us as a species, as the line from *The Man of La Mancha* says, we had to '**march into hell for a heavenly cause**'. [Connor reads the following text from the *Humanity's Journey to Enlightenment* picture] '**Adolescence: a dying world of ever increasing and accumulating anger, egocentricity and alienation**'. That's certainly my adolescence and certainly humanity's adolescence but then, booyahh! We go up into here [pointing to the last part of the picture where humanity enters adulthood]!

But what's so good about this is that it is underpinned by all that logic. As Nick said, if the resigned, upset state or world wants to debate this it can go crazy doing that because it's all over! The old world doesn't hold any sway because of this logic. So it is just an adjustment period, I suppose, for the world, for us and once the human condition is explained it's just a numbers game.

James West: As Jeremy says in in chapter 9 of *FREEDOM*, humans are ultimately rational creatures and when the rationale is that the human condition is explained, humans will go that way [The actual quote from *FREEDOM*, par. 1206, reads: '**It is this fact that there is no longer any reason to keep living out the battle to champion the ego that has the potential now to change the world so rapidly from one of conflict and suffering to a world of peace and happiness. The explanations being presented in this book are all rational, there is no dogma or mysticism or abstract concept involved. As such, we can know if what is being presented is accountable and true or not, and since this information does explain the human condition there is no longer any justification for continuing the upsetting battle to champion the ego, so it follows that no one can argue against taking up the Transformed Way of Living, so when everyone does take up that way of living our world will be completely transformed. We are rational creatures, and so when all the logic says there is only one response we can make, namely the Transformed State, then that is the response the human race will take.**']. That is the new situation, it's just the size of the change of paradigm that's hard to get your head around and takes adjustment but it encapsulates the strength of the underpinning of the whole thing which Nick [Shaw] keeps coming back to. The whole game has just fundamentally changed for all of humanity at its deepest level. You can't get a more solid base to come off. And to think that these incredible, wonderful positives are opened up because of that fundamental change. It's just too much to

believe, it's just too good to be true but it *is* true. So we've just got this banquet of positives waiting for us to just adjust to [see Transformation Affirmation 2 for James West's affirmation].

Connor: A negative to a positive. [Again, pointing to the *Humanity's Journey to Enlightenment* picture and reading the text] 'Once over the shock of change.'

Nick Shaw: Good summary.

Doug Lobban: Yeah, we've already done the hard bit. We're onto the easy bit.

Connor: That's right, that's right—this [the horror of humanity's adolescence, drawn as a wasteland in the above picture] is all done and now we're here [the new world/Adulthood at the right of the above picture].

Section 3:21 Sally Edgar (recorded March 2013)



Hello everyone, my name is Sally. I would like to speak about my journey with the Transformation process and how all-powerful the change of heart it brings about in humans is. Every day we live with the golden truth of Integrative Meaning [see F. Essay 23] we learn and appreciate more about the development of humans and their resulting, understandable upset condition and naturally we also learn more about how that has played out at a personal level. As I nurtured and loved this process along, I had some realisations about my life as a resigned human [see F. Essay 30: *Resignation*] and I saw very clearly how necessarily and understandably how I had to live, until now, under the duress of the human condition [see Video/F. Essay 10 for an explanation of exactly what the human condition is]. While these realisations are about my personal story, I wanted to share the main one with you in the event that you might be able to relate and that that somehow might help you on this exciting journey on the Sunshine Highway that we are all on to the Transformed Lifeorce State and our freedom from the chains of the human condition, that state of despair, confusion and agony of not knowing if we were good or bad.

I wanted to preface that the only reason I was able to gain this clarity was through making the fundamental decision to live my life in support of and for this information and project instead of continuing to live out my resigned strategy. And to further preface how wonderful and exciting that this is actually all possible now due to the awe-inspiring scientific, biological breakthrough that Jeremy Griffith has been able to provide about the issue of the human condition [see Video/F. Essay 3]. I really can't say it any better than these words which feature on the World Transformation Movement's letterhead: **'Finally, the Dreamed-of Biological Explanation of The Human Condition that Ends Our Species' Underlying Psychosis and Transforms The Human Race'**.

Also, because I'm going to talk about my personal situation I thought it's important to reinforce what Jeremy says in Section 2:1 of *Freedom Expanded: Book 2* [see also chapter 9:7 of *FREEDOM: The End Of The Human Condition*], about how we, as the transition/conduit generation need to act responsibly with this information and why the Transformed State is so powerful and necessary. To quote, and Jeremy has underlined it: **'Very importantly, while we each should investigate these understandings of the human condition sufficiently to verify to our own satisfaction that they are the understandings of the human condition, we shouldn't investigate them to the extent that we start to become overly exposed and confronted by the truths they are revealing.'**

The first important step for me was to get proactive. I actively decided to let this information in, by which I mean I actively decided to use my brain to really understand what this information is saying and applied that to my life. By this I mean that I decided to trust my understanding and knowingness that this logical, biological explanation of the human condition is the truth about humans, that while we humans appear to be bad, destructive UPSET forces, we are in truth fundamentally worthwhile—our UPSET developed for a very good reason but it doesn't define us or the meaning of life—we are worthwhile and, as we can now understand, the meaning of life is to be selfless and loving. I thought it was important to explain here why I have used the word 'trust' because it can get confused with faith when this information is the opposite to that—it is rational, testable, logical biology. As Jeremy explains throughout his work: **'The challenge is to think, question and understand, a process that is the very opposite of abandoning thought and deferring to some form of dogma, faith or belief'** (*A Species In Denial*, p. 74 of print edition). And that this information is **'brain food not brain anaesthetic'**. Our false, resigned framework is so powerful and it was something we have trusted and had to hold onto since resignation that using the word 'trust' helped me to recognise that while previously in that resigned framework I was trusting a lie over the truth, now in the Transformed State of mind I have switched sides effectively to trust the truth over the lie. Anyway this focus allowed me to shift from someone competitively and defensively thinking that the Transformed Lifeorce State was a place to 'get to' in order to prove my goodness and worth, to someone drenched in relief seeing that the Transformed Lifeorce State is a secure logical response to recognising that the insecure-driven human condition paradigm is over, allowing me to actually accept my upset state and then focus outwardly on repairing the world now, beginning with taking this information to the world.

As Jeremy so beautifully explains in these three extracts from *Freedom Expanded: Book 2*, Section 2:1, about the Transformed Lifeforce State:

“You can know now that all the upset in ourselves and in the world from two million years of humanity’s heroic journey through ignorance is explained and defended. With that knowledge we are now free to leave the issue of all that upset behind as being dealt with and focus all our attention on developing a human-condition-free new world. The relief of being able to leave the issue of our upset state behind as dealt with and the excitement of knowing a human-condition-free new world is coming and that we can all fully participate in bringing that about is so absolutely incredibly relieving and exciting it will transform all humans. From being a human-condition oppressed and depressed alienated person all humans can and will now be transformed [and I love this bit] into Redeemed, Liberated from the Human Condition, Exhilarated, Ecstatic, Enthralled-with-Existence, Transfigured, Empowered, World-Transforming Lifeforces. This description can be distilled down to Liberated from the Human Condition, Transformed and Empowered Lifeforces, which can be further distilled down to Transformed Lifeforces. This Exhilarated, Ecstatic, Enthralled-with-Existence aspect is the ‘Life’ in ‘Lifeforce’; and the Empowered, World-Transforming aspect is the ‘force’ in ‘Lifeforce’, so Lifeforce covers the personal benefit and the benefit to the world in one word.”

“Now that we have the truth up all that matters is that it is kept alive and that it is disseminated to all people, because it alone can heal the human race and save the world. All everyone must do now is support the truth about the human condition and it will achieve everything everyone has ever dreamed of. If we look after this information it in turn will look after the world. That is the mantra of the new world that understanding of the human condition brings about.

Having grown up in ‘the dark’, without understanding of the human condition, the priority of existing generations is to get these insights to new, fresh generations so that they won’t have to adopt all the artificial ways of coping with the human condition—all the dishonest denials, all the egocentric means of seeking compensation for the injustice of being unfairly condemned, and all the angry retaliations needed against the unjust condemnations—that existing generations have had to employ. We, the existing generations, are now the conduit generations: the generations who will connect the old dead world to the new living world.”

“The new Transformed Lifeforce State is not only all-powerful in its ability to heal the world, it is also all-exciting. When yesterday the prospects for the world looked hopeless, suddenly—and I have said this in every major document I have ever written—from one end of the horizon to the other an army in its millions will appear to do battle with human suffering, its weapon understanding, and its outcome world reparation.”

So to get to my main realisation that allowed me to access the Transformed Lifeorce State. This realisation is my version of the honesty that Jeremy explains is key to being able to truly consider letting your selfish resigned way of living go and take up the Transformed State.

Until I was able to use the full defence and therefore let go of my resigned way of defending myself, I was unable to see that I was actually feeling criticised by this information. This really astounded me because I knew the defence of our upset that this explanation provides is the very thing that liberates us but I realised that I wasn't really embracing that defence on a deeply personal level. Our resigned states are necessarily so insecure and sensitive to any perceived criticism that they can wrongly feel that the truth about the human condition is just another attack, is further criticism and confirmation that we are bad. Being able to see how I was misreading the liberating defence as more criticism from the world that I felt I had to defend myself against was my unlocking point. I was not seeing that yes this truth is naked but it is also dignifying. I was blind to the fact that I was actually being confronted by the information. How much we can't cope with confronting the extent of our upset is something that Jeremy constantly warns us of and what the Transformed Way of Living solves for the transition generation [see F. Essay 33 in which Jeremy explains the so-called 'Mexican Standoff' this confrontation creates, and the all-exciting way to overcome it]. The Transformed State allows us to productively support this information without overly confronting our upset. Trying to support this information while continuing to try to convince yourself that you are not an upset human is an extremely difficult and illogical thing to do. I know very well. But it's incredibly exciting when you realise that you and all humans don't have to live that way anymore. Accepting your upset state is *the* most liberating decision which frees you up and gives you access to live in the all-out excitement that the future now holds.

Initially I didn't stop and use my brain and let this information in to defend myself. I didn't use it to say in my case, 'Yes I am an angry, defensive, doubting, indecisive woman who is very strong and has been at war with the world, but there's a very good reason for all of that and it had to happen, BUT I can truly let it all go now because the fight to prove we are good is over, it has been won and I can now relax, rest and put my strength behind the information that has made this remarkable, fabulous situation now possible so that people today and in the future can see that they too can at last be truly happy and at peace with themselves. We can repair all the pain and upset that has plagued us and the future will be free of the human condition and the agony, trauma and terror of not knowing if we are good or bad. Not being loved as we expected and deserve to be loved and therefore not being able to love others.'

Now I and all humans can love the way we had to live, the way we survived in the world without this precious understanding, but it is SO OVER and it doesn't define the way we live now. The Transformed Lifeorce State is truly the best, most powerful technology the world has or will ever see for our transition generation. And even better than that is that it is SO EASY, all you have to do is use the truth instead of the resigned lies and as Jeremy has said,

‘We are rational creatures, so when all the rationale, all the logic says there is only one response we can make, namely letting go of our angry, egocentric and alienated way of living and taking up the Transformed Way of Living, then that is the response the human race will take...’ (in conversation, 2012). It all comes under the ‘of course that was life under the duress of the human condition’ banner and none of it matters now. All of us have a choice now. We can choose to remain in the vortex of terminal alienation, as depicted in Jeremy’s amazing *The Abyss of Depression and the Sunshine Highway to Freedom* drawing (pictured below), or we can wrap it all up in a golden sheet, tie it with a golden bow, put it in a golden box and place it in a golden hospital, give ourselves a really big golden hug and walk across the golden bridge of the Sunshine Highway to the sun and live truly defended and understood and live for and in support of this information to bring about a golden, human-condition-free present and future for humanity. The information explains the fundamental misreading we all have as resigned humans — that we are good and not bad. For me personally I realised that the world wasn’t against me, that no-one was attacking me, that I wasn’t a bad person for being an upset person and understanding that freed me from that torment and made me so happy. If an angry, defensive, doubting and indecisive person like me can be happy then imagine what’s possible for all humans. What a blessing. Thank god for this life-saving information. It is all that matters and humanity can move onward, forward and upwards. To draw on a wonderful analogy that WTM member Tony Miall has told me and that I love, that was my particular bowl of dirt and gravel that I have been chewing my way through thinking it was ice-cream when in fact the real ice-cream was sitting right under my nose. [See Transformation Affirmation 13 for Tony Miall’s affirmation.]



An aspect of all this that absolutely thrills me is the fact that the pain and horror of the human condition stops with us, that is our job, our wonderful privilege and legacy. The destiny of the human race is NOT terminal alienation, it is FREEDOM from the horror of the human condition—humans will NEVER have to live in agonising terror of the fear that we are bad. Because of what Jeremy has been able to do, and with our Transformed Lifeforce State support of that truth, this will happen and it has to happen, now, urgently. We are so lost, so alienated from ourselves but that all ends now, simply with changing our state of mind. [See F. Essay 55 for analysis of the ‘endgame’ state of alienation the human race has reached.]

So let's celebrate!! I love watching the affirmations, and in particular get a real kick out of *The Denialators*' two songs that are on the top of the homepage as part of the Introductory Video Series [the WORLD TRANSFORMATION MOVEMENT has its own band called The Denialators that play at our various functions—see Video/F. Essay 6], so I thought it might be a good way to end with their ‘**Understanding is the Key, we were dead dead dead but now we are FREE FREE FREE**’ song:

The Door's Wide Open

How sweet is the morning / After such a long night / The relief drains my body / With this awesome spreading of light / The shadows are lifting / The horizon is clear / I want to scream to the heavens / A new time is here

Chorus:

The door's wide open, / Understanding is the key / The door's wide open, / Understanding is the key / We've been so dead, dead, dead / But now we're FREE, FREE, FREE

The sun has now risen, / It is strong bright and clear / I know the whole story / I've got nothing to fear / The shit's been unravelled / The battle's been won / It's all been made sense of / The new time has begun

Chorus repeated

But the battle's still raging, / People don't know / It's gone on so long, / It's hard to let go / But the door IS wide open / And the future IS clear / The party starts NOW / We're gonna blast out of here

Chorus repeated

The door's wide open, / Understanding is the key / We've been so dead, dead, dead / But now we're FREE, FREE, FREE, FREE, FREE, FREE / We've been so dead, dead, dead / But now we're FREE, FREE, FREE

Go WTM!

[After Sally's presentation, the following discussion took place with WTM member Lee Jones]

Lee Jones: Sal, I just wanted to say that was just awesome and I loved how you finished with *The Denialators* videos and also just getting up in front of everyone and sharing all that with us, it was just great. There is just so much in what you said to think about and I've noticed that with all the affirmations of the Transformed Lifeorce State. I have started to actually print out the transcripts, because each time, and even watching them again there is just so much in them. But just something that came to mind when you were talking was, there is a quote in [Jeremy's book] *The Great Exodus* where Jeremy just says something like, **'Understanding the human condition...allows us to love ourselves and each other fully, equally and without reservation.'** (The Book—*The Great Exodus*, 2006, Part 18, p. 90 of 222). I just think that is an amazing quote because we have never had the truth that explains and defends us and in our resigned state, like you said, we don't actually let that truth in and let the information carry that burden and take care of who we are.

There was so much in what you said but another thing you said that I really liked when you were talking was about how this is such a powerful technology and you said how you do have to be proactive with it and you have to go to the information, and that really hit home to me. Because, in the resigned state, from being a resigned human you see the truth as hurtful and oppressive, and to get past that misreading, there is always a resistance about going to the truth. But if you go to the truth, and actually start engaging in it and get proactive with what it's saying it actually comes to you and holds your hand.

The other thing that I liked, you said something like our false resigned framework is so powerful and it's something that we have had to trust since resignation. And you talk about that you have got to have that mind switch 100% from trusting that resigned state to trusting the information and what it says. I just loved that too and it was all through the affirmations too. So that was great.

And I think the last thing in all of that was the point you said something about 'I was misreading the liberating defence as more criticism from the world', and then getting beyond that and actually just accepting rather than fighting the reality that you are an upset human and letting the information in. Anyway I am just rambling a bit but I just thought it was awesome so thanks heaps, Sal!

Sally: Oh, it's this information and how powerful it is and the Transformed Lifeorce State is just that all-powerful technology that we all live now. That's how we live now with it in the world and it's just fabulous and it can solve all of human pain and upset.

Lee Jones: Yeah, that's the thing that I was thinking. I just remember when I was a little girl before I got taken out with all the preoccupation and having to resign myself, all I wanted was for that suffering to end in my family, and the fact that we can do that now is just incredible. And that every human deserves this you know. It's for everyone.

Section 3:22 The Denialators' song lyrics



The WORLD TRANSFORMATION MOVEMENT has its own band called The Denialators that play at our various functions. These are the lyrics of the two Denialator songs that can be watched at <www.humancondition.com/denialators>, lyrics by Tony Gowing, music by Pete Storey.

Let's Go!

It's here it's now for you and me / I'm ready to rock and I feel so free / My veins are pumping, this is it / Unbelievable, Holy Shit, C'MON!

It's over I'm gone, I'm through the door / Good and evil aren't at odds anymore / It's all explained they're reconciled / Tell every adult and every child, C'MON!

Chorus:

Let's go, let's go, scream and shout / We humans now know what we're all about / Let's go, let's go we've broken through / Our lives have meaning, and we all know what to do

Science with soul has delivered the truth / Dignified our journey and given us proof / So start asking questions in the answers you'll see / How awesome the world is — how now it can be, C'MON

The deserts are flooding the skies are all clear / The oceans are calm and the animals cheer / I want to just live it just breath it all in / The new world is here now let's just let it begin

Chorus repeated

Liberate, Liberate, Liberation / Liberate, Liberate, Liberation
Liberate, Liberate, Liberation / Liberate, Liberate, Liberation

So join liberation leave darkness behind / The all-radiant truth will enlighten your mind /
Live in the moment for the future we see / The human condition is solved — we're all free —
YEAH!

Chorus repeated

Let's go, scream and shout / We humans now know what we're all about / Let's go, let's go
we've broken through / Our lives have meaning, and we all know what to do. C'MON!

The Door's Wide Open

How sweet is the morning / After such a long night / The relief drains my body / With this
awesome spreading of light / The shadows are lifting / The horizon is clear / I want to scream
to the heavens / A new time is here

Chorus:

*The door's wide open, / Understanding is the key / The door's wide open, / Understanding is
the key / We've been so dead, dead, dead / But now we're FREE, FREE, FREE*

The sun has now risen, / It is strong bright and clear / I know the whole story / I've got
nothing to fear / The shit's been unravelled / The battle's been won / It's all been made sense
of / The new time has begun

Chorus repeated

But the battle's still raging, / People don't know / It's gone on so long, / It's hard to let go
But the door IS wide open / And the future IS clear / The party starts NOW / We're gonna blast
out of here

Chorus repeated

The door's wide open, / Understanding is the key / We've been so dead, dead, dead /
But now we're FREE, FREE, FREE, FREE, FREE, FREE / We've been so dead, dead, dead / But
now we're FREE, FREE, FREE.

Go WTM!

Section 4

Membership of the World Transformation Movement

The following is an expanded transcript of Jeremy Griffith's immensely exciting 'Introduction to the Transformation' video which was filmed in Sydney in October 2011. You can view this video at <www.humancondition.com/2011-intro-to-the-transformation>.

Section 4:1 'Along the pathway of the sun' to 'The vision splendid of the sunlit plains extended', by Jeremy Griffith

I want to begin this presentation about membership by restating the fabulous situation you, and *all* other humans, are now in.

I've just got to begin by playing some of Jerry Lee Lewis' *Long Tall Sally* from his famous 1964 performance at the Star Club in Hamburg, Germany, which '**many music journalists...regard...as one of the...greatest rock and roll concert[s]...ever**' (Wikipedia 2011).

[Music plays]

I know that such excitement and happiness may seem insensitive to all the suffering in the world, but this joy and enthusiasm is not out of place because 'the cavalry is coming'—well, that is the phrase used in 'Cowboys and Indians' folklore; in more contemporary 'Star Wars' terms, 'the Force' *is* with us—everything *is* possible now, help *is* on its way to every person in every corner of the world. Love has come to the world in its absolute purest form, namely as relieving understanding. We humans are free now of the agony of the human condition. Everyone in every situation and predicament can now rise up as radiant new beings from their corpse-like state. A great rising up of humans will now occur across the world. Everyone is now able to come back to life—to wake up from a human-condition-afflicted torpor and look outwards and see each other and the world for the first time, and move across and help each other, and do anything and everything that needs doing to end the suffering and pain that plagues this planet.

The great awakening of the human race is on! We humans *have*, in truth, all been asleep, owned by so much pain and suffering. Certainly we are going to be in shock for a little while absorbing the realisation that we have finally won our freedom from the agony of the human condition—but it's on, the great awakening, the rising up of the human race from its deep slumber.

From the festering, stalled state it has been in for far too long, waiting for these liberating understandings of the human condition, the human race is finally on its way. What did Doug Lobban say in his Affirmation in Section 3:4? '**I've got this image of marching straight forward with incredible purpose, straight out of a massive swamp into long green grass with flowers and butterflies and sunshine, and never ever looking back, just keep marching forward. Everyone together, we are going to have so much fun.**' (You can watch or read Doug's testimonial in [Transformation Affirmation 10](#).) Yes, the door is wide open and sunlight is now streaming into our world. We can all wake up

now; we can all break out of our chrysalis, our human-condition-afflicted straitjacket, where we have been constrained, letting the wings of our great potential unfold in the sunshine of relieving understanding to reveal the fabulously beautiful creatures we really are.

As explained in Part 3:4 of *Freedom Expanded: Book 1*, our species' original, natural instinctive state is to be cooperative, selfless and loving. We have a cooperative, loving, instinctive, moral soul, which means that serving others is our original, innate, natural inclination, but this instinctive aspect of ourselves has had to be ruthlessly oppressed by our conscious intellect because of its naive, unjust criticism of our conscious mind's search for knowledge—but thankfully our intellect has been championed, soul and intellect are at last reconciled and so that horrible and tragic situation is now over, which means our original, natural, soulful, true self can re-emerge. Behaving selflessly is our natural inclination. It's a capacity that has been sitting inside us waiting for the time when it could be liberated, which has at last arrived.

This amazing situation will, at first, seem a little odd because it has taken such a long time, two million years in fact, to get to this point where we could genuinely abandon the upsetting battle that the human race has been involved in and let our unconditionally selfless, all-loving soulful, true selves free. So it does take a little bit of effort to let go of our habituated but now obsoleted egocentric, must-prove-ourselves, power-fame-fortune-and-glory-seeking way of living and bring the incredibly loving side of ourselves to the fore. However, it's really not that difficult a step to take. Once a few people discover this amazingly free, alive, all-meaningful, sensitive-to-and-aware-of-everything-for-the-first-time-in-our-lives TRANSFORMED LIFEFORCE WAY OF LIVING—a discovery that has already occurred in the WTM as all the Affirmations by members in Section 3 evidence—it will catch on and spread like wildfire. As the Jesuit priest and scientist Teilhard de Chardin recognised: **'The Truth has to only appear once...for it to be impossible for anything ever to prevent it from spreading universally and setting everything ablaze'** (*Let Me Explain*, 1966; tr. René Hague & others, 1970, p.159 of 189).

It's on, humanity is coming home—our real self is going to come thundering through to the forefront now and the world *will* open up for everyone, and everyone *will* help everyone else. We CAN leave our old ego-embattled lives behind now and metamorphose into free, empowered lifeforce beings.

This is not some dream I'm having; I haven't lost my mental marbles or something. It's 100% dinky-di, true-blue, fair-dinkum, solid-gold, ice-diamond-real what I'm saying. WE ARE FREE NOW.

Listen to Jerry Lee again! [*Short burst of music plays.*]

I'll tell you something: when I had my furniture business I lived near a country town where there was a large Seventh-Day Adventist Christian community. Living for their faith rather than for themselves, and selflessly supporting and helping each other, and working together, it was amazing how functional and successful they were. I think they ran most of the successful businesses in town and owned a lot of the real estate—and yet, the overall situation in the valley where the town was located was, like everywhere else in the world, essentially sad and lonely, with 'the good old boys' of the town huddled together in pubs drowning their angst with alcohol and betting on horseraces to try to get a win for their embattled egos, with their unhappy, obese women folk at home screaming at the kids, and in the streets just dust

and sparrows. Well, imagine you're in that valley walking around those depressed streets, where, sure, there is a group of Seventh-Day Adventists defying the great oppressive shadow of life under the duress of the human condition by getting together and being selfless and thus to some degree functional, but basically life for humans is still all drab and depressed—and then you look up towards the skyline and you see something absolutely amazing coming towards you. From one end of the horizon to the other an army in its millions appears of TRANSFORMED, human-condition-liberated, empowered people living for each other and for the world—*because their old egocentric existence has finally been understood and thus obsoleted, put away forever, gone, done-its-job, finished with.*

The point is, in all the false starts to a human-condition-free world (and they *were* 'false starts' because the upsetting battle to find liberating understanding of the human condition still had to continue), such as in the communal functionality of the Seventh-Day Adventist community, or in the example I mentioned in Section 1:12 of the functionality of Ned Flanders' Christian life compared to Homer Simpson's embattled one, we can see the rudiments, the prototype, of the huge potential of the selfless, ego-eliminated TRANSFORMED LIFEFORCE WAY OF LIVING. There have been many examples of the cooperative, amazingly functional way of living in all the false starts to a new world for humans that have been occurring regularly throughout history (humanity has certainly been chaffing at the bit to get to the new world!), but it *is only now* that the upsetting battle to find liberating understanding of the human condition has been won that the human race as a whole leaves the old individualistic, egocentric, power-fame-fortune-and-glory-seeking way of living. It *is only now* that we are going to see the true power of all-out and all-pervading selfless communalism come into being.

Again, this vision I've described of the liberation of the whole human race from the horror of the self-obsessed, must-prove-our-worth, egocentric way of living is not some mad dream I'm having—it is a vision, a hope and faith that the whole of the human race has firmly held onto since our journey to overcome ignorance about our true worth as humans first began some two million years ago! As I have mentioned before, in the Bible the prophet Joel perfectly articulated the vision of our species' liberation from the human condition when he said, **'Like dawn spreading across the mountains a large and mighty army comes, such as never was of old nor ever will be in ages to come...Before them the land is like the garden of Eden, behind them, a desert waste—nothing escapes them. They have the appearance of horses; they gallop along like cavalry. With a noise like that of chariots...like a mighty army...They all march in line, not swerving from their course. They do not jostle each other'** (Joel 2).

The exact same vision of our species' liberation from the human condition and the emergence of an amazingly cooperative, loving, selfless, functional, empowered, nothing-is-too-difficult new world was also given by the prophet Isaiah when he said: **'He lifts up a banner [that is, the human race finds understanding] for the distant nations, he whistles for those at the ends of the earth. Here they come, swiftly and speedily! Not one of them grows tired or stumbles, not one slumbers or sleeps; not a belt is loosened at the waist, not a sandal thong is broken. Their arrows are sharp, all their bows are strung; their horses' hoofs seem like flint, their chariot wheels like a whirlwind. Their roar is like that of the lion, they roar like young lions; they growl as they seize their prey and carry it off with no-one to rescue. In that day they will roar over it like the roaring of the sea [there will be immense excitement, enthusiasm and commitment]'** (Isa. 5:26–30).

(Please note, for the sake of brevity, only some of the following songs by contemporary musicians have been included in this video. Also, more on the Australian character is included in this transcript than appears in the video.)

And the same vision appears in the Irish band U2's songs: in *God Part II* (1988) Bono sang of wanting to **'kick the darkness [of denial/alienation] till it bleeds daylight [the truth]'**; and in *I Still Haven't Found What I'm Looking For* (1987), where he sang, **'I believe in the Kingdom Come when all the colours will bleed into one'**; and in *Where The Streets Have No Name* (1987), which says, **'I want to tear down the walls [of our prison of having to live in denial/alienation] that hold me inside, I want to reach out and touch the flame [I want the truth even though it's going to be searing], where the streets have no name [where humans no longer have to egocentrically own and name everything]. I want to feel sunlight [of liberating enlightenment] on my face, see that dust cloud [of all the destructive effects of our upset] disappear without a trace, I want to take shelter from the poison rain, where the streets have no name... We're beaten and blown by the wind, trampled in dust. [But] I'll show you a place, high on a [uncorrupted] desert plain, where the streets have no name... Then there will be no toil or sorrow, then there will be no time of pain'**; and in *Love Rescue Me* (1988), which can be read as *'Truth Rescue Me'* because the ultimate love for humans *is* really the truth, Bono sang, **'Love [truth] rescue me, come forth and speak to me, raise me up and don't let me fall [give me the relieving, reconciling explanation of the human condition]. No man is my enemy [I don't want to be living with so much hate inside me anymore], my own hands imprison me [but I'm imprisoned by the unbearable dilemma of my own flawed, imperfect human condition], love [truth] rescue me... the sun in the sky, makes a shadow of you and I [exposes the imperfection of our lives]... In the cold mirror of a glass, I see my reflection pass, I see the dark shades of what I used to be [see the depressing contrast of what I am now with my lost state of innocence]... Yeah I'm here without a name, in the palace of my shame, I said love rescue me. [At this point in the song there is a very long pause, then suddenly the song picks up again but this time describing a whole new situation and world.] I've conquered my past, the future is here at last. I stand at the entrance to a new world I can see. The ruins to the right of me, will soon have lost sight of me, love rescue me [I have finally found the redeeming, reconciling and thus TRANSFORMING understanding of myself]'**; and in *When Love Comes To Town* (1987), which includes the lines, **'I was a sailor, I was lost at sea, I was under the waves... But I did what I did before love [truth/understanding] came to town... I've seen love [truth] conquer the great divide [between 'good and evil']... When love comes to town I'm gonna jump that train'** — because, as the singer-songwriter Cat Stevens foresaw (in his 1971 song *Peace Train*), **'out on the edge of darkness there rides a peace train'** that has at last arrived to **'take' us 'home again'**.

Along with U2's Bono, and also The Beatles' John Lennon and The Doors' Jim Morrison, the other awesomely prophetic songwriter of our times is, of course, Bob Dylan, whose lyrics also contain exactly the same vision of our species' liberation from the human condition. Firstly, like Bono describing our present lost, seemingly meaningless, desolate, drowned situation as being **'beaten and blown'** and **'trampled in dust'**, **'lost at sea'** **'under the waves'**, Dylan wrote in *Like A Rolling Stone* (1965), **'how does it feel to be on your own with no direction home, like a complete unknown, like a rolling stone'**; and in *Mr. Tambourine Man* (1964), **'I'm not sleepy and there is no place I'm going to... I'm branded on my feet, I have no one to meet, and the ancient empty street's too dead for dreaming... Then take me disappearin' through the smoke rings of my mind, down the foggy ruins of time... far from the twisted reach of crazy sorrow... Hey! Mr. Tambourine Man, play**

a song for me.' And then, in *When The Ship Comes In* (1963), Dylan anticipated our liberation from the human condition, singing, **'Oh the time will come up when the winds let up and the breeze will cease to be breathing, like the stillness in the wind before the hurricane begins, the hour that the ship comes in** [when the all-liberating but, at the same time, all-exposing understanding of the human condition arrives]. **And the sea will split and the ships will hit, and the sands on the shoreline will be shaking, and the tide will sound and the waves will pound, and the morning will be a-breaking** [again, when the liberating but also all-exposing and confronting truth about humans finally arrives]. **The fishes will laugh as they swim out of the path, and the seagulls they'll be a-smiling, and the rocks on the sand will proudly stand, the hour that the ship comes in** [nature is going to be so relieved by the ending of human upset]. **And the words that are used for to get the ship confused** [all our false denials], **will not be understood as they're spoken** [the denials will be seen through]. **For the chains** [holding the truth back] **of the sea will have busted in the night and be buried on the bottom of the ocean** [the denial will try to reimpose itself but the truth will fight back and the lies won't be allowed to succeed]...**Oh the foes will rise with the sleep still in their eyes, and they'll jerk from their beds and think they're dreaming. But they'll pinch themselves and squeal and they'll know that it's for real, the hour that the ship comes in. And they'll raise their hands saying "we'll meet all your demands", but we'll shout from the bow "your days are numbered", and like the Pharaoh's tribe they'll be drowned in the tide** [of enthusiasm and excitement], **and like Goliath** [all our denials] **they'll be conquered.**' And also in *The Times They Are A-Changin'* (1963), when Dylan anticipated how **'the** [human-condition-afflicted] **present now will later be past**'; and in *All Along the Watchtower* (1968), when he demanded that **'There must be some way out of here...There's too much confusion, I can't get no relief...There are many here among us who feel that life is but a joke...So let us not talk falsely now, the hour is getting late. All along the watchtower, princes kept the view** [waiting and watching for the time when understanding of the human condition would finally arrive]...**Two riders were approaching** [the approaching duality of the wonderfully all-liberating but at the same time all-exposing truth about our human condition], **the wind began to howl** [the arrival of the storm of liberating but at the same time all-exposing truth—as Christ said in the Bible, you will know when the truth about the human condition arrives because it will be **'like the lightning, which flashes and lights up the sky from one end to the other'** (Luke 17:24 & Matt. 24:27)]'; and, finally, in *Blowin' In The Wind* (1962) Dylan pleaded, **'how many years can some people exist before they're allowed to be free?'**

(Note, many more songs that anticipate humanity's liberation from the human condition are included in Part 3:12 of *Freedom Expanded: Book 1*.)

In Australian mythology this vision of the liberation of humanity from the human condition is incredibly strong—and it's not just the vision of that liberation, it is also a vision of that liberation being initiated here in Australia!

As I have mentioned before, the Australian rock band Hunters and Collectors' 1993 song *Holy Grail* perfectly described the vision of humanity's liberation: **'Woke up this morning from the strangest dream, I was in the biggest army the world had ever seen, we were marching as one on the road to the Holy Grail** [to liberating understanding]. **Started out seeking fortune and glory, it's a short song but it's a hell of a story, when you spend your lifetime trying to get your hands, on the Holy Grail. Well have you heard about the Great Crusade? We ran into millions but nobody got paid** [selfless cooperation replaced selfish greed], **yeah we razed four corners of the globe for the Holy Grail. All the locals scattered, they were hiding in the snow. We were so far from home, so how were we to know**

there'd be nothing left to plunder when we stumbled on the Holy Grail? We were so full of beans but we were dying like flies [humans were pretending to be happy but in truth they were all but dead with alienation], **and those big black birds, they were circling in the sky, and you know what they say, yeah nobody deserves to die** [humanity was entering the end play state of terminal alienation]. **Oh but I've been searching for an easy way, to escape the cold light of day** [I have tried to live in denial]. **I've been high and I've been low** [I have lived a manic depressive, bipolar existence of oscillating between being able to block out the reality of my immensely corrupted condition enough to feel some relief, and being unable to block it out], **but I've got nowhere else to go** [trying to live through denial had run its course]. **There's nowhere else to go! I followed orders** [I have tried to live through deferment to laws, rules and faith], **God knows where I've been, but I woke up alone, all my wounds were clean** [I woke up in the human-condition-reconciled, liberated, TRANSFORMED state].'

Banjo Paterson is one of Australia's most celebrated poets and in his 1889 poem *Clancy of The Overflow* he, like Bono and Dylan, described the world as it currently really is when he wrote, **'I am sitting in my dingy little office, where a stingy ray of sunlight struggles feebly down between the houses tall, and the foetid air and gritty of the dusty, dirty city through the open window floating, spreads its foulness over all...I can hear the fiendish rattle of the tramways and the buses making hurry down the street, and the language uninviting of the gutter children fighting, comes fitfully and faintly through the ceaseless tramp of feet. And the hurrying people daunt me, and their pallid faces haunt me, as they shoulder one another in their rush and nervous haste, with their eager eyes and greedy, and their stunted forms and weedy.'** Then, from this 'foul', 'foetid', 'dingy little office' world, Paterson envisioned the liberation of humanity from the human condition, writing, **'In my wild erratic fancy visions come to me...[from] the bush [the source of innocence, which] hath friends to meet...and their kindly voices greet...[and where you hear] the murmur of the breezes and the river on its bars, and [from there are able to]...see...the vision splendid of the sunlit [truth-filled] plains extended and at night the wondrous glory of the everlasting stars [everlasting truth].'** Incidentally, the wonderful phrase 'vision splendid' was also used by William Wordsworth in his incredibly honest 1807 poem *Intimations of Immortality*.

Paterson was even more explicit in his anticipation of the liberating understanding of the human condition emerging from the Australian bush (innocent countryside) in another of his works from 1889, his aptly titled poem *Song of the Future*. Using the analogy of the pioneers who finally forged the path through our eastern coastal mountain range (appropriately enough called 'The Great Dividing Range') that had barred the way to Australia's interior during the early days of white settlement, Paterson envisaged **'the future'** heroic, Australian-led expedition humanity would take from the alienated bondage of the human condition to the fertile, sun/understanding-drenched freedom of a human-condition-resolved new world. These are the key verses: **'Tis strange that in a land [Australia] so strong, so strong and bold in mighty youth [innocence], we have [back then in 1889] no poet's voice of truth to sing for us a wondrous song [explain the human condition]...We have no tales of other days, no bygone history to tell. Our tales are told where campfires blaze at midnight, when the solemn hush of that vast wonderland, the Bush, hath laid on every heart its spell [sheltered innocence]. Although we have no songs of strife, of bloodshed reddening the land, we yet may find achievements grand within the bushman's quiet life. Lift ye your faces to the sky, ye far blue mountains of the west, who lie so peacefully at rest enshrouded in a haze of blue; 'Tis hard to feel that years went by before the pioneers broke through your rocky heights and walls of stone, and**

made your secrets all their own [broke through the wall of denial blocking access to the truth about the human condition]. For years the fertile western plains were hid behind your sullen [alienated] walls, your cliffs and crags and waterfalls all weatherworn with tropic rains. Between the mountains and the sea, like Israelites with staff in hand, the people waited restlessly: They looked towards the mountains old and saw the sunsets come and go with gorgeous golden afterglow that made the west a fairyland, and marvelled what that west might be of which such wondrous tales were told...At length the hardy pioneers by rock and crag found out the way, and woke with voices of today, a silence kept for years and years [brought an end to the silence of the resigned world of denial]...The way is won! The way is won! And straightway from the barren coast there came a westward-marching host, that aye and ever onward prest with eager faces to the west along the pathway of the sun [what a lovely phrase: the pathway of the sun—the pathway to understanding]...Could braver histories unfold than this bush story, yet untold—the story of their westward march...Our willing workmen, strong and skilled, within our cities idle stand and cry aloud for leave to toil. The stunted children come and go in squalid lanes and alleys black [the end-play state of terminal alienation that humanity has arrived at prior to breaking through to self-understanding]...And it may be that we who live in this new land apart, beyond the hard old world grown fierce and fond and bound by precedent and bond [bound up in sophisticated, intellectual denial], may read the riddle [of the human condition] right and give new hope to those who dimly see [those who are embedded in blind denial/alienation], that all things may be yet for good and teach the world at length to be one vast united brotherhood. So may it be, and he who sings in accents hopeful, clear, and strong, the glories which that future brings shall sing, indeed, a wondrous song.'



While these two poems by Banjo Paterson are extraordinarily prophetic I have not yet included his most prophetic work, which is his 1895 poem *The Man From Snowy River*. Undoubtedly our most celebrated literary work, the poem lies at the very heart of Australian mythology—in fact, Australia's \$10 note (pictured above) features Paterson's image and, in microprint, all the words to *The Man From Snowy River*. Mythologies only develop and

endure if they contain a resonating deep truth and *The Man From Snowy River* certainly does. Ostensibly the poem is about a great and potentially dangerous ride undertaken by mountain horsemen to recapture an escaped thoroughbred that joined the brumbies (wild horses) in the mountain ranges, but what the poem is really recognising is that it is from the Australian bush that the answers about the human condition would finally emerge. In *The Man From Snowy River*, the character Clancy (the fictional stockman of Paterson's aforementioned poem *Clancy of the Overflow* reappears in this poem) persuades the station owner Harrison to let a **'stripling' 'lad'**—a boy—on his **'hardy mountain pony'** join their expedition to retrieve the escaped thoroughbred; Clancy argues, **'I warrant he'll be with us when he's wanted at the end.'** A boy is the embodiment of the innocence that is needed **'at the end'** of humanity's heroic journey of accumulating sufficient scientific understandings of the mechanisms and workings of our world to make it possible for innocence to assemble the denial-free explanation of the human condition. In fact, the story of David and Goliath in the Bible that Dylan referred to is actually another anticipation of this time when innocence, represented in that instance by David, would slay Goliath, would overcome the monstrous, all-pervading and all-powerful hold denial has on the world. Hans Christian Andersen's 1837 fable *The Emperor's New Clothes* contains the same truth that it would take a small boy to break the spell of the denial that has enslaved the human race—in that fable a child breaks the spell of the emperor's, and everyone else's, delusion that the emperor is clothed in fabulous garments by pointing out that the emperor is, in fact, naked; he was not the secure, confident person he was pretending to be but in fact an alienated wreck. So, in *The Man From Snowy River*, when **'the best and boldest riders'** (the resigned, alienated adults) finally **'took a pull'** on their reins at the edge of a **'terrible descent'** of a steep mountainside where the brumbies had gone and where **'any slip was death'**, the **'stripling' 'lad'** **'let his pony have his head, and swung his stockwhip round and gave a cheer, and raced him down the mountain like a torrent down its bed, while the others stood and watched in very fear'**—the innocent was able to confront the truth that so terrified resigned adults. The boy then **'ran [the brumbies]...till their sides were white with foam. He followed like a bloodhound on their track till they halted, cowed and beaten—then he turned their heads for home'** and **'brought them back'**—he fought all the denial and its alienation that has been enslaving the world to a standstill until it finally gave up the truth, which is what I had to do to find understanding of the human condition. Again, as I emphasised in Section 1:14, while it is a great story and one that had to be told so that we understand how the human condition was solved, being innocent enough to solve the human condition doesn't make me special, not in the slightest. Who is innocent and who is not innocent just doesn't matter anymore because we can now understand that *all humans are equally good—and we are also all free of the human condition now*. That old way of thinking about who is good and who is bad, who is better or worse, superior or inferior, is all cast on the rubbish heap of history now. In fact, as I said before, if you are determined to think in those obsoleted terms then those most upset, most alienated, least innocent are the true heroes/legends/stars of the world because they necessarily have been most involved in humanity's great battle to overthrow ignorance. I am relatively innocent, and I needed to be to solve the human condition, but I'm the very last person in the order of greatness of humans if you are determined to judge in those terms. But really, as I say, that sort of thinking is all over now; it's redundant. I am just another human doing his best from his particular situation—which happens to be from the innocent

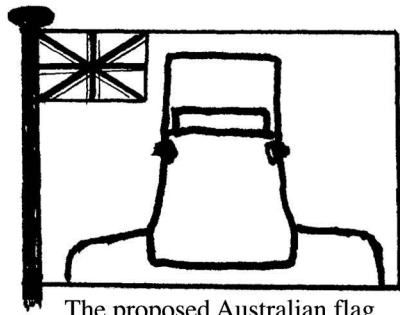
end of the spectrum of alienation that naturally exists among humans after our species' heroic two million year journey through ignorance—but we *do* have to get the truth up about all that happened and how it happened, so that we can move on from it.

Banjo Paterson also wrote the words of Australia's national anthem—well, it *should* be Australia's national anthem, at least it is widely-regarded as our unofficial national anthem—namely *Waltzing Matilda*. This ballad is really about the core characteristic of the Australian character: non-conformity with the sophisticated, intellectual, bullshit, false world of denial. Convicts formed the basis of European settlement in Australia (especially in the eastern states) and many of them were essentially non-conformists—often fey Irish (like our folk hero Ned Kelly) who wouldn't go along with the artificial, sophisticated, intellectual, resigned world of denial and, as a result, ended up as petty criminals. *Waltzing Matilda* tells the story of a non-conformist petty criminal 'swagman', or hobo, who chose to drown in a 'billabong', or waterhole, rather than fall into line with the bullshit, sophisticated, establishment 'squatter'/station owner mounted on his bullshit, sophisticated 'thoroughbred' and backed up by the bullshit, sophisticated, establishment troopers 'one, two, three'.

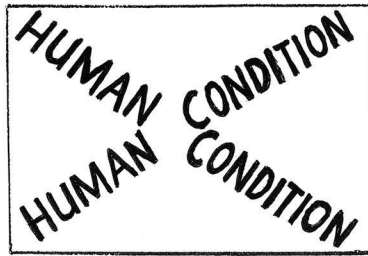
I won't include the words of *Waltzing Matilda* because they are well-known, but before describing the next anticipation from Australia of humanity's liberation I might mention that the Australian journalist Stuart Rintoul recognised the influence of the Irish in the Australian make-up when he wrote, '**The distinctive Australian identity was not born in the bush, nor at Anzac Cove: these were merely situations for its expression. No; it was born in [the relatively innocent, truthful, instinctual, Celtic] Irishness protesting against the extremes of [the more alienated, dishonest, intellectual, Anglo-Saxon] Englishness**' (*Weekend Australian*, 7–8 Nov. 1998). This resistance to the sophisticated, intellectual, world of denial that was so strong in the Australian character while I was growing up helped me enormously to hold onto my denial-free way of thinking. In fact, this characteristic has been *so* precious to me that I have even designed an Australian flag (see next image, on the left) that features Ned Kelly's famous bullshit/denial/intellectualism-deflecting armour that he ingeniously and self-sufficiently forged out of plough shears and in which he fought his last great battle against the establishment at Glenrowan in Victoria in 1880. I know people once visited Australia just to savour its irreverent, no-bullshit, so-called 'fair-dinkum' character—it's the same reason people still want to visit Ireland. The Irish are probably the most loved race in the world and with good reason: they have simply refused to embrace the sophisticated intellectual world of denial. Australia has been an amazing last bastion of soundness in the world, and what a crucial role it has played in being able to, as Banjo Paterson anticipated, '**read the riddle right and give new hope to those who dimly see...and teach the world at length to be one vast united brotherhood.**'

I should explain that the reason I said that this denial-defying characteristic 'was' and 'has been' so strong in the Australian character is because while, as Richard Reid, senior curator of the National Museum of Australia, reported, '**up until 1945 [the year I was born], up to one-third of Australians had some ancestral connection to Ireland**', '**proportionately...more people of Irish descent than any other spot outside of Ireland**' ('A celebration of Irish-Australian culture', *Australian Geographic* mag. 17 Mar. 2010), Australia has now merged into the great melting pot of alienation in the world. The innocence didn't last long, as it rarely does, but in that brief period '**achievements grand**' were certainly achieved—as the song *Holy Grail* said, '**it's a short song but it's a hell of a story**'. As

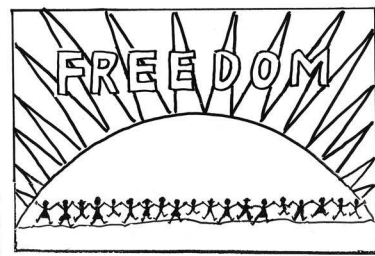
such, Australia's flag now is part of the world flag, which has the words 'human condition' writ large across it, from corner to corner. Thank heavens a new world flag can now be hoisted for the whole exhausted human race—a flag that shows human-condition-liberated humans of all degrees of upset, hand-in-hand and jumping for joy in front of an immense rising sun, with the words FREEDOM written across it! Again, it has to be emphasised that while we couldn't explain and defend the upset state of the human condition, we couldn't admit who was upset/alienated/had lost their innocence without leaving them condemned as bad or unworthy, but, now that we can explain and defend upset, it's both safe to acknowledge it and also *necessary* to acknowledge it if we are to understand, make sense of, and by so doing heal human behaviour. As Christ said, only **'the truth will set you free'** (Bible, John 8:32)—but of course it had to be the *full* truth that explained the good reason why the human race lost its innocence. When Christ said that **'the meek...inherit the earth'** (Matt. 5:5) he was recognising that a time would come when we would be able to safely recognise who is meek/innocent/sound, and who is not. As the science historian Jacob Bronowski once said, **'Self-knowledge is our destiny'** (The Ascent of Man, 1973, p.437 of 448), but, again, it had to be the compassionate *all-encompassing* truth about our variously upset states. Much more is said about the inevitably different degrees of upset amongst humans in Part 7:4 of *Freedom Expanded: Book 1*.



The proposed Australian flag



The current World Flag



The new World Flag

Drawings by Jeremy Griffith
© Peimex Pty Ltd 1998-2011

With regard to innocence not lasting long, but long enough to deliver the liberating understanding of the human condition, the French Algerian Albert Camus, who won a Nobel Prize for literature, wrote a phenomenally prophetic essay in 1940 titled *The Almond Trees* precisely about how, despite all the upset, all the corruption of soul in the world, in **'those shining lands where so much strength is still untouched'** that **'shining'** innocence would still last **'just long enough to prepare the fruit'**—find the world-saving liberating understanding of the human condition. He wrote that **'men have never ceased to grow in the knowledge of their destiny. We have not overcome our condition [the human condition], and yet we know it better. We know that we live in contradiction [between good and evil], but that we must refuse this contradiction and do what is needed to reduce it. Our task as men is to find those few first principles [biological understanding] that will calm the infinite anguish of free souls. We must stitch up what has been torn apart [find the reconciling understanding of the human condition]...Naturally, it is a superhuman task. But tasks are called superhuman when men take a long time to complete them, that is all. Let us then know our aims, standing steadfast on the mind...The first thing is not to despair...When I lived in Algiers, I would wait patiently all winter because I knew that in the course of one night, one cold, pure February night, the almond trees of the Vallée des Consuls would be covered with white flowers. I was then filled with delight as I saw this fragile snow stand up to all the rain and resist the wind from the sea. Yet every year it lasted, just long**

enough to prepare the fruit. This is not a symbol. We shall not win our happiness with symbols. We shall need something more weighty. All I mean is that sometimes, when life weighs too heavily [with depression] in this Europe still overflowing with its misery [alienation], I turn towards those shining [innocent] lands where so much strength is still untouched. I know them too well not to realize that they are the chosen lands where courage [to defy all the dishonest denial in the world] and contemplation [denial-free, honest thought] can live in harmony...Before the vastness of the undertaking, let no one in any case forget strength of character. I do not mean the one accompanied on electoral platforms by frowns and threats. But the one that, through the virtue of its whiteness [innocence] and its sap [soul strength], stands up to all the winds from the sea [stands up to all the denial]. It is that which, in the winter for the world, will prepare the fruit [find the liberating understanding of the human condition]' (*Summer*, 1954, pp.33-35 of 87).

To return now to the Australians who anticipated the emergence of understanding of the human condition in Australia.

Henry Lawson, who was introduced in Section 1:4 when his poem about Resignation, *The Voice from Over Yonder*, was included, is another of Australia's greatest poets, and he too wrote about the role of the 'strength of character' of the 'fragile', 'still untouched', 'pure', innocent, 'shining' 'chosen land' of Australia to 'stand up to' all the denial in the world and 'find those few first principles that...stitch up what has been torn apart', which weren't able to be found in the upset, corrupted, soul-exhausted 'winter for the world' of 'Europe [which is] still overflowing with its misery' of alienation. Making the same insights, employing the same comparisons and using the same imagery as the other songs and poems that have been mentioned, Lawson wrote in one of his poems of 1892, the appropriately titled *When the Bush Begins to Speak*, that 'They know us not in England yet, their pens are overbold. We're seen in fancy pictures that are fifty years too old. They think we are a careless race—a childish race, and weak. They'll know us yet in England, when the bush begins to speak [when innocence makes its contribution]...“The leaders that will be”, the men of southern destiny, are not all found in cities that are builded by the sea. They learn to love Australia by many a western creek. They'll know them yet in England, when the bush begins to speak...All ready for the struggle, and waiting for the change, the army of our future lies encamped beyond the [coastal] range. Australia, for her patriots, will not have far to seek, they'll know her yet in England when the bush begins to speak...We'll find the peace and comfort that our fathers could not find, or some shall strike the good old blow that leaves a mark behind. We'll find the Truth and Liberty [the truth about the human condition that brings liberating understanding to humanity] our fathers came to seek, or let them know in England when the bush begins to speak.'

In another extraordinarily prescient work (which again has the same insights, comparisons and imagery), the Australian poet A.D. Hope also wrote of the role of the relatively innocent continent of Australia in delivering liberating understanding of the human condition. In his 1931 poem, actually titled *Australia*, Hope wrote of 'A nation of trees, drab green and desolate grey...Without songs, architecture, history...And her five cities, like five teeming sores, each drains her, a vast parasite robber-state, where second-hand Europeans pullulate timidly on the edge of alien shores. Yet there are some like me turn gladly home from the lush jungle of [alienated, dishonest, intellectual] modern thought, to find the Arabian desert of the human mind, hoping, if still from the deserts the prophets [innocent, unresigned, denial-free, truthful, profound, effective thinkers] come. Such savage and scarlet as no green hills dare, springs in that waste, some spirit which escapes the learned doubt, the [dishonest, intellectual as opposed to the honest, instinctual] chatter of cultured apes which is called civilization over there [in England].'

In his exceptionally prophetic 1995 book, *Edge of the Sacred*, the Australian academic David Tacey similarly anticipated Australia's pivotal role in lifting the siege humanity has been under of the dilemma of the human condition. In the book's final chapter, titled 'The Transformation of Spirit', Tacey wrote: **'Australia is uniquely placed not only to demonstrate this world-wide experience but also to act as a guiding example to the rest of the world. Although traditionally at the edge of the world, Australia may well become the centre of attention as our transformational changes are realised in the future. Because the descent of spirit has been accelerated here by so many regional factors, and because nature here is so deep, archaic, and primordial, what will arise from this archetypal fusion may well be awesome and spectacular. In this regard, I have recently been encouraged by Max Charlesworth's essay "Terra Australis and The Holy Spirit". In a surprisingly direct—and unguarded?—moment, Charlesworth says: "I have a feeling in my bones that there is a possibility of a creative religious explosion occurring early in the next millennium with the ancient land of Australia at the centre of it, and that the Holy Spirit [denial-free thinking—'holy' actually has the same origins as the Saxon word 'whole', which means 'well, entire, intact', so 'holy' is actually a recognition of soundness, of lack of alienation, of lack of separation from the truth, of lack of denial] may come home at last to Terra Australis". I am pleased that this has already been said, because if Charlesworth had not said it, I would have been forced to find within myself exactly the same prophetic utterance'** (p.204 of 224). (I should clarify that while the arrival of understanding of the human condition brings about an incredible spiritual awakening in humans—as if rising from the dead—it does not bring a 'religious explosion'. As was explained in Section 1:10, in a religion you do give up living out your upsets and instead defer to and live through your support of the sound life and words of the prophet around whom the religion is founded, which is similar to the TRANSFORMED WAY OF LIVING, which involves letting go of living out your upset state, however, in the new TRANSFORMED WAY OF LIVING you are giving your support not to the *embodiment* of the ideal state in the form of a religion's prophet, but to the *understanding* of the ideal state and the good reason for our species' historic departure from it. This is all about *the end of faith and dogma* and *the beginning of knowing*. And as we will discover, living through a framework based on actual scientific understanding of our human condition—the complete explanation and defence of each of us no matter who we are or what we have done—is like nothing we or the world has ever experienced. The relief and happiness that will flow through our veins and through the world now is almost incomprehensible.

This 'prophetic' anticipation by Tacey and Charlesworth of the 'transformational' liberation of humanity from the human condition being initiated in Australia reinforces U2's lead singer Bono's intuition (which was mentioned in Section 1:14) that **'in Australia...a new society [is] being dreamt up...to lead the world'**.

The vision, the hope, the faith, the belief in humanity's eventual liberation from the human condition has existed within us all since time immemorial—and all the false starts to that fabulous future that have been occurring throughout history serve to reveal just how much humanity has hungered for its arrival. They also serve to show how gloriously functional an ego-less existence for humans is going to be. The apostle St Paul gave possibly the best sales pitch ever for Christianity when he compared Christianity (where deferment to the embodiment of the ideals in Christ made you feel you were good or 'righteous') with the previous best way of coping with the upset state of the human condition, which was Moses'

Ten Commandments (where you restrained your upsets out of fear of punishment). St Paul said, **‘Now if the ministry that brought death, which was engraved in letters on stone, came with glory [glorious because those laws restrained excessive upset and by so doing brought society back from the brink of destruction]...fading though it was [there was no sustaining positive in having discipline imposed on you], will not the ministry of the Spirit be even more glorious? If the ministry that condemns men is glorious, how much more glorious is the ministry that brings righteousness! For what was glorious has no glory now in comparison with the surpassing glory’** (2 Cor. 3:7–11). Well, if religion was an infinitely more ‘glorious’ way of living to living out of fear of punishment, the new ‘surpassing glory’ to religion of the TRANSFORMED LIFEFORCE WAY OF LIVING, which the ending of the battle to find understanding of the human condition brings, is *so* wonderful, *so* ‘glorious’ that it is completely beyond comparison with any way of living conscious humans have ever experienced. The ‘glory’ that comes to the human race now is unimaginably exciting—well, what did Beethoven’s symphony say? **‘Joy’, ‘Joyful, as a hero to victory!’, ‘Join in our jubilation!’, ‘We enter, drunk with fire, into your sanctuary...Your magic reunites...All men become brothers...All good, all bad...Be embraced, millions! This kiss for the whole world!’**

So the message is clear: *become a member of the WORLD TRANSFORMATION MOVEMENT and ‘Join in our jubilation!’*—don’t miss out on the most exciting event in the history of the world!

Section 4:2 The TRANSFORMATION of the world, by Jeremy Griffith

The brief description I’m about to give of just how exciting and world-changing this new TRANSFORMED LIFE for humans is going to be is mostly a condensation of what I have presented in Section 2:3.

A number of founding members of the WTM, including myself, my brother Simon and Tim Macartney-Snape, benefited from the influence of Australia’s greatest ever educator, Sir James Darling, as students at Geelong Grammar School (GGS) in Victoria. Described as **‘a prophet in the true biblical sense’** in his 1995 full-page obituary in *The Australian* newspaper (view Sir James’ obituary at <www.humancondition.com/darling-obituary>), Sir James was certainly an extraordinarily profound, denial-free, truthful thinker whose words I refer to often in my writing. In one of his famous speeches, Sir James said, **‘selfishness is, as it has ever been, the ultimately destructive force in a society, and there are only two cures for selfishness—the regimented state which we all profess to dislike, and the change of heart, which we refuse to make. That is the choice, believe me, for each one of us, and we have not much time in which to make it. The need for decision [to have a ‘change of heart’ and live selflessly] is serious and urgent, and the sands [of time] are running out’** (GGS Speech Day address in 1950, *Light Blue Down Under*, by Weston Bate, 1990, p.219 of 386).

Sir James has, in this passage, identified selfishness as **‘the ultimately destructive force’** and stated that historically there have only ever been **‘two cures for selfishness—the regimented state which we all profess to dislike, and the change of heart, which we refuse to make’**. The **‘regimented state’** is obviously a reference to the dogmatically imposed and strictly enforced selfless, cooperative, communal, social state of socialism/communism. As has been emphasised, being fully conscious, self-managing beings, having to subordinate our thinking mind to dogma was never going to work. De-braining ourselves was no real solution to our problems. Ultimately,

we needed brain food, not brain anaesthetic. Our thinking mind needed understanding—specifically, understanding of why we humans are fundamentally good and not bad, evil, worthless beings. In short, we needed the dignifying, redeeming and TRANSFORMING understanding of the human condition. But what Sir James also recognised in this passage was that, despite the urgency, we would **‘refuse to make’** the **‘change of heart’** from living selfishly to living selflessly until humanity achieved that breakthrough. And he was right—until the liberating understanding of why humans are fundamentally good and not bad was found we *had no choice* but to keep on trying to achieve some relief from the insecurity of our condition by finding superficial ways to prove we are good and not bad, such as through winning power, fame, fortune and glory. We had no choice but to be ‘ego-centric’—we had no choice but for our conscious thinking self (which is how the *Concise Oxford Dictionary* defines ‘ego’) to be focused or ‘centred’ on trying to prove it/we are not bad, worthless and meaningless. It is *only now* with the fundamental, trustable, knowable, first-principle-based, dogma-free biological understanding of why we humans are not bad that we can afford to stop trying to prove we are not bad all the time—that we can stop being egocentric; let go of being so self-worth-preoccupied; live for the human-condition-understood world FREE of that old insecure existence; TRANSFORM from being selfish to selfless; have the **‘change of heart’** that Sir James recognised was so **‘serious and urgent’**.

Since materialistic luxuries, like glittering dresses, sparkling diamonds, bubbling Champagne, huge chandeliers, silver tea sets, big houses, swimming pools and shining, pretentious cars gave us the fanfare and glory we knew was due us, but which the world in its ignorance of our true goodness would not give us, materialism was one of the important means by which we could sustain our sense of self-worth while the upsetting search for the liberating understanding of why we are good and not bad was being carried out. In fact, when we only had our ability to win power, fame, glory and fortune (and, with that fortune/money/wealth/capital, acquire materialistic luxuries) to sustain our sense of self-worth while the upsetting search for understanding of our worth was being carried out, those relieving artificial forms of reinforcement were the only engines driving the old insecure world—the *only* rewards sustaining the all-important search for self-understanding (which is why socialism, which sought to replace the engine of greed with the idealism of selfless cooperativeness before we had found self-understanding, couldn’t and didn’t work). So, this egocentric, self-centred, individualistic, selfish, greedy, competitive, power-fame-fortune-and-glory-seeking existence *was also a ‘constructive force’* as well as the inequality-producing, human-suffering-causing, Earth-destroying **‘destructive force’** that Sir James so aptly described it as. Yes, there was truth indeed in the saying **‘Greed is good.’** The demonstrations against greed and capitalism that we have been witness to in 2011 and 2012 are in truth naive, pseudo idealistic, make-yourself-feel-good-but-don’t-solve-anything protests against the reality of the insecurity of life under the duress of the human condition. Of course, this constructive and destructive, ‘good and bad’ aspect of our behaviour is the core paradox (or **‘riddle’**, as Banjo Paterson referred to it in *Song of the Future*) of the human condition that we are now at last able to explain and understand.

Nevertheless, while the **‘selfishness’** of the old egocentric, self-centred, individualistic, selfish, greedy, capitalistic, competitive, materialistic way of living was the driving force that

kept the all-important search for the relieving understanding of why we humans are good and not bad going, and was thus a ‘constructive force’, it was, as Sir James said, the **‘ultimate’ ‘destructive force in a society’** because in the end *only* a selfless way of living works. *Ultimately* selfishness *is* destructive. No matter how much you try to control and regulate it, a society operating from a basis of selfishness will ultimately become dysfunctional. There was a limit to how long we could keep going under the drive of selfish greed. For human civilisation to survive, selflessness *had to* become the driving force in the world; *ultimately, there had to be*, as Sir James said, **‘a change of heart’**. As many people have recognised and said over the years, **‘it’s not that humans lack the ability to fix the world, it’s that they lack the will’**, which is the **‘change of heart’**, the preparedness to live selflessly that Sir James recognised was needed.

So despite its precious contribution to the human race’s progress towards finding understanding of ourselves, the ultimate truth is that selfishness, especially insatiable materialistic, capitalistic greed, was poised to destroy the world. It was ‘insatiable’ because, as an artificial form of reinforcement, materialism was never going to genuinely make us feel we were good and not bad—*only* understanding of our fundamental goodness could and now does achieve that. Mahatma Gandhi was really making this point about the insatiability of trying to make yourself feel good by surrounding yourself with material luxury when he famously said, **‘Earth provides enough to satisfy every man’s need, but not every man’s greed.’** Yes, and when F. Scott Fitzgerald wrote in *The Great Gatsby* that **‘Living well is the best revenge’** (1925) he too was recognising that while we lacked the real **‘revenge’** for the injustice of the human condition, namely reconciling understanding, materialism *was* **‘the best revenge’** we had. So, it is going to be an enormous relief now for the planet and for humankind—in fact, it is going to make *all* the difference—that, through the finding of understanding of why we humans are good and not bad, we can finally let go of our selfish, egocentric, have-to-prove-our-worth, materialistic, power-fame-fortune-and-glory-seeking way of living and take up the TRANSFORMED, human-condition-liberated, selfless existence; again, have that **‘change of heart’** Sir James recognised we had to have.

Just to illustrate the change that is going to come to our old materialistic way of living, in front of me is a teaspoon—well, the monetary value of all the human-glorifying, egocentric content and effort that has gone into its ornate, embellished design, extravagant silver plating and competitive salesmanship and marketing to sell it to me, etc, etc, could feed a starving person for a week! Almost everything I see in front of me—my extravagant watch, my fancy shirt, my sophisticated pen—is in truth obscenely extravagant in a human-condition-free world. I should re-design all these items so they are not so extravagant, and it won’t be long before I and everyone else in the world will be doing just that. Imagine if all the car makers in the world were to sit down together to design one extremely simple, embellishment-free, functional car that was made from the most environmentally-sustainable materials, how cheap to buy and humanity-and-Earth-considerate that vehicle would be. And imagine all the money that would be saved by not having different car makers duplicating their efforts, competing and trying to out-sell each other, and overall how much time that would liberate for all those people involved in the car industry to help those less fortunate and suffering in the world. Likewise, imagine when each house is no longer designed to make an individualised, ego-reinforcing, status-symbol statement for its owners and all houses are

constructed in a functionally satisfactory, simple way, how much energy, labour, time and expense will be freed up to care for the wellbeing of the less fortunate and the planet. These TRANSFORMATIONS are all going to occur.

Again, while we *needed* the individualistic, materialistic world to sustain our sense of self-worth while we couldn't establish it through understanding, now that we have established it that old way of living is obsoleted. Recall how, having adopted the TRANSFORMED STATE, Doug Lobban's only desire was to fix the world, starting with his shower curtain! He had let go of his egocentric mindset when he became TRANSFORMED. The finding of understanding of the human condition naturally brings about a whole new way of living. There's no dogma involved, like there was in socialism—this is about the *end* of dogma and also of faith, and the *beginning* of understanding.

It will certainly take time, in fact, a few generations, for us humans to sufficiently absorb the understanding of the human condition for our underlying insecurity to be fully ameliorated or healed and thus the need for some artificial reinforcement from materialism, etc, etc, to completely disappear, but once you adopt the TRANSFORMED STATE, while you haven't eliminated the insecure state of the human condition within yourself, you have completely changed your mind's focus from living an ego-embattled, selfish life to living selflessly—you have had that '**change of heart**', the fundamental change of direction, that Sir James recognised was so urgently needed to fix the world.

Importantly, the more this '**change of heart**' TRANSFORMATION catches on, the easier it will be for people to move from the old insecure, ego-centric way of living to the new secure, ego-less way of living. The old egocentric way of living has had such a powerful hold on humans because while there was no understanding of the human condition all we had was the superficial reinforcement we gained from seeking power, fame, fortune and glory, but once that relieving understanding is found, as it has been, that old egocentric way of living quickly loses its power—so quickly, in fact, that everyone will be amazed by how quickly their need for the old artificial forms of reinforcement falls away.

The great '**change of heart**' is on! Imagine when we no longer have to dress to impress, deceive and disguise—especially when women no longer have to be preoccupied with being sex objects—how much freedom that is going to unleash, and how much time, energy and resources it will save? Imagine when communication technology is used only to spread reconciling truth rather than truthless, alienated, escapist, superficial drivel, as it is currently doing—how much relief that is going to bring to humans and thus our world? End the human condition and you end all the big problems of the world—and thus all the little problems too.

The overall point I'm making is of the immense power of cooperative selflessness to solve *all* our problems. If we were all selfless we could solve the AIDS epidemic literally overnight because all it would take would be for everyone to agree to be tested for the AIDS virus and those who tested positive to agree to not have sexual relationships with anyone who doesn't have the virus. When everyone is selfless we will be able to solve the greenhouse gases, global warming problem almost overnight by everyone agreeing to hold every third breath or something—that's obviously not going to work, but the point is we will be able to do whatever it takes! Actually, the most effective control mechanism we have available to us is our ability to curb our numbers by not reproducing as much, at least until we have stabilised

all the threats to our world. It is the capacity to be selfless that has been missing from the human situation.

Understandably, this power of selflessness has not been something we humans wanted to acknowledge or think about because it has been too confronting of our present massively embattled, ego-hungry, desperately-needing-self-gratification-and-glorification, selfish, greedy, materialistic existence. We have *had to* live an alienated, escapist, materialistic life because we haven't been able to live a secure, honest, spiritualistic life, but now, with the human condition explained, we can. Earlier, I used the example of a Seventh-Day Adventist community to illustrate the power of cooperation, but its power is actually most apparent in ant and bee colonies—truly, as King Solomon advised, '**Go to the ant...consider its ways and be wise**' (Proverbs 6:6). The 2004 award-winning documentary *Ants—Nature's Secret Power* admitted the power of selfless cooperation when it concluded that '**The secret of ant societies is their cooperation...[it's what has enabled them to] act as a superorganism...[and become] nature's true world power**' (produced by Adi Mayer Films, ORF Austrian Broadcasting Company with Docstar and WDR). It is us self-adjusting, conscious humans who—now that we no longer have to live an insecure, selfish existence and can live a selfless, cooperative existence—will now become '**nature's true world power**'.

As I have previously said, the main reward for members of the WORLD TRANSFORMATION MOVEMENT is the anticipation and the excitement of being effectively free of the human condition—the joy and happiness of being liberated from the burden of your insecurities and self-preoccupations; the awesome meaning and power of finally being aligned with the truth and participating in the magic true world; the wonderful empathy and equality of goodness and fellowship that understanding of the human condition now allows you to feel for your fellow humans; the freedom now to effectively focus on repairing the world; and, above all, the radiant aliveness from the optimism that comes with knowing our march through hell has finally ended.

This WORLD TRANSFORMATION MOVEMENT has a slow beginning because humans initially find it difficult even taking in or 'hearing' discussion about the human condition, but it won't be long before our website is discovered and then word of it and what it offers every human and the world will spread like wildfire—as de Chardin said, '**The Truth has to only appear once...for it to be impossible for anything ever to prevent it from spreading universally and setting everything ablaze.**' Before long we will be marketing our own human-condition-free, world-saving products, providing our own all-exciting and meaningful, denial-free, honest, human-condition-understood films, documentaries and books, launching our own TV station—and our website will be the biggest in the world, bigger than Google or any other existing site. And all this is not deluded hubris, or wild guessing, it is simply the logical truth of what happens when the dignifying, redeeming and healing understanding of the human condition is finally found—as all the quotes from prophets, songwriters and poets included earlier testify.

The bottom line truth is that *only* the finding of the reconciling understanding of the human condition and the '**change of heart**', TRANSFORMED STATE for humans that it finally makes possible can save the human race. The WORLD TRANSFORMATION MOVEMENT provides the *only* path forward for humankind. All else is ever-increasing, excruciating, unthinkable suffering and ultimately doom for our species. So become a MEMBER of the WORLD TRANSFORMATION MOVEMENT!