Chapter 9:7 But how does the Transformed Lifeforce Way of Living solve the problem of the unbearable, 'judgment day' exposure that understanding of the human condition unavoidably brings?

[1182] What is yet to be explained is how are humans going to cope with having all our upsets that we have been living in denial of suddenly exposed; how are we going to manage the arrival of the liberating but at the same time all-exposing **'day of judgment'**, **'the Day of Reckoning'** when '[Our] **nakedness will be exposed'** and **'not one secret of** [ours will be] **concealed'**? The simple answer is that we don't try to confront all the truth about our corrupted condition. Once we have investigated these understandings sufficiently to know that they have explained the human condition, we don't actually need to know any more than that to take up a life where we direct all our thoughts and energies into supporting these understandings, and to the repair of the world that they finally make possible. We don't *need* to know the full extent of the truth that this information reveals about the upset state of humanity; and we particularly don't need to know how it explains and reveals everything about our own human-condition-afflicted life.

[1183] Yes, we can leave our upset behind as dealt with for *two* reasons: firstly, for the reason already given, that healing all our psychoses and neuroses would require a great deal of time and supportive counselling that simply isn't possible at the moment; and, secondly, because trying to face all the truth that is now revealed about our upset condition could be too confronting, exposing and depressing, and thus dangerously destabilising, an exercise.

[1184] The danger is that if we study this information beyond what our particular level of soundness and security of self can cope with we risk becoming overly confronted by the extent of our corrupted condition and dangerously depressed. As has been pointed out, the human race has coped thus far by maintaining extreme levels of denial of many, many truths, so obviously we can't hope to dismantle that edifice of denial overnight. Humans typically take months, if not years, to adjust to big changes in our lives, so in this *massive* paradigm shift, which takes us from a position where we didn't face *any* truth about our corrupted condition to facing the prospect of having *all* the truth about it exposed, we have to accept that it will be a process that will take generations, but that doesn't mean we each can't support the truth while this adaption, and the digestion and healing that goes with it, takes place. We simply can't hope to, and mustn't, overly confront the truth while this long process of adjustment takes place, and, 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, again, that doesn't mean that everyone can't *immediately* access and live in support of these human-race-liberating understandings. Freedom from the human condition is only a decision away now for all humans.

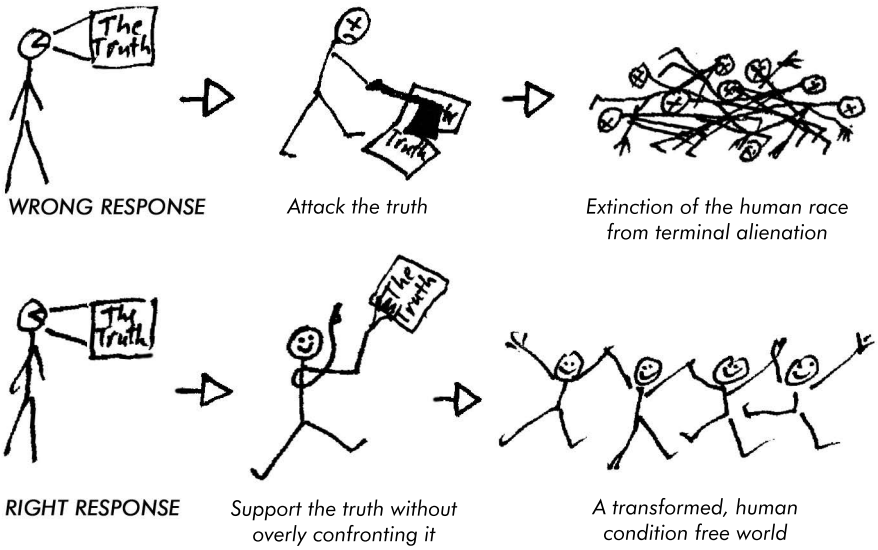
[1185] Regarding the degree to which we should each investigate these explanations, obviously it is necessary to sufficiently verify to our own satisfaction that they are the liberating understandings of the human condition that the whole human race has been tirelessly working its way towards for some 2 million years—but we shouldn't risk investigating them to the extent that we start to become *overly* exposed and confronted by the truths they reveal. Having lived without any real understanding of human life it is natural to want to keep studying these explanations that finally make sense of the world, both within and around us, but, again, such

analysis can lead to becoming overly confronted and depressed by the extent of our own corrupted state, and that of our world. The mistake this particular reader of my books made was that he **'pushed'** his investigation of these understandings of human behaviour further than his soundness of self could cope with: **'I was halfway through enlisting for the army when Jeremy's words truly hit home. Nothing could touch me in that time, everything made perfect absolute sense. Then things started to change. I wanted to go further but something stopped me and when I pushed I felt the worst fear I have ever known. Fear doesn't even go close to expressing it. What do you suppose you do when you find the most fearful thing you'll ever encounter is yourself'** (WTM records, Mar. 2003). The more intelligent and/or the more educated in the human-condition-avoiding, denial-based, mechanistic, reductionist paradigm, who pride themselves on being able to think and study and grasp 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 and irresponsible and, in any case, unnecessary.

[1186] 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 since Resignation became universal, the more innocent and sound, the more soulful and instinctual and functional, the less upset or corrupted or dysfunctional, will do so. As the story of Adam Stork reveals, throughout the 2-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). 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). In his 1964 song *The Times They Are A-Changin'*, Bob Dylan also anticipated the paradigm shift that the arrival of understanding of the human condition brings: **'Come gather round people wherever you roam / And admit that the waters around you have grown / And accept it that soon you'll be drenched to the bone** [the end play state of terminal alienation is upon us]**…keep your eyes wide, the chance won't come again** [for the denial-free understanding of the human condition to be found]**…the loser now will be later to win / For the times they are a-changin'…Don't stand in the doorway, don't block up the hall / For he that gets hurt will be he who has stalled / The battle outside ragin' / Will soon shake your windows and rattle your walls** [the liberating, but also exposing, truth about humans is on its way] / **For the times they are a-changin'** // **Come mothers and fathers throughout the land / And don't criticize what you can't understand / Your sons and your daughters are beyond your command / Your old road is rapidly agein' / Please get out of the new one if you can't lend your hand / Oh the times they are a-changin'** // **The line it is drawn, the curse it is cast** [the exposing truth about humans is out] / **The slow one now will later be fast /**

As the present now will later be past / The order is rapidly fadin' / And the first one now will later be last / For the times they are a-changin'.'

[1187] So as with having to abandon our obsoleted upset, resigned, competitive, power-fame-fortune-and-glory way of living, investigating the truth only to the degree we are sound enough to do so will initially be a difficult proposition for the denial-based world to accept, but it too is a proposition that can be understood and accepted as reasonable. It is the more secure in self, 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. This means that it can be particularly dangerous for people with a history of psychological instability to study these understandings more than their security of self can cope with. Furthermore, if you *do* become overly confronted by what is being presented your natural reaction could be to try to attack and deny it in order to protect yourself—in effect, reinstate all your denials and those of others, which means advocating humanity's retreat *back into* Plato's dark cave of denial that the human race has been desperately trying to get out of for 2 million years! Yes, if you do become overly confronted, you could become, as Dylan warned, **'hurt'** and **'stalled'**, defensive, angry and retaliatory toward the information, and the consequence of such a response could be to, in effect, sabotage the efforts of every human who has ever lived to bring the human race to this dreamed-of moment of its liberation. As documented in chapter 6:12, '*The* great obscenity', we in the World Transformation Movement (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. In short, 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. Accordingly, we urge people with serious mental health issues or a history of psychological instability to seek the ongoing support and assistance of professional counsellors for their particular condition. At this early stage of its development, the WTM does not have the resources to provide such support and assistance.



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[1188] So while initially it will be difficult accepting this advice to only investigate all this amazing truth that is now available about humans to the degree that each person is sound enough to do so, with honesty it *can* be appreciated that it is a reasonable and necessary proposition. For instance, 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). To enter university you had to pass entrance exams that assessed your IQ, your suitability to study complex subjects like higher mathematics and physics, because if you didn't have an adequate IQ you would make little progress in studying such subjects. Well, 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. But, importantly, with the explanation of the human condition we can now appreciate that while everyone *is* necessarily variously upset/unsound/alienated, that upset/unsoundness/alienation 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 certain complex subjects. As has been emphasised throughout this book, upset is not an evil, sinful, bad state—it is a heroic, good state, because it is an unavoidable product of humanity's heroic, all-important search for knowledge.

[1189] The overall situation then is that 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. If you start to feel unbearably confronted then restrict your study of the information. Again, the human race cannot have lived in the darkness of both ignorance and denial for some 2 million years and then suddenly be able to face all the truth about ourselves individually; it is simply not a reasonable expectation. Everyone *has to* expect that there will be a limit to how deeply they can afford to look into this information. But 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. As emphasised, although existing generations who grew up without these understandings will still suffer the effects of the human condition, they can still live effectively free of the human condition because they no longer have to live preoccupied with it. It will be future generations who will be in the best position to further develop these understandings of the human condition because among current generations there are naturally very, very few individuals who remain secure enough in self to confront, study and develop them. The main point to remember is that once you know that this information has explained the human condition then you know all the upset in the world and within you is now explained and defended—which means you *can*, as described earlier, 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 completely free and unencumbered into the new, human-condition-liberated world. You can join the Sunshine Army on the Sunshine Highway to the World In Sunshine.

[1190] Once you know this information is true, that the upset state of the human condition is 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 focus all your attention on developing

a human-condition-free new world. You can preoccupy yourself with disseminating this information throughout the world and to a fresh generation, and with supporting all the projects that must now be undertaken to rehabilitate the world from the destructive effects of 2 million years of living under the duress of the human condition. In fact, it shouldn't even be necessary to talk about the whole issue of the human condition any more than what appears in this presentation and in the presentations on the World Transformation Movement website. Humanity moves on to an entirely new paradigm of reality now. We get the truth up, and we move on.

[1191] Yes, all that matters now is that the truth 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 should do now is support the truth about the human condition and it will achieve everything everyone has ever dreamt of. If we look after this information it, in turn, will look after each of us and the world. That is the mantra of the new world that understanding of the human condition brings about.

[1192] We, the existing generations, are now *the conduit generations*, the generations who will connect the old dead world to the new living world. Having grown up 'in the dark' without understanding of the human condition, our priority is to shine the light on these insights to ensure fresh generations 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 condemnation—that previous and existing generations have had to resort to. 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—and not having to grow up with all the dishonesties, denials, delusions, artificialities and superficialities that current generations have had to endure, they will be like a new species of beings. They will have an inner freedom that is almost unimaginable to those who grew up without understanding of the human condition. As described in pars 113-118, Holden Caulfield, the central character in J.D. Salinger's seminal book, *The Catcher in the Rye*, said that **'the only thing that I'd really like to be'** is a **'catcher in the rye'** saving **'thousands of little kids'** from going **'over the cliff'** of Resignation. Well, we can *all* start living Holden's dream now; we can all become **'catcher**[s] **in the rye'**!

[1193] Yes, finding understanding of the human condition is the dreamed-of breakthrough that can bring about the complete transformation—in fact, TRANSFIGURATION—of the entire human race and thus our world. The word transfiguration means **'a change that glorifies or exalts'**, **'a marked change in form or appearance; a metamorphosis'** (*The Free Dictionary*; see <www.wtmsources.com/140>), so it is a perfect description for what happens to humans when, through the application of dignifying, uplifting, relieving, ameliorating, reconciling, redeeming, healing and curing understanding, we are finally able to not only end our old egocentric, must-prove-that-we-are-not-bad, insecure, human-condition-afflicted existence, but enter an incredibly exciting state of glorious freedom, optimism and human-condition-liberated, empowered-to-repair-the-world capability.

[1194] I should make the point here that evidence that the human race can survive the exposure of 'judgment day'—and not merely survive it but live with it in an absolutely wonderfully joyous and exciting way—is provided by the affirmations that have been given by people living in the Transformed Lifeforce State (which can be viewed at <www.humancondition.com/affirmations>), and by the existence of the many other people who have been aware of and have lived happily with these understandings for decades. While a few people have become psychologically destabilised by these understandings, that is to be expected given the scale and the novelty of the change that these understandings bring—and that, initially, there was always going to be a few people who would not heed the advice to study these understandings *only* to the degree that they could personally cope with them, and to stop if they started to become overly confronted and destabilised. This advice especially applies to people with a history of psychological instability. But of course the ultimate evidence that it is possible for the human race to survive 'judgment day' is inherent in the fact that the human race would never have struggled so determinedly all these thousands of generations to find understanding of the human condition if we didn't intuitively know that we could free ourselves from the human condition when that understanding finally arrived.

[1195] It should also be said that if you are one of the rare people who find it relatively easy to read, access and absorb all the immensely human-condition-confronting insights in this book—someone who is fortunate enough to be relatively secure in self—you have a special responsibility to help support and promote these understandings that are the only thing that can save humanity from torturous extinction. Clearly, at this great transition point in the human journey where the human race changes from living in denial to living honestly, those who can make that transition most easily have a special responsibility to make sure that the initial inclination of many to want to maintain denial of these insights doesn't prevail. As the prophet Daniel said, **'the people who know their God** [those who are not overly afraid of such fundamental truths as Integrative Meaning] **will** [must] **firmly resist'** (Bible, Dan. 11:32) those who aren't so secure; and **'None of** [those who have especially suffered from the battle of the human condition]**…will understand, but those who are wise will understand'** (ibid. 12:10). Hosea similarly warned that those **'Who is** [are] **wise'** and **'discerning' 'will understand' 'but… the rebellious** [will] **stumble'** (Bible, Hos. 14:9). It has always been important for those who have the good fortune to be secure in self to stand up and give leadership, but at this moment of immense paradigm shift it is *critically* important that they do so. You *must* ensure this information survives and prospers—send copies of this book to key people (or direct them to the freely available copy at <www.humancondition.com>), write supportive reviews, get involved.

[1196] So, for the human race to be saved two things have to happen—and both contributions are equally critical—as Bob Dylan **'plea**[ded]**'**, now that **'the times they are a-changin"** the less secure must do their utmost not to **'stand in the doorway'**, while the more secure must **'lend your hand'**. Of course, the Transformed Lifeforce State is the way that allows *everyone* to easily be involved in supporting this immense transition that saves the world.

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