

## 4. ABOUT THE TRANSFORMED STATE

### **WTM FAQ 4.1 How can everyone's lives be immediately transformed? / What is the transformed state? / How is the transformation that this information brings about different to deferring to a religion?**

[Note: this answer is repeated in WTM FAQ 1.4]

#### **How can everyone's lives be immediately transformed? / What is the transformed state?**

The finding of the biological explanation of the human condition by biologist Jeremy Griffith makes possible the immediate transformation of your and every other human's life from a human-condition-stricken state to a human-condition-free life of unimaginable happiness and excitement.

As this fully accountable, psychosis-addressing-and-solving, *real* biological explanation of the human condition (that is presented in Video/Freedom Essay 3\*) reveals, when we humans became fully conscious some 2 million years ago a battle for the management of our lives unavoidably broke out between our already established gene-based, naturally-selected instinctive orientations and our newly emerged nerve-based, understanding-dependent, self-adjusting, fully conscious mind. Unable to explain and understand *why* we had to challenge our instincts, we became psychologically retaliatory, defensive and insecure—upset sufferers of the angry, egocentric and alienated human condition. But having now finally found the explanation for *why* we had to challenge our instincts, all the retaliatory, defensive and insecure upset anger, egocentricity and alienation can subside and heal. Understanding relieves and replaces the need to be retaliatory, defensive and insecure.

It's true that while we now have the psychologically relieving understanding to rehabilitate the human race, the complete return to health and happiness will take a number of generations. This is because it usually takes years of psychological healing for all the insecurities, confusions and misunderstandings and their effects to be replaced and repaired with understanding, so it follows that in the case of the *largest* psychosis of all of the human condition, that healing process will be a generational process.

HOWEVER, while our species' psychological rehabilitation will take a number of generations, what is of immense importance and is so spectacularly wonderful is that every human can immediately *know* that he or she is fundamentally good and not bad, and that this knowledge puts each of us in a very powerful position *because it means we can legitimately decide not to live in accordance with the upset within us.*

The logic behind making this decision is irrefutable: now that the great goal of the whole human journey of conscious thought and enquiry is achieved and we have found understanding of our conflicted and distressed human condition, all the old retaliatory, defensive and insecure behaviours of anger, egocentricity and alienation that we had to

employ to cope while we couldn't defend ourselves with understanding are no longer needed. They are obsoleted, brought to an end. In fact, with this knowledge of the human condition now found, it would be an act of *total irresponsibility, indeed madness*, to continue down that old, insecure, defensive and destructive road. The truth is, there is nothing in the way now of every human taking up a magnificent, unburdened, human-condition-free, *transformed* life!

And, gloriously, 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 transition from a competitive and selfishly behaved person to a cooperative and selflessly behaved one, a truly integrative part of humanity. Even though we are not yet free of the psychologically 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!

### **How is the transformation that this information brings about different to deferring to a religion?**

Most significantly, this new Transformed Way of Living is fundamentally different to all the previous ways, including religion, in which we abandoned our upset life and lived instead in accordance with more cooperative and selfless principles. As is described in Freedom Essay 35\*, there has been a progression of increasingly dishonest, deluded and dangerous ways of adopting a more cooperative and selfless way of living—from religion to socialism/communism to New Ageism to feminism to environmentalism to politically correct post-modernism. As is explained in that essay, what was increasingly dishonest, deluded and dangerous about all these movements was that they weren't just promoted as ways of restraining upset, but as actual solutions to the upset state of the human condition. As the Adam Stork story in Freedom Essay 5 is finally able to make clear, we humans *had to* be prepared to suffer becoming upset angry, egocentric and alienated while we searched for knowledge, ultimately for self-knowledge, understanding of the human condition. Therefore, dogmatic insistence on cooperative and selfless behaviour oppressed the freedom we needed to continue the upsetting search for knowledge. And to claim that dogmatic compliance with cooperative and selfless behaviour was the *solution* to upset behaviour was pseudo idealistic because real idealism depended on continuing the upsetting search for knowledge until we found the relieving understanding of the human condition. Understanding *not dogma* was the answer; it was our species' goal and destiny. However, once that relieving understanding of the human condition was found, as it now has been, this situation fundamentally changes. Suddenly it's no longer pseudo idealistic to insist on cooperative and selfless behaviour, because the upsetting battle to find understanding of ourselves has been won. So while all previous forms of abandoning our upset life were fundamentally irresponsible and pseudo idealistic, abandoning our upset life is now not only legitimate, it is the *only* way to live.

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For further explanation of the Transformed State (including why it is not another religion), see Freedom Essay 15\*, or for a more comprehensive treatment, read Part 3 of the booklet *Transform Your Life And Save The World\**. You can also watch Jeremy explain how the Transformed Way of Living is adopted in Freedom Essay 33\*, while in Freedom Essay 36\* he explains how, in contrast to the politically correct, non-progressive and destructive false start to an ideal world, understanding of the human condition brings the REAL start to a loving and free transformed life for humans.

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