

Transcript of Alex Akritidis's WTM Melbourne Centre video

(To learn more about Alex, see www.wtmmelbourne.com/testimonials*)



“ Hi, my name's Alex Akritidis; I'm 19 years old [at time of filming] and I support the World Transformation Movement (WTM) Centre in Melbourne, Australia.

I just wanted to start off talking about the really important subject of [Resignation*](#) [the psychological process whereby adolescents wrestle with and 'resign' to the horror of the human condition]—just to give a bit of context to what I want to read about, which is my experience with Resignation.

Basically, when the state of the human condition in a person becomes extreme during adolescence, that insecurity about the imperfections within them and the world around becomes unbearably depressing, because there's just no answers to any of your childhood questions—and the whole world is in denial, so they can't give you the answers. And so, in order to cope, that person has no choice—because they're just so guilt ridden by this point—but to resign themselves; to cut all ties with their soul, with that childhood innocence inside, and to pursue a world of power, fame, fortune and glory in order to seek enough reinforcement to keep at bay that insecurity. So it's really extreme what the human race has had to go through, but now we've got the answers.



My experience of Resignation, that I happen to remember, I recently wrote down: [Reading] “After completing Year 9 [in secondary school] when I was 15 years old, during the summer holidays I did absolutely nothing but stay in my room, in the darkness, preoccupied with my phone all day, everyday. I never went out of my room; curtains down, lights off. I was so nutrient deficient and dehydrated, I would get up off my bed and see stars and feel a fainting sensation. I barely ate food, I barely spoke to my siblings, barely spoke to my parents; I would walk past everyone like I was in a different dimension. The alienation was so strong, I just felt like I didn’t connect to anyone. Every time I walked out of my room, I felt like I walked into condemnation. Every person personified the reasons why I felt I wasn’t good enough as a person. Those summer holidays was when I felt like I had become schizophrenic. I projected an imaginary scenario each day of around four people on each side of my room that I received some sort of validation from. I couldn’t bear the agony anymore of the exposure of the imperfections within me and within the world.

So the following year, after the summer holidays I started Year 10 as if I had hopped into a completely new body. I was numb and felt like a new person, as if I had shed my soul from my body. I was completely absorbed by my masks and coping strategies. I was so embedded into denial that I could no longer acknowledge any imperfections within me, and I fully subscribed to [pseudo idealism*](#) and my victim mentality to extract reinforcement from my surroundings.”

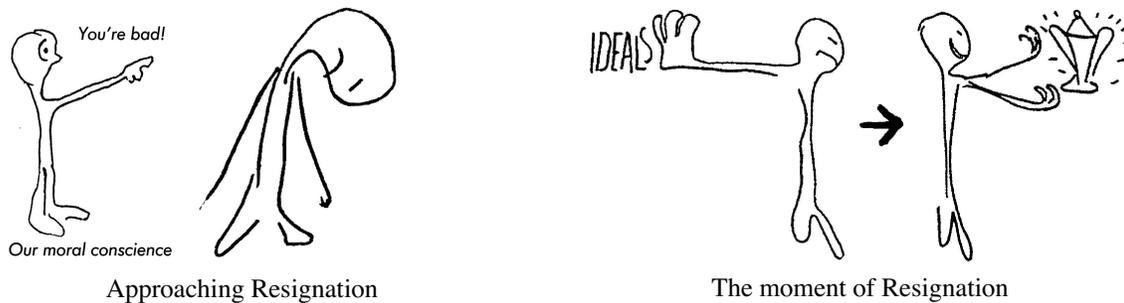
So at that point I just became soul dead, a walking zombie.

Yeah, this was my experience of Resignation and it *was* very real. I had completely blocked it [the process of Resignation] out, like I’d cut it out of my life, and had thrown it away into the darkness; it was just so depressing, it wasn’t a thought that I’d want to remember. So, I finally remembered it after putting the pieces together with people around me talking about how I was at that stage of life.

Before I resigned I remember—and I think this was because I had some exposure of the undersanding of the human condition before [resigning] so I could look at things a bit more honestly—and I remember just being in the playground or wherever in Year 9 or Year 8, and by Year 9 actually you could tell people started resigning, and I would go to people naively and be like, ‘You know you’re that person that, you know, a couple of years ago you said you wouldn’t become, that you used to look at the older kids like that and now you’ve become like that!’—and I’d naively say that, but I was just so shocked that everyone had just completely changed, and everyone became so much more alienated. And even my friends, when I said that to them—because it was just this inner thought that was starting to frustrate me because

why was everyone changing so much—and I would ask them that, ‘What happened? Don’t you remember saying that?’ and they just didn’t say anything, or they felt I sort of criticised that part of them and so they would say, ‘Oh, I was stupid, I was naive back then, I didn’t know’. They just criticised that state of mind and it was just so shocking to me.

I feel like Year 9 was just *the most* alienated time at school, the most conflict—you could just see that everybody was just reaching that ‘breaking point’ where they just had to never look back at the imperfections within them, because they’re just not getting any answers and no reinforcement, so you could just see everybody just ‘bang’, resigned. And it was so clear.



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It’s almost like if I hadn’t resigned, I just wouldn’t have had friends because everybody was just resigning. If I didn’t resign, I would have been that ‘condemning conscience’. Resigned people can always sense that when people are more attached to their soul, and that’s why kids are so condemning in their honesty. Before Resignation, you still have that sensitivity in you, and the dramatic difference after resigning is that I just felt like a numb person just absorbed by all my masks. It was crazy what humans have to go through to cope with the human condition.

When I resigned, I felt *so* alienated; you just feel so numb, but you’ve just resigned into this world now where you can just just block-out any confrontation with the human condition, and just keep getting reinforcement, and you get to participate with everybody in that hard-core search for knowledge, but they’re just going through that conflict inside constantly, and it’s just building and building, and you’re just getting nowhere.

I remember in Year 10 I was, ‘Oh wow, I feel like I’m on the same level as everybody now’, it felt like I’d become a part of that world—you know, that terrible, crippling world—but it was the only way I could get reinforcement. *So this has just like changed my life.* I remember the moment the information sunk in enough that I just saw that this is the solution to the world’s problems. I was on cloud nine. And it brought me and my brother together because me and my brother had opposite strategies [for managing life]—*opposite strategies*—and there was just no way in the resigned world without understanding that we were ever going to get along. And the same with my other siblings, and my family. Before the information, my family was so dysfunctional and we would go out parading as if our family was more functional than others and then now it’s like *I can see how dysfunctional it was* and it’s so relieving to now lift that burden of guilt. And obviously the rest of my family has this understanding, so we can all just come together. And now I can just understand the world and people don’t irritate me like they did before, because if anything I just feel sympathy for

them because you know where they're coming from; you actually relate to everybody more than your resigned brain thinks. [Before you understand the human condition] you literally are going through the same battle as everybody. But then you just get the information and you understand it and now I can just build this new world inside of my brain. I can just live with security in the information. It's just so relieving!

It's just going to eliminate every problem out there. I always have visions of everybody just being at one, adults and kids, no hierarchy—they're all just playing together and there's just unconditional nurturing and everyone is—not from a non-understanding point of view, not controlled by instincts—finally genuinely able to behave cooperatively and lovingly, *through understanding*, and it's just crazy; it's just going to solve all the world's problems. I can see every problem right now is run by the human condition and once this understanding gets out there, everybody's just going to come together. I'm so excited for what the world can come up with once everybody can come together after understanding the information; the things we would come up with as a collective is just going to be ridiculous.

It's so important now that everybody just get in touch with the WTM, because it's just going to change your life. The exposure of the information is confronting but it's just coming from the most compassionate position; it's not telling you off, it's literally being compassionate towards you. We've never had that in the world before. All our behaviour has just been condemned and now you've got someone, Jeremy Griffith, who's actually putting understanding into your human condition, and just compassionately understanding you, and it's just going to bring you a whole new world, a whole new world of security and relief. Your body is just going to feel much more better. You're going to be in a positive headspace, so yeah. ”

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