

## Video & Transcript of Colleen Fryar, WTM Ballarat Centre

(To learn more about Colleen Fryar, see [www.wtmballarat.com](http://www.wtmballarat.com)\*)



“ Hello, my name is Colleen Fryar. I'm 57 years old [in 2021] and I'm a registered nurse who has worked in the field of psychiatry/mental health for 37 years. I have recently retired in the last 12 months, and a week into my retirement I discovered a book, *FREEDOM: The End Of The Human Condition*\*, written by an Australian biologist, Jeremy Griffith. And it's basically changed my whole view of myself, my family, other humans on the planet and the story of humanity as a whole. It's had such a significant impact across all of that in my life, and I really just want to share with other people how wonderful this information is.

There is literally an enormous amount of support around accessing the information because it isn't a simple read, as much as it is a book, the information that is in the book is absolutely paradigm shifting.

So what Jeremy Griffith has been able to do with this information and his work, is actually discover, through pulling together all of the information from a vast amount of resources that he's delved into, not just scientifically, but from our mythological, religious background, from literature, he's gone everywhere to put this puzzle together, but he has sourced it all from evidence-based material and it all stacks up. And that's the work I guess I've done in the background because I can't help myself and what I've always done. I've cross referenced all of the things that he uses to support his theory on the human condition and it doesn't come up short. It stacks up, it honestly does. And I would encourage you to do the same. It's well worth it. It's a fascinating job to do when you actually get into it. But what I think it's really important to emphasise before I go any further, and why people really just need to understand, is what he's done, he's proved our self worth at a fundamental level. He's actually identified that we are fundamentally good. And the reason for our divisive behaviour and our absolutely...you know, train wreck behaviour that we're seeing in the world today is actually due to a psychological psychosis, it's got

nought to do with our ‘savage instincts’, which is what we’ve been fed for the last 200 years and it’s just not fact anymore and he’s proven that. [See [Video/Freedom Essay 2\\*](#): *The false ‘savage instincts’ excuse* and [Video/Freedom Essay 3\\*](#): *THE Explanation.*]

Because of my background, coming from a mental health/psychiatry base, I already had a fascination for why people do what they do and why they don’t do what they don’t do, and I’ve spent a number of years delving into all sorts of theories and information around human behaviour. And while I have searched and really found...I have found things that have certainly explained to a level the fundamentals of our human behaviour. But what Jeremy Griffith has done, he’s actually gone in *behind* all of that, and he’s made sense of all of that, basically, and to a point pretty much made that redundant. What he’s been able to do from a scientific perspective is actually explain it at such a macro level, which is why it is such a paradigm shift because of how far out he goes with the macro. But it just makes so much sense of the micro once you go out that far and the clarity of it is quite amazing and relieving because it’s good news, it’s actually the *best* news! It is the most relieving understanding that we could possibly have asked for in our two million year search. I just encourage people to give it the time. Give it the time because it will not disappoint you. Not one ounce. I have delved into it to the depths that I have with lots of other information looking for that one thing that well this would make, may not have worked or may have brought it up short. I’ve not been able to bring this information up short and I delved into it as deeply as I possibly could. He goes into palaeontology. He goes into biology. He goes into theology. He goes into psychology, psychiatry, you name them. All of the all of the sciences are covered in this *and* all of the religions. It’s absolutely fascinating. If you have a passion or a desire to look at the big picture, this is the book for you. You can’t read another book without reading this. It just absolutely is mind-blowing. I honestly do believe that this will be the future where all of our human understanding and learning will be based from. This is what we’ve needed. This is the explanation to all of the behaviours, all of the psychiatry, all of the psychology that is so confronting us at the moment, because as a human species we have suffered for so long with not knowing what we needed to know and the science now is here. It’s a bigger discovery than DNA. It’s a bigger discovery than the gene-based systems that Darwin discovered. This is beyond that level. I can’t articulate the size of this of this actual information, where it goes.

So how can this help us in the here and now and at a micro level? Personally? Locally? Family? What’s the benefit right now? I can just see in my own life, in my own person, I have never felt the level of contentment and peace with anything else that I’ve come across over my 57 years of looking into information. It’s a level of freedom, really, that it’s very difficult to explain. I think, where you obtain this is because at this fundamental level you know your self worth. You’re not in that mad competitive race anymore to prove yourself for anything. You don’t need to. It’s over. You don’t need to do it. It’s all redundant. And your relationships with others become just so much more connected, because there’s no wins to be had and you’re actually looking at relationships very differently and very compassionately. And the healing that is going to come from the human race once this gets to where it needs to go and everybody is on board, is just... it’s going to be like a tidal wave because people are just going to feel the relief and want more of it. Your ways of existing in the world are just so different now. You don’t have the same

desire for the mighty dollar. You don't have the same desire anymore to go and prove yourself all the time. And I think that is probably at a personal level, really significant for me. I also feel for once that I'm actually really, truly connected and almost that I'm looking through eyes now that actually have an understanding. There's no confusion in the world anymore, so I'm not confused by behaviour that's out there anymore. I used to be fascinated by why people did what they did, but there was always that question of "Why on earth would they do that?" I now know why, I know why. And that doesn't mean that the behaviour is good, bad or otherwise. It just means that you have an understanding of it and therefore if you understand why, you can understand why you don't have to do that that way anymore, or why you do have to do it that way. It's just the clarity of understanding that this gives us is just absolutely brilliant. Relationships, men and women, this explains all of that. It explains why we've been divisive. It explains why there's polarisation in the world, why we're heading down this path, where we no longer connect at a base level, because we've been divided, we've been totally overrun by this condition.

So the WTM, the World Transformation Movement, is an amazing group of people. Just in the short period time I've been involved, it's just absolutely blooming out around the world. There's some 40 Centres now across the globe and growing weekly [see [F. Essay 16\\*](#)]. It's wonderful to watch. But people are actually at a point now, I think humans on the planet, are looking, they're going "What on earth is happening?" We are in an absolute end game, period of time here. We need some answers. And what's coming up short is from...we're coming up short in the scientific community, we're coming up short in the political sphere, we're coming up short...there's no leaders that can lead because none of them are looking at it through eyes that aren't affected by this condition. So the value of having a group of people like the WTM is just invaluable and there is no requirement to be involved. There's no membership fee, there's no required hours that you need to spend with them. There's no required amount of people you need to get on board. None of that sort of 'religious' dogmatic emphasis at all. There's no egos. There's no leaders. It is just a group of people supporting another group of people. And it's just... They are the most wonderfully compassionate, loving people that you would ever come across, and I honestly can't speak highly enough of them. I can't help but think of John Lennon's song *Imagine* when I think of the WTM. They are what John Lennon was singing about: he talks about brotherhood of man. Well, that's really how they function and I just feel so privileged to be able to have met some of them and to also have had that experience in my own life now to know what that feels like, to be that connected to people where there's no ego, there's no requirement to do anything other than just share information and I think that in itself is just, it's a beautiful thing. And I'm so thrilled to be able to be here and on the earth at this time, to think that I actually am one of the lucky ones to have actually been here now to experience what's actually ahead for humans and know that the battle's over. The battle's over. We don't have to do this search any longer for our self worth. We know we're worthy. And that in itself is just absolutely the biggest gift that I could possibly have.

So what hopefully I can contribute to this journey, post the discovery of Jeremy Griffith, is to be able to support the information and keep it out there in the public until people can get hold of it and feel the same relief and understanding that members of the WTM have, and I've been able, fortunately, been able to obtain myself. Because we are

so soaked in this human condition, it's not going to be easy for a lot of people to actually sit through and read the book, or even to obtain the full level of understanding of it. It is very confronting. It is incredibly confronting and it will be probably too confronting for some people. But, with support, there is a way through it and there is also a way Jeremy has given, a way where you don't have to confront and unpack all your baggage. You basically, you look at the information to a point where you're comfortable enough to verify that you...what it is, that it is what it is and it stacks up. And then you are actually shown how you can just walk away from it, because the clarity gives you that opportunity. You know the game's over, the whistle's blown, you can head for the showers. It's all over, you don't have to fight this battle any more. You don't have to be out there trying to get that validation that you've always had to try and prove yourself, because we don't have to do that anymore. We are fundamentally good and that's just massive! And the relief just flows. It just flows through you. So if I can share that with other people, that's all I want to do, that's my only purpose. You know, that's it now, I don't need to do anything more as far as I'm concerned, that's enough, you know. And what a future we're going to have! You know, it's just, like I said earlier, it is just the purest of gifts that we've been given and it's going to be great. There's going to be dancing in the streets, as Jeremy says! And the sun is just going to be shining for everybody! So I just thank everybody for giving me the time to listen to my view of where we're at with this and give it a go. I absolutely recommend you give it a go. ”

Published by WTM Publishing and Communications Pty Ltd (ACN 103 136 778)  
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