

Video & Transcript of Nicoletta Akritidis, WTM Melbourne Centre

(To learn more about Nicoletta, see www.wtmmelbourne.com*)



“ Hi, I’m Nicoletta Akritidis and I’m the luckiest person to be part of the World Transformation Movement Melbourne Centre, which aims to present information about biologist Jeremy Griffith’s understandings about the human condition—on human behaviour; why humans behave the way they do; are humans good or are they bad?

I was introduced to this information around the age of 14 by my uncle and ever since then it has changed my life completely. I have gotten a much better relationship with my siblings, from fighting every day, or most days, and just not being able to understand each other, to now when I can finally understand everyone—like my brothers; we’ve all got different strategies: one is quite ‘power-addicted’ and egocentric [the ‘power addicted’, egocentric state is explained in [chapter 8:16D*](#) of Jeremy’s book *FREEDOM: The End Of The Human Condition*]. That’s kind of similar to my dad as well, and all the men in my family—always kind of being oppressive and telling me what to do—but through the information I’ve been able to understand where that’s coming from, and I can understand the role that men have played in the whole journey of understanding the human condition [see [Video/Freedom Essay 3: THE EXPLANATION of the human condition*](#) and [Freedom Essay 26: Men and women reconciled*](#)].

The first 18 months when my dad discovered the information he was writing some really good stuff, and having little moments of honesty, but it was really difficult to actually let that truth out and it’s quite confronting to express your real emotions; no-one’s ever been able to speak truthfully about this subject, especially to your young kids and your family. You feel very vulnerable. So it took a bit of time till he got really comfortable with that, but I’ve definitely seen recently a big transformation within him. I guess he’s coming from a base where he genuinely feels defended and good, and he’s not so insecure about himself as much because he’s got the defense [of understanding the human condition].

And also with my dad—everyone really, all adults—I love when Jeremy says how you can understand why people have so much frustration, like volcanic amounts of anger, because we’re suffering, and we’ve been suffering, from the human condition, for two million years. That’s massive, it’s so long! [The frustration and anger in humans is explained in [Freedom Essay 10: What exactly is the human condition?*](#)] So to understand why all that frustration, anger, everything, has just built up and accumulated over those years, even genetically, it’s just so fundamentally important to understanding how everyone’s behaving and I just love that—and I can show so much more compassion to adults, to everyone really.

Just simply by me understanding myself, and everyone around me, it’s made me a much more compassionate, understanding person and if every single person in the world is able to absorb this information, digest it, and do that within themselves, it will literally just skyrocket the world to becoming a much more peaceful, happy, loving place that we’ve all wanted and we’ve all wanted to live in, but we’ve never been able to know how to [bring it about]. But now we actually have the answers to know how we can actually achieve a world that is loving, that is peaceful, in which everyone can be together and live really beautifully. So that’s a big thing in my life that’s really helped me and my family.



Nicoletta Akritidis, holding *FREEDOM*, with her family

Most families, including my own, are so separated and everyone can’t stand what everyone’s going through; there’s so much difference between ages—one minute everyone will all be together, then in the next year people will be isolating in their rooms, dealing with the human condition, but no one can actually acknowledge that, and I think everyone feels like it’s such an ‘alone’ thing, and the family is meant to be something that represents togetherness and love, but that’s not really common now because we haven’t ever understood the human condition. I think this understanding has really helped bring my family together, especially between the men and women in my family. I have a sister and a mum, and I’ve got two brothers and a dad, and I think not having to always fight and

have conflicting thoughts about things helps so much. When you can't stand each other, you're always conflicting, always fighting; my parents were always fighting, at one stage really badly, and now they don't fight as much, and nowhere near to the extent that they used to, because they can understand each other. They can own up to their parts to play in the argument which just helps everything. We are genuinely a much more together, happy, secure family, not all the time of course, but you don't need to fake that anymore to the world because it's actually true a lot of the time—we are happy and actually loving and living with each other so genuinely and excitedly. We play board games together, we always have family barbecues together; we can actually spend hours on end all together, talking about the truth, speaking honestly. Just being able to enjoy each other's company is so special where families can't nowadays; people don't understand each other, everyone feels condemned by everyone around them, and you just can't talk deeply and honestly, and I think that's so special that we have that connection and I just want to make every person in the world be able to have the connection that I have with my family. One day every family—I mean the whole world will be one big family—but immediate families *can* spend time with each other, *can* actually truly love each other and feel connected. That's a really nice vision to have.

In terms of understanding me, I went through a lot but I was lucky to get this understanding when I was 14, so before [Resignation*](#) [the psychological process whereby adolescents wrestle with and 'resign' to the horror of the human condition], before the period where you're trying to understand the world, asking questions about everything. But I always felt really alone at school. I had a whole bunch of friends and I was always laughing and stuff, but I didn't feel completely whole within myself, and I always felt like something was missing, like I was kind of an alien—like people didn't understand me, and I always felt like I was a problem, I was annoying and I was always questioning that, and I always felt kind of 'out of it', so having this understanding just made me feel so connected to everybody. I could understand *my* situation, and understand what everyone's going through around me, especially when you're 14, 15, going through Resignation and asking all the questions about the world. That helped me *massively*; I didn't need to feel so lonely anymore and so insecure about my friendships and everything because I had the understanding, so that helped *massively*.

As I was saying, *I* felt lonely, *every person* has always felt lonely, every human feels like they're suffering from their own individual problems, but understanding the macro just puts everything into the whole context that all humans have been going on the same journey. All our little stories have all led up to this final day where we are able to get the information and have all the answers that we've wanted for ages, so I really love how it connects everyone together. It puts everyone's journeys into one whole journey of humanity, and now that we've gone through all the bad stuff, we can now come out of the good end, all finally free of all the burden of insecurities, and all the psychosis that we've had to suffer. I really love that.

I think what's so important to be able to realise, and work towards, is a future where kids no longer have to suffer going through Resignation, suffering all the 'not knowing' of not being able to understand the world, not being able to understand themselves and their feelings. And also, finally being able to explain to kids what's going on means they won't have to pretend that nothing's going on, because they won't be blocked-out [suffer

from psychological denial of the human condition], because they'll have this information and that will help so many kids not go through what we've all gone through and what everyone's gone through. No more pain, no more suffering, has to happen.



For me, knowing that I went through that pain and acknowledging the unjust condemnation, criticism, and all the unjust suffering that I went through just motivates me so much more to support the World Transformation Movement, and support this work, because I'm helping lead humanity to a world where children won't need to suffer anymore—to a world free of the human condition—and that brings so much excitement and joy to me that we can lead to a world where kids won't need to suffer anymore and I think it's just so important.

Yeah, it's just so exciting to think that we can actually achieve a world where everyone's cooperative and loving; where the world of kids and the world of adults won't need to be confused about each other. We can all be one together, and I think that's so special.

I want to support the WTM because I know that this is the life-saving change that the whole world needs. I know that this can save every single human on the planet. This is what I want to do for the rest of my life and I constantly support it by going on the WTM's website, HumanCondition.com*, and being active on the forums, on social media. I always try to spread this information to the world, and do as many good, positive comments that I can, because it's changed my life so drastically and I really want that to happen for the world. And as you can see behind me [see main image above], I have all these pictures, really transforming stuff, that gets me into a really good, fun, happy mindset [the WTM has many pictures and posters that can be downloaded freely from www.humancondition.com/wtm-books-and-products*]. I wake up and look at this wall behind me and I'm starting my day from a basis that I am fundamentally good. I don't go through my day feeling bad, having to try and find more wins, more ways to reinforce myself that I am good, because I've already started my day off feeling good, so I can just continue every day feeling free and relaxed, not getting defensive, not getting caught up in my insecurities, because I'm living securely through the information. I think that's just so awesome, and so transforming. It's just so different if I look back to how I was living three or four years ago before this information, when I didn't understand anything, and now I understand everything and I think that that's just so awesome and it's changed my life so much and I want everyone else's life to change just like mine did, for the better *[laughing happily]*. ”

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