

1. ABOUT THE HUMAN CONDITION AND ITS RESOLUTION

WTM FAQ 1.5 Why is understanding the human condition important to my life?

It does not matter who you are, having understanding of the human condition (see [Video/Freedom Essay 3*](#)) will completely transform your life into the most wonderful existence imaginable. This is because biologist Jeremy Griffith's explanation of the human condition gives you the ability, for the first time ever, to understand every aspect of human behaviour in yourself and in everyone else with 100% clarity and confidence. The explanation will change how you view humans, and most importantly yourself, literally overnight—and your behaviour will change naturally as a result, and just as quickly.

To elaborate, the inability to understand the human condition—understand why we humans are fundamentally good and not some sort of terrible mistake—has been an agonising situation for humans to have endured. It meant that our lives were characterised by insecurity and a boundless need to prove ourselves. The *relief* then, of finally being able to understand ourselves, and those around us, will flood our whole being—dissipating all the bewilderment, misunderstanding, frustration and anger, and putting an end to all the defensive dishonesty and lies that we've had to employ to cope with the confusion and uncertainty about our existence.

With our goodness and worth established through understanding, we will no longer need to be *constantly* preoccupied with proving our goodness and worth through artificial forms of reinforcement, such as through winning power, fame, fortune and glory, and this ability to finally love ourselves will give us the freedom and generosity to properly help others and to fully enjoy and savour the world we live in.

In summary, the eternal battle for humans has been to validate ourselves, establish once and for all that we are fundamentally good and not bad, and it's that deepest and most important of all battles that has finally been won. Solving the human condition solves *all* the confusion, frustration and suffering in human life at its source.

When you grasp this understanding, we guarantee you will be jumping out of your skin with excitement. Honestly, this is all so freeing of your life—in fact, *so* relieving of any and every situation—the excitement is nearly too much to bear!

For further description of how having the explanation of the human condition transforms your and everyone else's life, we recommend the following publications by Jeremy Griffith: Freedom Essays [15*](#), [33*](#) & [36*](#), which take you step-by-step through the transformation process; the concise description of how to become transformed in [Part 3*](#) of the booklet *Transform Your Life and Save The World*; and for the most comprehensive treatment of all, [chapter 9*](#) of *FREEDOM: The End Of The Human Condition*.

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