

Video & Transcript of Yvonne Hayes, WTM Preston Centre

(To learn more about Yvonne Hayes, see www.wtmpreston.com*)



“ Hi, my name is Yvonne Hayes and I'm very excited to be opening a World Transformation Movement Centre in the UK.

I live in a small village nestled in the middle of Blackburn and Preston, which is in the north of England in Lancashire. When I was 18, I left home to go travelling and backpacking around Europe. I met my husband when I came back from travelling and we had two children, and we stayed married for 26 years. During that time I went for my own personal counselling, when I was probably in my 30s, and we actually went for couple counselling and I realised at that time just how depressed I was; I don't even think I'd heard about depression before that, but that's what came out in counselling. And it sort of opened up a whole new world for me. And so I then went to training to become a counsellor and an NLP practitioner. I took the step to become self-employed as a counsellor and a supervisor, but I felt it wasn't really satisfying me; I had a lot of questions about counselling that weren't really being answered for myself and for my clients. So for the past 25, 30 years I've been searching for answers into the human condition. I think counselling, because you delve into the dark side of nature when you're counselling people, as well as the loving nature, so I think that was always a bit of a puzzle to me, how humans can be so bad and do horrible things to each other and yet also be quite loving as well.

And so that sort of sent me on my spiritual search. And also with the mind-body connection, I was fascinated in how tension accumulates in the body and how that can be impacted by negative emotions, etc. So this then led me on to do some training in holistic massage and become a Hanna Somatics educator. And so now I call myself a mind-body coach and promote health and well-being through movement and relaxation.

And for me personally, I've always had a discomfort inside, a feeling of never quite being good enough. And it's like my search, whatever I've been searching for, I feel like it's always been out of my reach, so this discomfort has always been with me.

But I've always kept searching and I think that part of that search is to try and ease this discomfort and I have found quite a lot of things that have helped along the way, but it [that discomfort] has never really gone away.

And then a few months ago, I think it must be on social media, I came across Jeremy Griffith's *THE Interview* [watch *THE Interview* at www.humancondition.com*] and I decided to have a listen and I was just, it just blew me away. I then promptly bought the book *FREEDOM: The End Of The Human Condition**, then read it quite quickly and it just blew my mind; it was like, every time I turned a page, it was, like, wow! This information, it seems quite new to me, but it was something I've been searching for my whole life! That it's everything that I've been searching for. And even things that I didn't know I was searching for were answered in the book.

I just keep returning to it again and again and again, and even now when I turn a page, because I'm I don't know on my second or third read I think—which again is very unusual for me because I never read a book more than once—you just turn the page and it's just like you've just got to, sort of, I don't know, sit back in your chair and look at the ceiling to process what you've just read! It really is just brain food rather than brain anesthetic or having to do something. It just makes you sit back and think.

So Jeremy talks about the innocence of children and that just deeply, deeply resonated with me, and I think probably through my counselling as well, because I've counselled people who have been really quite badly abused in their childhood and yet they still blame themselves. And it's that innocence, and that expectation that they're born with, to be born into a world that's offering unconditional love and how easily that innocence can be, I guess, destroyed is the word I'm looking for, and children then internalise that and carry that through them through their life., and the impact that can have on people and their relationships, etc., is just...it can be soul-destroying.

So the world as I saw it before I read *FREEDOM*, I was actually becoming quite fearful of what was happening in the world and I haven't felt like that before. I mean I know bad things happen and there's always stuff going on, but I think for the first time ever, I was actually feeling quite fearful and despairing, I think, about what was going to happen with the human race. But then when I came across *FREEDOM*, it's given me hope, it's given me hope. I don't feel fearful anymore. I feel like we're on the road to freedom. Literally, on the road to freedom—and the more people that can read this information and take the time to read it. It's like I said before, there's 12 million years of history in that book! So, you know, take your time with it and just reread it. Listen, go to the website [www.humancondition.com*], etc., because it's just, it is the book that's going to save the world.

So this information, it's sort of terrifying and exciting at the same time. When I say terrifying, I think there's so many truths in this book that can be confrontational, but it's also so exciting, because I think it's the first time in my life that something has actually ever made sense to me. And I can actually see that it makes sense in the world. You can just apply the information in any situation and it's like, 'oh yeah, that's why that's happening. That's why this is happening. That's why we're doing what we're doing. This

is why we're in such a mess.' You can just apply it anywhere, you can apply it to yourself and to friends, to any conversation.

In these last few months I feel like I'm waking up from a dream. Like I know for a fact that I've sort of shut down and stopped questioning certain things, just sleep-walking through life and I've got a lot of catching up to do. You know I'm 58 now [at time of filming], so I can imagine that the next however-many years I've got are going to be quite exciting with this information and the WTM. I have no idea where the information is going to take me or what it's going to do, or how it's going to impact in the world. You can just imagine, like John Lennon says, 'Imagine all the people living in peace'. It's like, wow, this could be possible!

I just believe that this information is just so important, for ourselves and for our future generations to come, and it has to be nurtured and kept alive. So I want to open a WTM Centre to support the information and if anybody is out there and they see either my video or somebody else's video and they want to contact us and I can be their line to the WTM, just to be there to keep this information alive. And I do believe that if we support this information, it will support us. And the possibilities are endless for what can be created, and I'm just doing my bit.

I can just see this information...you know, sometimes when an idea's time has come, it happens really quickly. And oh my God, the world is so desperate for this information. The alienation—and it took me awhile to realise what the alienation actually meant—the alienation really is our soul alienation, our alienation from our true selves and I just think we've got to the end point like Jeremy says, just got to the end point and we really, really need this. And we'll be dancing in the streets before very long, because like I said, you can just read *FREEDOM* and I've heard people say even to me, because I've quite encouraged people to read *FREEDOM*, and they pick the book up and say 'oh it's too technical' or 'it's too thick' or 'I can never read that' and so I direct people to the website. And then it's you know, 'can you condense it for me?', and you think well, you order the book *FREEDOM* and you think it's been condensed already from 2 million years of our history—it's condensed into this book and then Jeremy has condensed that even further into [Transform Your Life*](#), so it says that's a condensed version, and then if you don't want to read the book, just go to the website. There's so much information on the website. You can listen to podcasts. You can go to the [Transformation page*](#), you can contact the people at the WTM. They're amazing, the support is there straight-away. And yeah, just do it. We've waited 2 million years for these answers and now it's here and it's our duty, I think, as a generation that we've got to start looking at this. And yeah, it is confrontational. But you know, Jeremy, he sort of takes you through by the hand and leads you through it and he never, ever lets go for one second. He is there by our side all the time, encouraging and redeeming us.

I've gone back over the material, listening to the tapes [podcasts] and it just takes you deeper and deeper and deeper into this new world. And it's like Jeremy says, we could dwell on parts of the human condition and go into counseling or psychotherapy or whatever, but actually it's done with. We can just wrap it up and put it in a box and think about this new world! It's actually really quite simple! Just wrap it up, put it in a box, throw it away, and if we need to open it up later on when we're on more solid ground then that's fine to do so. But let's just get excited about the new world that's coming.

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