

## Jenna Kay

---

**From:** Monica Zazueta <zazueta\_monica0813@gmail.com>  
**Sent:** Monday, July 8, 2024 6:26 PM  
**To:** Jenna Kay; Amy Koski; Ben Duncan; Lauren Henricksen; Sylvia Ciborowski; Dana Hellman; tlunsford@parametrix.com; Nicole Metildi; Harrison Husting  
**Subject:** THE Interview That "Solves The Human Condition And Saves The World!"

**EXTERNAL:** This email originated from outside of Clark County. Do not click links or open attachments unless you recognize the sender and know the content is safe.

THE Interview That "Solves The Human Condition And Saves The World!"  
[https://youtu.be/q-TK6\\_aWqGU?si=HEIYZGT5s4bu9PEH](https://youtu.be/q-TK6_aWqGU?si=HEIYZGT5s4bu9PEH)

The video presents a biological explanation for the human condition - the underlying cause of human suffering and divisiveness. The speaker, Australian biologist Jeremy Griffith, argues that our competitive, selfish, and aggressive behaviors are not due to innate "savage" animal instincts, as commonly believed. Rather, they stem from a "psychologically troubled" state that emerged when our conscious mind developed and began conflicting with our pre-existing instincts.

Griffith explains that as our ape ancestors became conscious, a "war" broke out between their intellect and instincts, leading them to become angry, egocentric, and alienated - the human condition. However, this upset state was a necessary part of our heroic search for knowledge and understanding.

Importantly, Griffith states that our ancestors were actually highly cooperative and loving, as evidenced by the behavior of bonobos, our closest living relatives. This nurturing upbringing is the origin of our moral conscience, which Darwin recognized as distinguishing humans from other animals.

With this biological explanation, Griffith argues the human race can now be "psychologically rehabilitated." Understanding our fundamental goodness, rather than seeing ourselves as innately savage, allows us to finally heal the divisiveness and suffering of the human condition. This understanding also exposes the flaws in idealistic political movements that have failed to truly address the root of human problems.

In conclusion, Griffith presents a profound, hopeful vision of humanity overcoming its troubled past and returning to a cooperative, loving state - this time with our conscious minds fully integrated.

We must be willing to let go of our fears and preconceptions in order to take meaningful action. We are the creators of our reality - which means we have the power to transform it, but only if we're willing to deeply question our assumptions.

We need communities that thrive.

We need Doughnut Economics 7 Ways to Think Like a 21st Century Economist.

(My Signature 😊)

~You must always be willing to truly consider evidence that contradicts your beliefs, and admit the possibility you may be wrong. Intelligence isn't knowing everything, it's the ability to challenge everything you know. Let's all give up our fear as a justification for not to take action because we are the creators of our reality.

Sending healing vibes

Monica Zazueta

Concerned Mum



360-723-7707

Sharing energy,

1.

Doughnut Economics 7 Ways to Think Like a 21st Century Economist  
by Kate Raworth

Free digital copy of the book,

<https://fenix.tecnico.ulisboa.pt/downloadFile/845043405579281/Raworth%20%282017%29%20Doughnut%20Economics.pdf>

2.

29 minute video explaining Doughnut Economics

"How radical ideas can turn into transformative practice. Stockholm impact week 2023"

<https://youtu.be/qwyzsAWRMcw?si=Hut8czYBLqAjOBpb>

3.

Nate Hagens: "Episode 100 - The Great Simplification"

<https://youtu.be/GocuMZX3hIs?si=impadsCjN-aGZzk0>