

Secrets about Secrets

Knowledge of Darkness is the Light

Definitions:

1. Intentional – for a known purpose.
2. A Secret – information kept concealed for a known or unknown purpose.
3. A Lie – that which conceals the truth; a lie has the status of a secret.
4. Lying – the act of concealing the truth.
5. Normal – average, typical, common.
6. Free Will – the ability to exercise the will, i.e. to create or make choices, without influence from a force or entity outside the will.

Why learn about secrets?

We are learning about secrets because secrets are uniquely human. There is nothing more intimate, more private nor more telling about a person than their secrets. For this reason, secrets are an ideal starting point for investigating the nature of free will, self-control and suffering.

What if someone offered you a million dollars to publically disclose all your secrets - would you go through with it? Despite your strong desire for the million dollars, the consequences of telling all your secrets would be too frightening. There is certain information you would find very difficult if not impossible to disclose, especially the secrets others told you in confidence or the details that describe the intimacies you had with them. There is one extreme universal secret you would never disclose, even in exchange for a hundred million dollars – the disclosure of your personal ID, your identity, along with the access codes to your bank accounts, because if you did the prize money would not be secure and neither would you. Fear appears to be the unrecognized force behind most secrets.

Even though it is obvious that humans traffic in secrets by continually concealing information from each other, it is not so obvious why. The need to have secrets suggests we are all afraid of each other - that we do not trust each other with the information we each possess. However this does not explain why we keep secrets even from those we trust the most. Is it possible that we are permeated with fear to such an extent that we are compelled to keep secrets even from those we love and to whom we are most loyal? If fear is the underlying

motivation for a secret, then the secret is not an act of free will because no one freely chooses fear - fear comes upon us automatically, uninvited. This suggests that a fear-based secret is disguised as an act of free will, giving the illusion of self-control even though the opposite is true. What is the risk in believing we freely choose our secrets if it isn't true? The epitome of self-control is the ability to exercise your will freely, to create and make choices without being influenced by forces outside your will. The opposite is the puppet pitfall, when one lacks self-control but doesn't know it, who believes they are choosing freely when in reality they are under the influence of unconscious hidden forces. A person is not fully in control of themselves to the extent they are unable to exercise their will freely, free of influences, whether they know it or not. Such is the case with secrets that are driven by fear, an emotion a person never wants nor freely chooses, with one exception - the fear of G-d, which is always freely chosen by definition.

Being out of control is bad enough. Far worse is to not know when you are out of control like a puppet. Before the sufferer realizes their personal problem is chronic, they hope they have the problem under control until recurring failures, frustration, discouragement, depression, hopelessness, loss of confidence, etc., convince them otherwise. After every attempt to solve their problem fails, a rational person eventually concludes that something imperceptible, concealed as in a secret, must be controlling them. Like a spy whose defeat depends on the disclosure of its secret identity, a chronic personal problem is resolved when the identity of its origin is no longer a secret, no longer concealed from its victim, at which point self-control is restored.

Because we bring secrets into and out of existence by decree with a simple internal speech act requiring no skill or resource, it appears as though we have complete self-control when we create, keep or tell a secret. We never suspect that what we say to ourselves, such as when we tell ourselves to keep something secret, is under the control of anything other than ourselves. If it can be shown that the human condition forces us to keep secrets, this would prove that a secret is not always an act of our free will. If a secret is not an act of free will, then what we say to ourselves is not always under our complete control contrary to common belief. The implication of such a widely held misconception is no less than monumental. Is it possible that humanity has been ignorant of something so fundamental to human nature as secrets? Perhaps we should not be so surprised how little we know about ourselves given the ubiquity of human suffering the world endures and how profoundly inept we are at eradicating it.

Before attempting to understand the hidden forces that influence what we say to ourselves, in particular our secrets, it must be shown that secrets are forced upon us, that in order to have a normal life a person must keep secrets - that there is no choice in this matter. Toward that end, the following proof will show that,

A normal person is forced to keep secrets.

We begin the proof by testing the authenticity of a person who claims to no longer keep secrets and attempt to show why such authenticity is virtually impossible to attain. To test the truthfulness of such a person, think up the most universally kept secret, then ask them to disclose it to you. If they are unable to disclose this secret, then they are not truly a person who does not keep secrets.

What is the most universally kept secret? It should be obvious but it isn't. Which secret came to your mind first? If it was not the following secret, then the secret that just came to your mind may be more important to you than your own physical survival. The most universally kept secret is:

**the name of your bank, your bank accounts and the access codes
to your bank accounts.**

If someone insists they do not keep secrets, then when asked for their ID and bank account information they must disclose it. It goes without saying, they certainly can't keep secret their no-secret status. Once their no-secret status becomes public knowledge, it would only be a matter of time before a criminal asks for their ID in order to pilfer their bank accounts. Inevitably, a person who refuses to keep secrets in today's world will lose their freedom. They will end up either homeless, confined to a mental hospital or dependent on a loved one, all of which are abnormal living conditions, proving we have no choice but to keep secrets in order to live a normal life.

Since a person is forced to have secrets to live normally, it must be true that not all secrets are acts of free will; therefore we are not always in full control of what we say to ourselves, contrary to common belief. To free ourselves of these controlling forces, we must investigate their nature so that we can observe, oppose and ultimately defeat them.

The following dialogue between a psychiatrist and patient provides further insight into the forces that underlie secrets. The dialogue will also show that the logic of secrets argues for the existence of the human unconscious. This insight is the gate through which one must pass to fully appreciate the following principle:

The course of a human life is determined either by a hidden self-fulfilling prophecy or its defeat through the exercise of free will.

After the dialogue, we will begin learning how and why the unconscious strives to control the free will through unintentional acts analogous to idolatry, in its effort to survive in a hard and dangerous world.

Philosophical Counseling

Session #1

Dr – Psychiatrist

Pr = Patient who refuses to keep secrets

Dr: Do you know why you are being forced to live in this psychiatric hospital?

Pr: Yes. People think I'm self-destructive because I refuse to keep secrets.

Dr: What happened?

Pr: A stranger found out I don't keep secrets then asked me for my ID and the access codes to my bank accounts. He stole all my money. Doctor, does this mean I'm crazy?

Dr: No, you're not necessarily crazy, but I do think you are very confused and don't know it. If you continue not to keep secrets, you will never live a normal life because criminals, whose business depends on being secretive, will steal everything you own especially your identity. The safest place for you to remain is in the hospital until you realize you must keep secrets. Until then, I will not release you.

Was there a time when you did keep secrets like everyone else?

Pr: Yes.

Dr: What made you decide not to keep secrets anymore?

Pr: I was a very wealthy person. I was able to buy anything I wanted. Eventually I realized what I wanted more than anything was to simply live in a world where people trusted each other; to live in a world where I don't have to be afraid of other people. I came to the conclusion that there is no worthier ideal, so I decided to devote the rest of my life trying to bring such a world into existence.

Dr: What a wonderful and noble cause! But why does this mean you can't keep secrets anymore?

Pr: Early one morning as I was waking-up, it occurred to me that if such a world existed, if everyone could be trusted, people should have no reason to keep secrets from each other.

Why hide anything from someone who is loyal to you? That's when I decided to stop keeping secrets, and by doing so I hope to get some insight into why the world is so disloyal. To understand anything fully, one must also understand it's opposite.

Dr: What happened after you made that decision?

Pr: I immediately realized I was keeping other peoples' secrets, secrets they told me in confidence. I had to tell my friends and family I was no longer keeping their secrets secret, because had I not told them, I would have been keeping that fact a secret – I hate hypocrisy. As you can imagine, many of them became angry with me and some even threatened me. I thought they would be a little easier on me when I told them the humanitarian reason for my decision, but they didn't care about that at all. I lost several friends and was ostracized by some of my closest relatives.

Dr: The irony is, in your sincere attempt to create a more trustful world, you caused others to no longer trust you. I hope you can begin to see that refusing to keep secrets in a world where everyone keeps secrets is very problematic. You need to see the folly of your own actions.

Pr: I must admit I didn't thoroughly consider the potential risks and ramifications that might arise. I didn't fully appreciate the extent people use secrets to create and maintain their relationships.

Dr: Unless you understand the paradoxical nature of secrets, you won't understand how people function, especially yourself. To the extent a person lacks knowledge about human nature, at least to that extent they will lack knowledge about themselves and everyone else. It's no wonder so many people don't get along. You lost almost everything. Hopefully, you are open to learning from your mistakes so you can improve your chances of accomplishing your noble mission. It behooves everyone to make learning about human nature their highest priority.

Pr: I'm open to learning but I'm not yet sure I made a mistake. I see how my decision to not keep secrets landed me in this mental institution; however, I'm not sure being here is a bad thing or the result of a mistake. There may be something very important I need to learn by being here. Maybe it is good that this happened to me. Maybe everything is ultimately for the good.

I still maintain that the world can function without secrets, assuming we were all loyal to each other? I admit this is hard to imagine given how little loyalty there is in the world today. I believe we all know in our hearts the goodness of loyalty, and the shame knowing we are not as loyal to each other as we ought to be.

Dr: I agree in theory that if everyone was loyal, the world could function without secrets. I think if we investigate the nature of secrets, we may come to understand more deeply the origin and

purpose of the dark forces that compel us to have secrets, especially secrets that are driven by fear.

Pr: What do you think I need to know about secrets I don't already know?

Dr: Let's look a little deeper into how people use secrets. Telling a secret is a private act of disclosure and concealment that creates trust. When people tell each other their secrets for the first time, trust enters instantly. Secrets are profound because they summon so many human virtues such as courage, loyalty, confidence, vulnerability, intimacy, privacy and most important, honor.

Pr: I never gave it that much thought.

Dr: Most people don't.

Telling a secret in confidence makes both people feel more secure. This can occur only if the giver of the secret has the courage to trust the receiver. When telling a secret, the giver voluntarily submits to the will of the receiver - a self-imposed act of subordination that places the receiver in a position of power over the giver. The receiver's power to disclose the secret against the giver's will, implicitly deters the giver from becoming disloyal, thereby making the receiver more confident. In return for this gift of confidence, the receiver secures the human bond by agreeing to keep the secret, "it shall go no further", establishing mutual trust, confidence and loyalty.

Pr: I guess that's why sometimes I feel a bit naked when I disclose a secret to someone for the first time. It's like undressing in front of a new potential lover, looking forward to a warm loving embrace, while at the same time being exposed to the potential pain of rejection or even worse, disloyalty. I can see how telling someone a secret is an intimate act, requiring the strength to be vulnerable.

Dr: People yearn for intimacy. Our naked bodies are secrets we conceal with clothing. It takes courage to unclot a secret especially the first time with a new person. Someone must have the courage to make the first move for a loyal and intimate relationship to emerge.

Did you ever notice that the words loyalty and royalty have the same root?

Pr: No.

Dr: These words are very closely related. The virtues of royalty are summoned when a secret is used to secure a human bond. Royalty derives its power from the reciprocal loyalty that the crown and their loyal subjects share. The job of royalty is to protect and nurture the kingdom in return for the praise, honor and loyalty of their people, who make the kingdom secure for all by submitting to the will of the crown. When this circular power of mutual loyalty breaks down, the royals are dethroned in spirit and eventually from office, overthrown by a new and more popular

regime.

Trust, confidence and loyalty are the royal pillars upon which both personal and national security rest.

Pr: I see why my friends and family were so harsh with me. When they learned that their secrets were no longer safe with me, the loyalty we once shared broke down, so they removed me from their royal inner circle.

Dr: You became a threat to them. It takes courage to reveal a secret to someone who you've never trusted before. It takes courage to make the first move in a relationship with someone who hasn't yet risked disclosing to you one of their secrets. Sharing a secret is an act of human bonding, a private invitation to embrace, paid for with the intimate gift of self-imposed vulnerability. Secrets make people feel safe.

By the same token, some very private people lack inner strength because they can't tolerate being vulnerable. They rarely reveal their secrets but yearn to know the secrets of others. Consequently, they tend to have very few close intimate relationships.

Pr: Are you suggesting the way to build a more trustful world is for everyone to tell secrets to each other? That can't be right because if everyone knows everyone else's secrets, the secrets would no longer be secret.

Dr: The only reason people keep secrets is to protect themselves from each other. Once the need for protection disappears, so does the need for secrets. A secret is the only thing a person can make appear or disappear instantaneously, a human power most people don't fully appreciate. People are constantly deciding what to disclose and what not to disclose.

Pr: It almost seems counter-intuitive to ever tell anyone a secret, because a secret becomes less of a secret as more people know the secret? It is ironic that people both keep secrets and tell secrets for exactly the same reason, to feel more secure. It is as though a secret is a traded security with intrinsic value, a kind of currency used for exchanging the royal assets of trust, confidence and loyalty.

Dr: It's sad we still live in a world that makes us feel we need protection from each other.

Pr: This is precisely the reason I stopped keeping secrets; I decided I didn't want to live that way anymore.

Dr: Unfortunately, there are forces in our world that cause us to keep secrets. If we ignore these forces, we will suffer the consequences, as you well know. Let's approach the problem scientifically. Let's try to understand the properties of these disloyal forces so that we can learn how to observe, oppose and defeat them.

Pr: It boggles my mind that we know how to travel to the moon but we can't figure out how to live together in peace. Now that's a mystery.

Dr: I think the reason is relatively simple but the solution is complex. Imagine a world where civilization as a whole does not yet fully understand its own nature, human nature that is. In such a world everyone would lack self-knowledge at least to the extent each person does not understand human nature. In such a world, wouldn't you predict that people would often misperceive, misjudge and unintentionally upset each other, making trust difficult to maintain even among those with good intentions. Since no one fully understands human nature yet, it is a *faite comble* that our world lacks trust.

Pr: Are you suggesting people should study psychology to solve human problems?

Dr: There is no question everyone needs to learn as much as possible about human nature and the human condition. Psychology is only one perspective. Philosophy and religion have been around much longer and have much more to offer. As the philosophical issues we are discussing become clear, you will be able to see and understand yourself better. When this happens, you will make more accurate observations and more effective decisions. Over time, with proper discipline, you can master yourself to such an extent you will become free of worry and want for nothing.

Pr: But you are a psychiatrist. How can you completely dismiss the field of psychology?

Dr: I'm not completely dismissing psychology, but I understand its limitations. Psychology is a comparatively young field and in its current state is insufficient for understanding and effectively treating human suffering. Our dialogue will be very different than what you would normally expect from a psychotherapist. The vast majority of therapists do not spend their time teaching their clients principles of human behavior in the initial stages of their treatment plan.

Pr: Ok. So what philosophical issues should we talk about first?

Dr: We need to finish understanding secrets before we move on to a new topic.

Pr: I thought we were done with secrets.

Dr: We've learned a lot about secrets but haven't spent much time applying the knowledge to solve your problem. Let's see if we can analyze your situation using what we learned about secrets. Ok?

Pr: I'll try.

Dr: Good. I'm curious why the pain of losing your friends and family relationships didn't discourage you from living a life without secrets? Can you explain that?

Pr: I knew from the start I was embarking on an ambitious and potentially difficult mission and that all such missions usually entail ordeals. I had prepared myself intellectually and emotionally for this. Gandhi and Martin Luther King risked themselves for the sake of mankind. I certainly don't consider myself in their league, but these great men demonstrate that great missions sometimes require taking risks.

Dr: It sounds like you are prepared to sacrifice a lot to accomplish your mission.

Pr: Yes. Since a utopia, by definition, has everything a person needs, a person should be willing to sacrifice almost anything to achieve utopia.

Dr: Even your marriage, your security and your freedom.

Pr: Perhaps I have gone too far.

Dr: I believe you have one thing remaining worth sacrificing that will repair your life and move you one step closer to making the world more trustful.

Pr: Let me guess - my mission? You want me to sacrifice my mission - to stop pursuing a more trustful world?

Dr: No, not your mission; you have a great mission. I would never ask you to give that up. I recommend you sacrifice your unwillingness to keep secrets.

Pr: No one is going to force me to keep secrets.

Dr: A human being can't force you to keep secrets but the human condition can and actually is. You need to accept the fact that you don't have a free choice in this matter. There are forces that require you to keep secrets in order for you to survive as a normal person in this world. Aren't you forced to breathe, to eat and to go to the bathroom?

Pr: Yes.

Dr: Do these forces bother you?

Pr: Not really. .

Dr: You breathe, eat and go to the bathroom to survive. I recommend you add keeping secrets to your list.

Look at it this way. Instead of keeping his identity a secret, had the thief disclosed his identity to you by admitting he was a thief, would you have disclosed your identity and banking information to him?

Pr: That's not a fair question because thieves, by definition, never disclose their identity – their business depends on maintaining that secret.

Dr: Precisely, and for the same reason people need to keep secrets to protect themselves from thieves.

Pr: I knew the stranger might be a thief, but I chose to trust him. Had I known the stranger was a thief, I would have given him my ID only after making a serious attempt at converting him, which is what my mission is ultimately about anyway– converting a disloyal corrupt world into one which is truly loyal and royal.

Dr: I can imagine in an ideal world where secrets are not necessary, it would never occur to anyone to conceal their identity – there would be no reason to do so. By the same token, if the value system of the prevailing society considered secrets taboo, then people would never lie about anything because a lie is itself a secret. In such a world, keeping anything secret would be considered dishonest unlike in our world where secrets are normal, necessary and condoned.

Did you ever discover how the thief learned about your no-secret status?

Pr: I still don't know. I really can't blame anyone because whoever disclosed my no-secret had the right to assume I wasn't keeping it secret.

One day a seemingly nice person who I had never met, approached me in the supermarket and asked me if I was the person who didn't have any secrets. I said yes. That's when he asked me for my banking information. I immediately realized he could sell the information to someone else or steal all my money himself. I politely asked him not to. He said the only reason he asked me for my banking information was just to test if I really didn't have any secrets. He said he thought the idea of not having secrets was fascinating and he wanted to see if such a person really existed. He said not to worry, he wouldn't misuse the information.

Dr: Why didn't you rush to the bank to move your money into other accounts?

Pr: Had I done so, the new bank accounts would have become my next new secret. Anything I would have done to hide the money would have constituted a secret. My only choice was to trust the stranger.

Dr: Didn't you anticipate a thief might try to rob you?

Pr: I've been rich for so long, it just didn't occur to me that someone could wipe me out this way, nor could I image ever needing money. I guess I was naïve.

Dr: That must have been a rude awakening.

Pr: I still find it hard to believe. As you can imagine, my wife was furious with me. So then I tried to find a job, but every company that interviewed me wanted me to sign a non-disclosure agreement. When I told them I didn't keep secrets, the interviews always ended abruptly. I quickly realized employers would not hire someone who couldn't promise to protect the company's trade secrets, understandably so. When I told this to my wife, she tried to convince me to give up my humanitarian quest for a world devoid of secrets. But when I refused, she committed me to this mental hospital and filed for divorce.

Dr: Your wife probably saved your life. You're lucky she didn't leave you homeless. At least in here you are safe and you can learn a few things that might help you be more successful at whatever you want to do with your life. I think it is safe to say that if you want to change the world, you need to be in-the-world instead of confined to a mental institution.

Pr: I don't want to live here but I won't lie to get out. I think you want me to say I have secrets even though I really don't. I won't lie because lying will cause me to have a new secret.

Dr: Did it ever occur to you that you might have secrets you don't know you have?

Pr: What are you talking about? You can't keep a secret from yourself? That is logically impossible. Isn't it true a secret is only a secret if someone says it is and therefore a person always knows what secrets they have?

Dr: Actually, what you just said is a common but incomplete understanding of what secrets are. What you said is true only for a certain class of secrets. A secret is information that is concealed for some purpose whether or not the purpose is known. There are two classes of secrets: conscious secrets and unconscious secrets. Conscious secrets are perceived under the control of the person who harbors the secret. In stark contrast, unconscious secrets are secrets that control a person without them knowing.

If I can demonstrate that you have secrets you don't know you have, then you can tell people you have secrets even though you don't know what they are. This will stop you from telling people you don't have secrets which is what landed you in the hospital in the first place.

Pr: If I don't know what the secrets are, how do I know I have them?

Dr: To answer this question, first you need to learn what an unbreachable decree is.

Pr: What's that?

Dr: An unbreachable decree is a statement that can never be used to conceal the truth. For example, the statement, "I am alive", is always true because only a living person can say it. The statement, "I have secrets", is also always true, because a lie entails a secret. Therefore, the statement, "I have secrets" can never be a lie.

Pr: Did you just say the statement, 'I have secrets', can't be a lie.

Dr: That's correct. If someone says they have secrets, it must be true.

Pr: That's strange. I thought you can lie about anything. I thought free will makes it possible to lie about anything. Does this mean we don't have free will?

Dr: No. Everyone has free will, however most people mistakenly believe they are exercising their will freely at all times often when they are not. This is a common misconception and the source of much unnecessary suffering.

Pr: Earlier you said that a secret is something purposefully concealed. How can I purposefully conceal a secret I don't know I have?

Dr: You can't, but your body can. The body operates on its own, in case you haven't noticed. Do you know who Sigmund Freud is?

Pr: He's a famous psychiatrist.

Dr: That's correct. Freud discovered the unconscious. It became his most important contribution to the field of psychotherapy. Simply put, the unconscious is the term that refers to the hidden secrets a person is unaware they possess. In other words, the unconscious consists of all the knowledge and forces that exist inside of a person they do not know they have.

Pr: If I'm not aware of these hidden secrets, what good does it do me to know I have them?

Dr: First of all, if secrets in your unconscious are influencing your behavior and you are not aware of it, you are being controlled like a puppet. This could explain why a person has chronic personal problems they are unable to solve.

On the other hand, if you learn that you have an unconscious, then you can attempt to observe the effect your unconscious has on you even though you don't yet know its purpose. If you can observe something, you then have the opportunity to study it and choose how to interact with it and by so doing, eventually understand and defeat it.

Pr: Someone once told me they knew there wasn't anything in their unconscious that had a negative influence on their behavior. Is it possible to know this about yourself?

Dr: Impossible to know such a thing. That person must not understand the definition of the unconscious. By definition, a person cannot be conscious of the content of their unconscious in the present – this is a contradiction in terms. One can only become conscious of what was in

their unconscious from the past - a person cannot directly observe their unconscious in the present. Only through memory recall can a person trace how the forces in their unconscious influenced their past behavior. Then with this knowledge and a proper understanding of how the unconscious works, a person may be able to discern the psychological forces, the hidden secrets responsible for their chronic personal problem. When an insight of this magnitude occurs, the pernicious psychological forces self-destruct; the symptoms clear up and in their place settles a wonderful sense of freedom and well being.

Pr: Your description of the unconscious seems to imply that it is a refuge for malicious psychological forces that cause a person to suffer? Are there any benefits to the unconscious, or is it only a source of suffering?

Dr: That's an excellent question. The unconscious has the potential to be both harmful and helpful, a blessing or a curse. I want to fully explain this to you starting the next time we meet because the answer to this question is what you need to know to get out of the hospital. The answer will explain why people have chronic personal problems and once you understand this, you should then see a much more effective way to make the world more trustful. You will start keeping secrets again and more importantly, you will see why repairing the human condition requires a person to have one foot in the old world and one foot in the new. To cause a transformation of such magnitude, one must live within a paradoxical gap, which in your case is the ironic necessity to keep secrets in order to bring about a world where secrets are unnecessary.

Without going into too much detail now, consider the following. There was only one time in human history when there were no secrets. Can you guess when that was?

Pr: I assume in the very beginning.

Dr: Yes. The only time in human history when there were no secrets was in the Garden of Eden where Adam and Eve lived. Do you know the Garden of Eden story?

Pr: Not entirely.

Dr: Remember you said how sometimes you feel somewhat naked when you tell someone a secret?

Pr: Yes.

Dr: Adam and Eve were always naked and had no secrets until that fateful day when everything went wrong. Do you remember what happened?

Pr: Didn't they make a mistake and try to cover it up?

Dr: That's right. A friendly serpent convinced them to eat from the Tree of Knowledge of

Good and Evil, even though G-d commanded them not to. Immediately upon consuming knowledge from the forbidden tree they noticed for the first time that they were naked and that it was bad. Fearful that G-d would disapprove of their nakedness and punish them for disobeying, they tried to keep their mistake secret by covering their exposed bodies and hiding from G-d, a classic case of folly.

Pr: Anyone who thinks they can hide from G-d must be very confused. Even if there is no G-d, a G-d fearing person must be confused if they think they can hide from their G-d.

Dr: I agree. There are two lessons from the Garden of Eden story I want to briefly touch upon today.

First, you must be very careful who and what you listen to, including yourself. People have all sorts of ideas about how the world works and we each think our ideas are very reasonable and appealing. So we listen to the voice in our head as if that voice is an authority. The serpent represents the friendly enticing voice in our head to which we love to listen, without considering the possibility that what may lie in wait behind the voice is the enemy.

Secondly, a person needs to be very careful what knowledge they consume. If the source of knowledge is flawed like the Tree of Knowledge of Good and Evil, then in ignorance a person may learn something false and unwittingly believe it is true. Common sense tells us that false knowledge is potentially very harmful, leading a person down a dark road destined for suffering. False knowledge has the status of an imperceptible unconscious secret.

Pr: If a person doesn't know whether their unconscious contains false knowledge, then how can anything be done about it?

Dr: There is a way to defeat false knowledge, but it is too late to get into that subject today. In the few minutes remaining, I'd like to know what you got out of our discussion today. Did you learn anything useful?

Pr: I definitely learned something but I'm not sure yet how useful it is.

Dr: Ok. What did you learn?

Pr: I learned that in order to feel more secure, people use secrets to solicit loyalty from each other and to build intimate relationships.

Dr: Good. What else?

Pr: I learned it is human nature to have secrets that are hidden in our unconscious. Some of these hidden secrets cause suffering, but how and why this happens I don't fully understand yet.

Dr: Very good. When we meet next week I'll go into more detail about how this works. Anything else?

Pr: I learned that the human condition forces people to keep secrets. For this reason some of the secrets we have must not be under our full control, especially secrets in the unconscious that influence, without our knowing, the choices we make and what we say to ourselves.

Dr: Excellent. You definitely learned the main points. So, do you have secrets?

Pr: None that I know of.

Dr: Do you have any unconscious secrets?

Pr: I think I must.

Dr: Why?

Pr: We know a person must have secrets if they say they do. Since a person can say they have secrets at any time, the secrets must already exist. In my case, since I refuse to keep secrets, the secrets must be in my 'unconscious.' Does this mean everyone has an unconscious?

Dr: Yes and congratulations. You are very close to being released from the hospital.

Pr: You said you would release me from the hospital if I admitted having secrets.

Dr: Yes, but I need to make sure you know how to handle any future confrontations with a potential thief. Your reputation of someone who doesn't keep secrets is still out there, so even though you've stopped telling people you don't have secrets, another thief may still learn of your past and ask you for your ID again. I need to know you will keep your bank account information secret no matter what. Do you agree?

Pr: I would seriously consider it if you can show me a better way to accomplish my mission of making the world more trustful.

Dr: I will start doing that when we meet again next Tuesday.

Pr: Thank you, doctor.