



## **Chapter 8 - Lie Detectors**

Call me gullible, but I like life much more before I understand how lie detectors work, or before Navy Recruiting School teaches me that how to examine the body language and the words of any prospective recruit I am interviewing.

To me, trusting people is initially much easier than distrusting people, and a lot more fun, because people who are lying to me are usually at least telling me the things I like hearing. It is a relief when I find out that I am being as judgmental in trusting someone, as I am in distrusting someone, and I realize that my duty to my present moment is to be non-judgmental.

The idea that inspires lie detectors is that anyone taking a lie detector test starts out being a little nervous; the people telling the truth become less nervous over the span of the exam, while the people who are lying become more nervous. The people who aren't a little nervous to start with are probably people who know how lie-detectors work and might be judged as having less-honest motives for gaining that expertise.

As an educator I learn that no two people are usually able to tell the same story the same way, or see things the same way; so, as an educator turned bail-bondsman, I learn that anytime two people are telling the exact same story, or claim to see the exact same things, they are probably lying through their teeth.

Although some people may lie for their good reasons, or say some things to give themselves some benefit, my reasons for lying rarely outweigh any benefit down the road – once I bounce a check drawn off my store of integrity, my checks become less likely to be accepted in the future.

I believe that when I do bad acts in the name of good causes, I am mistakenly doing it to become a better version of what I say I am now; bad acts always change me into a different version of myself. Once I perform a bad act, I cease to be what I am, even if just incrementally, and I become a darker version of what I was - my bad acts are always performed in the name of what I will become by acting in that way.

If this is true, then my good acts stand to make me a better version of what I say I am now; my good acts might change me into a different version of myself too. Once I perform a good act, I cease to be what I am, even if just incrementally, and become a better version of

what I was – my good acts are also performed in the name of what I will become by my acting that way.

Slippery slope arguments logically hold up like that, because I can't do things a second time unless I do those things the first time too, but few people take the time to notice that slippery slopes operate both up and down. *The overriding truth* about being the owner of my life (both what I have consumed and what remains) seems to be shown in looking at my options to determine how I should use my present moment; even Dr. Seuss notes: "*Sometimes you will never know the value of a moment until it becomes a memory.*" My choosing to tell even a minor fib degrades that value of several 'future present moments' for me.

What becomes obvious to the even the greediest and wealthiest imprisoned people who have been over-using the wrong end of the slippery slopes, is that the real currency of life is self-determination and not money or serving money; most people who manage to overcome serving their addictions also realize too well too, as Emiliano Zapata (c. 1877-1919) points out, that self-determination is everything... Zapata's words live on and endure today as: "*Men of the South - It is better to die on your feet than to live on your knees.*"

Is it more truthful to say that my previous uses of self-determination are harming me now, or are they assisting me now? Does my self-determination in the present moment clue me in enough to understand how I want to be able to answer this question in the future? As helpful as lie detectors are in some cases, and as great as it is to absolutely know when someone is lying me, I really want the courage to learn, train, and practice in detecting when I am lying to myself. I want to be astronaut certain that I can trust myself.