

# Cryptographer's Guide to Peace, Love, and Nuclear Deterrence

Data encryption pioneer Martin Hellman and wife Dorothee share their map for better ethical decision-making, world peace, and a happy marriage.

**Michelle Dennedy:** What do a Turing Award winner, the Data Encryption Standard, nuclear deterrence, and a successful 50-year marriage have in common? The answer is Mr. and Mrs. Martin and Dorothee Hellman, our guests today. This impressive husband and wife team believes that learning compassion and ethical decision making is not only the key to resolving your own personal conflicts but will ultimately help determine whether civilization even survives. Married or single, you just may want to stick around to hear what the Hellmans have to say.

Cybersecurity data protection, privacy. You like to stay ahead of the curve and listen to experts who are leading the way in deriving greater value from data with a more organized approach to data privacy. You're like us just, a few deviations past the norm. You are a Privacy Sigma Rider.

Welcome back, Sigma Riders. Michelle Dennedy here, your humble host. It's not every day we have a Turing Award winner on our show. It's ridonkulous! I have to tell you, and we'll get into the real introduction in a second. I got off the train in Bletchley, England, and they have redone Bletchley Park, and I had the chance to sit in Alan Turing's chair and even my butt felt smarter.

So today, my whole body feels smarter, being in the Hellman family presence here. If you don't know the Turing Award, it's like the Nobel Prize of computing. Martin Hellman, or Marty, as he prefers, won the Turing Award in 2015, along with his partner, my pal, Whit Diffie. We worked together forever at Sun Microsystems. Love you, Whit. Guess what, you need to come on the show, sir. They worked together on their fundamental contributions to modern cryptography. The reason basically everyone can walk around on their silly cell phones and do all the things we do online is really Whit and Marty. Their contributions to society cannot be underplayed.

In the 1970s, they were lone voices in their criticisms, the ultimate Sigma Riders, on the short key size of the DES, or Data Encryption Standard. With their paper, New Direction in Cryptography, they introduced the ideas of public key cryptography and digital signatures, which today are still the most regularly used security protocols on the Internet, on the planet, and in the galaxy as we know it today. Since 1985, Marty has focused on international security, applying risk analysis to the potential failure of nuclear deterrence. Welcome, Marty.

**Martin Hellman:** Thank you. I'm really glad to be here.

**Michelle Dennedy:** This is going to be a fun one. Dorothee Hellman has devoted her life to studying the human condition and how to improve it. So, we've got the human condition being facilitated by technology, someone who cares a lot about humans ... they're married to each other. She was the vice president for financial support at the Beyond War Foundation and co-author of the couple's second collaboration, the first one being their marriage of 50 years. That's half a

century, all y'all. In their book, *A New Map for Relationships: Creating True Love at Home and Peace on the Planet*, the Hellmans candidly reveal the mistakes that nearly ended their marriage, as well as the positive changes that allow them to build a truly loving relationship and why those same lessons must be learned by the nations of the world in order to build a more peaceful, sustainable planet. Welcome, Dorothie!

Dorothie Hellman: Welcome.

Michelle Dennedy: Now, I have to tell the audience that I had to beg a little bit for Dorothie. She's often the silent, quiet, strong partner in the room, and she's like, "No, no, no, Marty loves to do this stuff." But as you will find, Dorothie, you are an inspiration, so I'm actually going to start with you. Let's start with your book, *A New Map for Relationships*. Why a new map? I sense there is maybe some storied background here.

Dorothie Hellman: Well, I'll tell you the first story in the book. Marty and I were in San Francisco, and we were trying to figure out where our next place to go was. And so, I took the map out of the glove compartment. This is a long time ago. It's a paper map.

Michelle Dennedy: Yeah, and glove compartments are that little box in the car.

Dorothie Hellman: Oh, I hadn't even remembered that. Yes. The little box in the car. Where you keep your quarters.

Michelle Dennedy: Yes.

Dorothie Hellman: And ... Now I'm lost.

Martin Hellman: Took the map out of the glove compartment.

Dorothie Hellman: I took the map out of the glove compartment, and I opened it up, and I started figuring out where we were going. And Marty, without asking, reached over and took the map out of my hands, and--

Michelle Dennedy: Oh, no. You didn't.

Dorothie Hellman: And not only is this rude, but it was one of my pet peeves. He had a habit of doing this. His mother also had a habit of doing it.

Michelle Dennedy: Ah, this story goes back.

Martin Hellman: I came by it honestly.

Michelle Dennedy: This is how they do it in the Bronx.

Dorothie Hellman: So, I was so steamed that I got out of the car and I slammed the door and I went over. We were at a ... where were we?

Martin Hellman: Twin Peaks.

Dorothie Hellman: We were at Twin Peaks. And so, I--

Martin Hellman: Stomped off.

Dorothie Hellman: I stomped off.

Michelle Dennedy: We've stomped her now, with these silly headsets. You guys can't see us. We're wearing these silly, Brady Bunch-looking headsets, and feeling very awkward. Sorry, go ahead, Dorothie.

Dorothie Hellman: That's okay. Well, I stomped off, and I just steamed for a moment, thinking, trying to figure out what to do. So poor Marty was thinking what he should do. Did he just sit there like an idiot waiting for me, or should he drive off, or what should he do? So, I came back to the car, and I sat down, and I was still steaming, but I was in the car. And so poor Marty ... he's sitting there. He doesn't know what to do. He's got the map over his face trying to read it, and he's ignoring me, which of course makes me even madder. So, I grab the map out of his hands and I started shredding it, and then--

Michelle Dennedy: And of course, you still have to get to where you're going.

Dorothie Hellman: That's right. Then I started throwing it all over the floor. And then of course we had to put the map together to get to know where we were going. And this story is a metaphor for what we talk about in our book in terms of maps. We all come with maps, and some are helpful and some are not. And some maps we don't even know aren't helpful. We don't even know they're a map. And so what needs to happen is we all need to examine our maps and see if we can come up with new ones that are more helpful, that are more joyful, and that are more interesting.

Michelle Dennedy: I love this so much.

Martin Hellman: And more effective.

Michelle Dennedy: Yeah, yeah.

Martin Hellman: My old map said if Dorothie did something I didn't like, I should yell at her. Like in that situation in the car. A few years earlier, I would've yelled at her, "What the hell you doing, stupid woman? Tearing up the map. How're we going to get where we're going now?"

Instead, because we had been working on our marriage, I was able to see the humor of the situation. It's almost like I was watching a movie and in the movie at the same time. So fortunately, I could laugh at how ridiculously we were both behaving, and fortunately--

Dorothie Hellman: I laughed, too.

Martin Hellman: But then we had to pick up the jigsaw puzzle, which had been our map, and put it back together again, which is the point you were alluding to before.

Dorothie Hellman: The laughing was an important part in that story.

Martin Hellman: Yes.

Michelle Dennedy: Yeah.

Martin Hellman: Humor is key to getting past a lot of the problems. But the same is true, so, one of the maps I brought was, when you don't get what you want, you yell. It never worked, but I kept following it.

Michelle Dennedy: We do it at work all the time.

Martin Hellman: Right. And we do it all over the place.

Michelle Dennedy: Yeah.

Martin Hellman: With our kids. I mean, maybe when they're little, it works, but when they get bigger, they pay us back.

Michelle Dennedy: Yup.

Martin Hellman: And we do it internationally, like we keep threatening North Korea, and what does it do? They build nuclear weapons so that we don't do to them what we did to Gaddafi and Saddam Hussein. It's not working, but we're unconscious. We're sleepwalking. We need to wake up, build better relationships all over the place.

Michelle Dennedy: Yeah, and I love this map analogy, and especially, we are just off of the season of mapping our data for all sorts of laws around the world that want us to map our data and map our data, and they're thinking, they're sitting in that car. There's a lot of emotion around what are we doing with our data, and do we have too much data, and data, data ... We're not thinking about that destination. So, I want to think about what are the assumptions that we're making in, you know, the ultimate relational database, a marriage? There's a common outcome that's a long-term relationship. You're in it for a reason. So where did you go from that moment where you're both awake and aware enough to recognize your collective behaviors? How did you turn that into this framework that you've got, this new map for relationships, and how does this relate to world peace? I mean, there's peace in the car. How do we translate that into a bigger framework?

Martin Hellman: Well, you said, what's the on-ramp to the new map, honey? Remember what you said about that?

Dorothie Hellman: You have to believe that there is a new map.

Michelle Dennedy: Mm-hmm (affirmative)—

Dorothie Hellman: You have to believe that there is a new possibility. And you have to figure out that your old map isn't working. Very often, it takes hitting bottom to do that because things are still working, sort of. But I mean, our relationship did hit bottom. We were ... I was ready to divorce him. And he was unaware of that. I was--

Martin Hellman: You were in pain. You were in pain.

Dorothie Hellman: I was in a lot of pain.

Michelle Dennedy: Yeah.

Dorothie Hellman: And I knew it could be better. I had an idea that it could be better, and—

Michelle Dennedy: I think that's where it starts, right? It's that idea.

Martin Hellman: Well, I have to interrupt you here, honey. I know I'm not supposed to do that—

Michelle Dennedy: She's looking at him ... I can see it, now that, mind you, we're at 10 minutes. We're on radio rather than camera. This is the amazing thing I love about this couple is like, Marty's like, "I have to interrupt you." And I see like the darts coming out, and she's like, "Again, Marty?"

Okay, go ahead, Marty. Sorry. Now I've interrupted you.

Martin Hellman: Now I can't remember where I was—

Michelle Dennedy: Oh, no! We were talking about—

Dorothie Hellman: We were talking about getting a divorce.

Michelle Dennedy: And then the opportunity and really the growth mindset that you're talking about is imagining first that there is a new map.

Martin Hellman: Right. Let's just go on. I lost where I was.

Michelle Dennedy: Sorry.

Martin Hellman: That's okay. I'm—

Michelle Dennedy: That one was on me. But it's such a good moment, because it's amazing, is like, this is a holistic conversation. Especially like, I'm sitting here as kind of the privileged bird's eye on a 50-year conversation that's been going on. And in our industry, we have an over 50-year conversation in businesses. You know, what's our mental framework for how we survive as citizens in a country? What is my relationship to my government? What is a government's relationship to another government? We're constantly being surrounded by what you guys are talking about, this ongoing conversation, and where are we going next?

I think that this re-thinking is very relevant to cybersecurity and privacy and peace. How do you see these concepts of, particularly security and peace and this new operating model? What's the vision for the new relationship we need to have in the world?

Martin Hellman: Well, as a good example, back in '75, '76, NSA and I were at war. Loosely speaking, Bobby Inman, the director of NSA, four-star admiral, now retired, of course, wanted to throw me in jail because in their view I was breaking the law by publishing my papers in international journals. I was exporting how to build good cryptographic systems. And that is an implement of war by definition.

Michelle Dennedy: It was that dangerous, that just implementing a paper about cybersecurity and encryption was a war—

Martin Hellman: Why don't you tell them how you felt when it became big news?

Dorothie Hellman: Oh, I was glad it was in the paper because I was worried something was going to happen to him.

Michelle Dennedy: Wow. And it's a well-founded fear.

Dorothie Hellman: Well, I don't know that it was or not, but that's the way I felt.

Martin Hellman: Well, I had friends ... Silicon Valley's also Spook Valley, and I had friends that told me I was putting my life in danger, and maybe not just from NSA. Their foreign equivalents probably weren't happy. Others told me that was crazy, I don't know which is true. But Admiral Inman, who was the director of NSA, paid me a visit at Stanford. His office called and said would I be willing to meet with him. This was, I think, 1978. And he said, "I'm meeting with you against the advice of all the other senior people at the agency, but I don't see the harm in talking."

Michelle Dennedy: Wow.

Martin Hellman: Out of the box, new map approach.

Michelle Dennedy: Yeah.

Martin Hellman: We are now good friends. I was talking to him just a week ago, and I have a couple of statements I've come up with about national security, nuclear weapons. The most recent is Rethinking National Security, and it starts of in 1945, the U.S. couldn't be touched at the end of World War II.

Michelle Dennedy: Right.

Martin Hellman: Since then, we've invested vast sums to improve our national security. Yet, paradoxically, we can now be destroyed in under an hour.

Michelle Dennedy: Yeah.

Martin Hellman: Something went terribly wrong, and then the statement in the paper that goes with it, which are not yet out, will explore that. And there's a statement that I wanted prominent individuals to sign, so we can hopefully get congressional hearings, things like that. And Admiral Inman is one of the signatories.

Michelle Dennedy: Wow.

Martin Hellman: Now, he wouldn't sign if he didn't agree, but he wouldn't sign it if he didn't trust me. But the nice thing there is he deserves the credit for initiating that. And, oh, I know what I was going to say before, too. Dorothie is extremely intuitive. And so, when you asked where this came from, and this vision of this relationship, we haven't had a fight in close to 20 years, which I, growing

up in the Bronx, and then New York Jewish culture ... out of the realm of possibility. But Dorothe has an intuitive sense that is just amazing.

Like 30 years ago, do you remember what your hairdresser asked you?

Dorothe Hellman: Yes. She said, "What's the secret to a good marriage?" And I said, "You have to be very demanding."

Michelle Dennedy: Oh. I like that. What does that mean? Tell me about that, because that sounds good to me. I'm sorry for anyone who wants to date me.

Martin Hellman: Well, actually, that was ... No, that was the thing, that you actually didn't know what you meant. It was just intuitive. It came to you, somehow.

Dorothe Hellman: I didn't. But as I thought about it, I realized that you have to want the best marriage.

Michelle Dennedy: Yeah.

Dorothe Hellman: And you have to hold yourself responsible for having the best marriage.

Michelle Dennedy: Holding yourself responsible.

Dorothe Hellman: Yes.

Michelle Dennedy: That's not an expectation of other people's activities. I think that's a really insightful thought.

Dorothe Hellman: Right.

Martin Hellman: It's not a me, me, me demand. It's an us, us, us demand. Dorothe told me, because we had both committed to do whatever it took to make this relationship work and to treat one another with respect. Now, of course, it took us a lot of years to actually implement that because of all the history in our relationship and history going back before our relationship.

Michelle Dennedy: There's a lot of maps piled up in the glove box.

Dorothe Hellman: So, if internationally we wanted to make it work and we wanted to make it really right, everything would change.

Michelle Dennedy: Right. And we'd have to be ready for that change.

Dorothe Hellman: Yes.

Michelle Dennedy: And take responsibility for our part in it.

Dorothe Hellman: Yes.

Martin Hellman: Yeah, just one example—

Michelle Dennedy: Yeah, that's big.

Martin Hellman: And this is in the North Korean section of our book, which due to Dorothe is half the length it would've been otherwise. It's a five-minute read. She said that it was too much information because this is mostly me talking in the international part. Most Americans believe, and understandably, because the New York Times writes it, that nuclear diplomacy with North Korea is, at best, extremely difficult, if not impossible, because they cheat.

Michelle Dennedy: Mm-hmm (affirmative)—

Martin Hellman: Well, it turns out, if you read this section of our book, you'll find out that, yes, they've cheated, yes, they've pushed the limits, but so have we. And in ways that make them feel, not unreasonably, that they're the ones who have been suckered. And we need to understand the other perspective. We don't have to agree with it, but we need to understand it, and then I remember, in the work we were doing early on in *Beyond War*, there was this idea that, if you can understand—you already understand your perspective—if you can get in the other person's shoes and really understand their perspective with emotion, as if, you know ... so you can see them, the other side, you then can get like a stereoscopic view from a mountaintop and see closer to the truth.

Michelle Dennedy: I like that.

Dorothe Hellman: Yeah. I think our Bill of Rights and our Constitution is a good start. I mean, that was quite an amazing, amazing set of "this is who we're going to be, and this is what we're going to do."

Michelle Dennedy: Yeah. And we look at it through—I'm a lawyer by training, and I look at it through the landscape of longevity and that it's lasted—but if you think about who was writing it and when and what their mental maps were, you're absolutely right, Dorothe. It was prescient. It was not the society that was, and they were documenting what was. It was a society they wanted to be and aspired for their children.

Martin Hellman: Yes. And that's actually a point we were just talking about as we were coming in. One of the things that I'm looking at is how ... being an ethical human being is something that evolves with time. Thomas Jefferson was an ethical human being by the standards of 200 years ago, even though he sold human beings to pay his debts.

Michelle Dennedy: Right.

Martin Hellman: By today's standards, ridiculous.

Michelle Dennedy: Right.

Martin Hellman: And what we need to do is to try to look at today from the perspective, try to imagine a perspective of 50 or 100 years hence, and see what would people see as unethical today that we do. Is it unethical that we attacked Iraq, for example, and killed thousands upon thousands of people? And then we did the same thing under a different president, one who I admired greatly, in Libya.



Michelle Dennedy: Mm-hmm (affirmative) —

Martin Hellman: Again, hurting our national security and killing lots of people, and making the people worse off. And yet, we're trying to do the same thing in Syria. And maybe it's different, but until somebody explains to me why regime change in Syria would work better than regime change in Iraq and Libya, I think we need to be much more careful. But we're following the old map that says do that.

Michelle Dennedy: Yeah, we're having emotion in the car, if you will, rather than thinking what is the outcome, and the children of these people that we're blowing up today ... where are they going to be in 50 years when they're running around on the planet with our children and our grandchildren? That brings us back to this really fascinating piece that I wanted, and I was really excited about having the both of you here for this conversation, is these rules and lessons in ethical decision-making. We're talking about big policy things, but also personal visioning for what we want our lives to be, and I'll say, in my day job, what I want our data to look like. What are these five ethical rules, and how did you guys derive them, and how do we think about these five rules? I mean, I know there's a whole book about this, but sort of break it down podcast-sized, if you will.

Martin Hellman: Sure. That's me, I think, honey, right? Okay. First rule is, it's easy to fool ourselves, so each of us thought in our marriage that we were being reasonable and ethical, and yet when we yelled at one another, when we didn't get our way, it wasn't working. The same is true internationally. And there's a story in the book where two high-level NSA employees asked me and Whit Diffie in 1976 to please be quiet about the Data Encryption Standard, and how I fooled myself then. I won't go into the details.

Michelle Dennedy: I'm trying to imagine you and Whit, knowing Whit, able to be quiet about something that you're that passionate about.

Martin Hellman: Well, we weren't. We weren't.

Michelle Dennedy: I think that was like a function that was not going to happen.

Martin Hellman: Right.

Michelle Dennedy: But they thought it was national security, and you thought—

Martin Hellman: We thought it was national security, actually, to improve the standard. And, by the way, in an interview about five years ago in the Stanford Alumni Magazine, Admiral Inman changed his perspective, not necessarily on the Data Encryption Standard, but he was asked if what he now knows, he would still try to suppress my work? And he said quite the opposite, with the Chinese stealing secrets from American companies due to insecure encryption, he'd like to get it out as quickly as possible.

Second lesson is the value of outside help. When I had a problem with RSA Data Security—and everyone listening to this knows about the RSA show. But we had a patent fight between Stanford and MIT, or actually between Stanford and RSA Data Security, and I was really pissed with Rivest, Shamir, and Adleman at the time. They're good friends now. But there's a story where a company, founder of a company comes to me and says, "You help me get an exclusive

license to Stanford's patents, and we'll get those RSA bastards by the balls." He spoke that way, so that's a quote.

Michelle Dennedy: Everyone knows what that means in business, for sure.

Martin Hellman: I wanted to go with the offer if it made good business sense, but I didn't want to go if it was out of revenge.

Michelle Dennedy: Right.

Martin Hellman: And so, I went to Dorothie. She helped me figure it out by getting advice from someone else. So, the value of outside help.

Michelle Dennedy: Is that the shadow motivation piece, understanding that piece, or is that really part of—

Martin Hellman: That's more lesson one.

Michelle Dennedy: Fooling yourself.

Martin Hellman: Fooling ourselves, yeah.

Michelle Dennedy: Okay.

Martin Hellman: We have socially acceptable motivations that we voice consciously, and then we have socially unacceptable motivations that we usually don't admit even to ourselves. And that goes back, I realized that watching a documentary about the making of the atom bomb. Because all the people that worked on it said their motivation was Nazi Germany, and yet they continued working even harder when Germany was defeated, and Japan was our only adversary. And I believe they had other ... I certainly would've had other motivations that I wouldn't have admitted. Like is my brain powerful enough to destroy a city?

Michelle Dennedy: Right.

Martin Hellman: And we have to do the experiment because the scientific method is to do the experiment.

Dorothie Hellman: Yeah, the other ... The personal part of that is we did a lot of therapy. The important piece of getting therapy is doing the experiment that you're given.

Michelle Dennedy: Yeah. Yeah.

Dorothie Hellman: So often, people go to therapy, and they hear that, but they're not really willing to do the work.

Michelle Dennedy: This concept is always ... See, this is why this is such a good dual partnership because I just had this conversation with a young man named Christian, who's in our Cisco TV group, about the importance in art, in particular, which is his specialty, of doing the experiment. And part of it is, as you say in therapy, they give you exercises. They're not going to give you a list and it's a checkbox, like we look at compliance in my field. They're going to give you an experiment first, and if you don't do the experiment, as you say, Dorothie, you don't get your hands on it, you

don't get your tongue around the words, you don't get to experience what it is that is good, and then I think to go back to Marty's point is, you can't really then get that outside help.

Dorothie Hellman: Right.

Michelle Dennedy: Going in.

Dorothie Hellman: Right.

Michelle Dennedy: That makes a lot of sense to me, an experiment.

Dorothie Hellman: The experiment is wonderful. Marty, when I wanted something from Marty, I came up with this great thing, I'd say, "Let's just do the experiment for a week." You don't have to do it after that. We can re-look at it again in a week, but as an engineer, how could he say, "No, I'm not going to do the experiment"?

Martin Hellman: I referred to that as—

Michelle Dennedy: That is really crafty.

Martin Hellman: Yeah, so if wives are listening in or husbands of engineering wives, be careful. That's a very powerful ace up the sleeve. So, I'll just quickly hit the other three lessons. One is friends are better than enemies.

Michelle Dennedy: Yeah.

Martin Hellman: Well, that's clear. Everybody would agree with that, but how many people do what Admiral Inman did or what we did to turn adversaries into friends?

Michelle Dennedy: Yeah.

Martin Hellman: And you really need to recognize when you're not doing that. Next lesson is lower the bar to get practice. If I only waited for the big decisions, like the two guys from NSA flying out and telling me shut up, please be quiet, or Lou Morris was the name of the CEO and founder of Cylink, getting the RSA guys. If you wait for those, they come every 10 years, maybe.

Michelle Dennedy: Right, right.

Martin Hellman: But it's kind of like bench-pressing. If you want to press 200 pounds, you can't just do it every five or 10 years. You've got to be working out with 20-pound, 30-pound weights every day. And the reason I could recognize that I was making, and I might be making an unethical decision, when Lou Morris came to me, was every day of my life for five years before that, I had been working at being a more ethical human being.

Michelle Dennedy: Yeah.

Martin Hellman: By not yelling at my wife. I failed. But I would question what happened—

Michelle Dennedy: You'd be doing the experiment.

Martin Hellman: Right. And the last lesson, really, is very critical. It links up the true love at home and peace on the planet. We need to build a more ethical world. If we don't, we're not going to survive.

Michelle Dennedy: Right.

Martin Hellman: And most people don't think about nuclear weapons, although cyber-attacks are getting to the point that they could be comparable. But just dealing with the nuclear issue, I've asked hundreds of people over the last 10 years whether they think we can go one year, 10, 100, 1000, 10,000, just to an order of magnitude before nuclear deterrence fails and we destroy ourselves. And almost everyone sees 10 years as too short a time horizon. I mean, it can happen, but it's not likely to happen. It's not like 50-50. And 1,000 years is wildly optimistic, leaving only a hundred years as the estimate, which is one percent a year.

Michelle Dennedy: Wow.

Martin Hellman: Ten percent a decade, worse than 50-50 odds over the remaining lifetime of our grandchildren and your children.

Michelle Dennedy: Wow.

Martin Hellman: Horrible.

Michelle Dennedy: Wow. These are not good odds on the planet.

Martin Hellman: They're not. But the positive side to it is, we can't just get rid of the weapons. We have to build a more ethical, more peaceful world--

Michelle Dennedy: Right.

Martin Hellman: So that we won't need them. We need to look at why North Korea has its nuclear arsenal rather than treating them just as a rogue nation. I mean, they're a horrible nation in many ways, but if we looked at ourselves, we might see some things we didn't like, also.

Michelle Dennedy: We may have some issues here to deal with. But it's that personal responsibility and visualizing ourselves as that more ethical environment, and as a globe, I think there's a debate of people who think that they're on the same destination to have a healed, ethical, sustainable world, and then there's other people thinking somehow they can live on this island of perfection themselves, and everyone else can be brown. It doesn't really work that way.

Martin Hellman: There is a non-trivial fraction of the American population that actually wants to see horrible things happen because that's necessary for the second coming of Christ. They're only about five percent of the population, but the rapture people, but they are a very powerful political group, and we need to keep that in mind. Because that's not what I want.

Michelle Dennedy: No. Me neither, so—

Martin Hellman: I want the second coming or the first coming ... I'm Jewish.

Michelle Dennedy: Yeah, exactly.

Martin Hellman: And I want it to be where we bring about the Kingdom of God on Earth, so to speak. You know, let peace on Earth, goodwill to all become more than a holiday saying.

Michelle Dennedy: Yeah, yeah. Make it work for us as long as we can, and then if God has other opinions, then she's free to like do whatever she's going to do. I'm going to bring this back to a question that I used to ask everyone, but it's perfectly poignant for you guys. I'm going to start with you, Marty. What gives you hope in this world today?

Martin Hellman: My wife. My relationship—

Michelle Dennedy: That's so good.

Martin Hellman: I have a marriage that I would never have dreamed of growing up, and I have to give Dorothe credit for the vision. I mean, she'll admit she made as many mistakes as I did, but she had this intuitive vision, and I'm so grateful for that.

Michelle Dennedy: I wish this was our Valentine's show. Maybe we'll have to launch this around Valentine's because that's a great answer. Now, what if she says Prada shoes? Dorothe, what gives you hope in the world today and going forward?

Dorothe Hellman: Well, our relationship does, definitely. Well, I'll tell you my philosophy is to celebrate everything.

Michelle Dennedy: Nice.

Dorothe Hellman: That comes my way. And if I can't celebrate it, then I accept it.

Michelle Dennedy: It's very stoic, but it's optimistic stoicism, I think.

Dorothe Hellman: Yes. It's a—

Michelle Dennedy: Loving what is. That's like a Byron Katie concept, right?

Martin Hellman: Oh, yeah. We've learned a lot from her over the last couple years. We wish we'd known about her when we wrote our book. We would've included—

Michelle Dennedy: I'm hearing echoes of that, and for the audience, the reference is Brian Katie's book *Loving What is*.

Martin Hellman: Byron. Byron.

Michelle Dennedy: Byron. Byron Katie's book.

Dorothe Hellman: For me, celebrating is—

Michelle Dennedy: Yes. You have to be mindful to celebrate, too.

Dorothe Hellman: You do. And it's not just accepting. It's celebrating. It's a very exciting, wonderful place to be.

Michelle Dennedy: Yeah. Ooh, I like that. Okay, so I'm going to do a very quick wrap. We're way over time, and I could spend another 10 weeks chatting with you guys. These are the five lessons in ethical decision-making summary. Lesson number one, it's really easy to fool ourselves and not know ourselves, and it's that mindful thing, too, that Dorothe just alluded to.

Lesson two, the value of getting outside help. We're not on this planet alone. Get some help. Lesson three, friends are always better than enemies, particularly friends with same common objectives. Lesson number four, lower the bar and get some practice. Do that experimenting and practice every day. Lesson five, we need to build. We need to envision and build and believe in a more ethical world, and I tell you what, it's folks like you guys, Marty and Dorothe. You give me great hope. We just only met a few months ago, and from the moment we met, these guys have a spark. You can hear the innovation that has been going on for decades and decades and decades, and I'm sure that it's running through everyone that you meet in your world.

So, I thank you so much for your time and energy and coming forward and maybe pulling certain parties out of their comfort zone just a bit, to come on the show. And thank you. And you know, I think you should get her Prada shoes, anyway, even if they're not the things that give her hope. It would give her great joy.

Martin Hellman: Okay.

Dorothe Hellman: He gives me everything I want.

Michelle Dennedy: I love it. All right.

Martin Hellman: I didn't used to but thank you for having us. This has been a lot of fun.

Michelle Dennedy: Excellent.

Dorothe Hellman: It's been good fun.

Michelle Dennedy: Thanks, guys. And I'm excited, and your book again is?

Martin Hellman: *A New Map for Relationships*, and oh, you can download a free PDF from either my Stanford website or a books website which is ANewMap.com. We're not trying to make money selling books.

Michelle Dennedy: A NewMap.com. Check it out. Thank you, guys. It's another wrap for the Sigma Riders. I think this is like a Valentine's edition, regardless of when we launch it. It's a love story.

You've been listening to Privacy Sigma Riders, brought to you by the Cisco Security and Trust Organization. Special thanks to Kory Westerhold for our original theme music. Our producers are Susan Borton and David Ball, and a special shout-out and thank you to our Cisco TV production partners.

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