Sexuality and conyugal

SPIRITUALITY

An invitation to dialogue

8.

TOPIC EIGHT

During crises ...

Let us search together

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1ST.- STARTING POINT:

Our EGO makes tricks on us and frequently mingles with our love gestures and makes us suffer. Jesus understood it very well and demonstrated it in the following parable: The kingdom of heaven may be compared to a man who sowed good seed in his field, but while his men were sleeping, his enemy came and sowed weeds among the wheat and went away. So when the plants came up and bore grain, then the weeds appeared also. And the servants of the master of the house came and said to him, 'Master, did you not sow good seed in your field? How then does it have weeds?' He said to them, 'An enemy has done this.' So the servants said to him, 'Then do you want us to go and gather them?' But he said, 'No, lest in gathering the weeds you root up the wheat along with them. Let both grow together until the harvest, and at harvest time I will tell the reapers, "Gather the weeds first and bind them in bundles to be burned, but gather the wheat into my barn[1].

God enjoys and suffers with us because our intercourse is not only a pleasure paradise but also a set of frustrated desires, conflicts, complexes, jealousy and rivalries. And God suffers but never says: there you have the price of your sins! He always says: Enjoy life and relieve it from what makes you suffer and from what you makes others suffer! In the middle of this reality our crisis arises, and God himself that suffers with us

1.- Mat 13, 24-30

cheers us up saying: Friends: be partners. Love desires you! Whether or not you know it, you also desire love. Live and love in peace.

A GOOD ADVICE. Father Caffarel knew the true story of many couples: from that knowledge his experience was born: "To the disunited families the first thing I have to say is: "never resign yourself to disunion; the first thing that has to be done is clarifying; you have to see; even if this entails findings that hurt, even and most of all if you have to discover personal mistakes, condemn yourself..., do it ... it does not mean to rush things: frequently, knowing when to wait, to be complaint is a sample of great prudence; a false movement may risk prompt healing. There is nothing else to do, if you have to learn to wait, out of prudence and patience, this should not lead you to elude the issues because of cowardice. To make light is to look for the causes of evil. The most visible are not always the most real...once these causes are identified then the point is dealing with true remedies. The first of those remedies is frequently a change in our heart...[2]"

Father Caffarel was aware that crisis regarding sexuality experiences was born from the lack of human quality in these relationships. «No true sexual morality may exist if there is no quality in human sexuality» When he said that our sexuality is rather «wild»[3] it may be because such (coital) relationships are not inscribed within love relationships. Father Caffarel read about the sorrow of the couples when reading the survey on sexua-

2.- Father Caffarel, Article published in Anneau d´Or, special issue of January-February, 1947
3.-Father Caffarel, in the Chantilly conference

lity[4] and he would have liked to say and do many things to avoid it. He used to say: «pleasure is a saint reality that is in the order created by God, and before which, no suspicion may be raised, as in those sad spiritualties that were so extended[5]» The different way to live pleasure may generate a crisis in our sexual experiences. Knowing and assuming our differences may help us to overcome those difficulties.

2ND.- THIS IS OUR REALITY:

Our love has a lot of difficulties in this consumer society. Consuming is burning and extinguishing and loving, on the contrary, is creating, recreating, constructing and replenishing.

Crises are the opportunity to grow. They give us information about the other, they show us the true, they make us compare, assess and choose the best, discarding what is bad or mediocre. The process is painful, but at the end we are somehow more mature and better persons. «The couple's relationships are not a status, but a continuous development process that evolves by successive crisis. Crises are completely normal and the fact of overcoming them keeps the relationship alive»(Serge Hefez).

If we give light to this process with love, which is our fundamental law and ultimate sense of our life, we shall return to mutual confidence and shall not defend ourselves behind the trenches of self-love. And let us always think that every dawn has its sunset and that we always have to choose

4.-Survey made in 1969.
5.-Faather Caffarel in the Chantilly conference

to be present (aware) where we are and always choosing kindness.

Jesus tells us: you have to see the weed and the wheat. Take care of the wheat –your couple- and do not fall with the weed – ego is distancing and separating-. Yes, it makes you suffer, but take some time, so that you don't hurt yourself when pulling it out. It's not easy. There are offenses that will never be forgotten because they destroy some very profound things. Forgetfulness and forgiveness are two different things. If we forgive we return to the other his dignity and faith in himself. Forgiveness makes us rise our head, say to each other: let's hold hands again and let us listen to Saint Paul: Love is patient and kind; love does not envy or boast; it is not arrogant or rude…Love bears all things, believes all things, hopes all things, endures all things.[6]

3RD A RATHER REAL AND FREQUENT

Crises come from our immaturity and help us grow. Let's see: This is a couple in love. She is amusing and rather irresponsible. He is serious and responsible. They see each other fitting like a glove in the hand in a future life together. For her, he is the strong one who shall help her solving her problems and her ideal complement. For him, she is the spark of joy he always lacked, the spontaneity, freshness and the playful part that he doesn't have. This couple got married and started to share good and not so good moments.

6.-1st to the Corinthians 13, 4-8

Time went by, and just any day, she gets home wanting to share with him her professional successes. With her usual cheerfulness she begins to tell him about her exiting activities. He, on the contrary, doesn't pay attention to her words or her joyful enthusiasm. Then she thinks: He doesn't care about me. He is only interested in his own things. The husband, obsessed with his labor problems (he has been fired from work) thinks for himself: My problem is irrelevant for her, because she does not love me anymore.

Angry because of her husband's silence she goes to her room thinking that if he acts like that it's because <he no longer loves me>.

A succession of negative judgments begins, fed by misunderstandings: He is very mad at me, maybe I must have done something wrong for him to have stopped loving me ...he no longer cares about me. He doesn't love me. These thoughts fill their minds, their anger and indignation grow. Unjustified judgments and deformed images occur in a cascade.

She doesn't analyze his feelings, and the husband doesn't join his wife's joy. They judge each other instead of empathizing between them. And both of them draw false conclusions based on assumptions. Their ego doesn't allow them to see the feelings of the other.[7]

And the cause of these disagreements between the couples is given by Aaron T. Beck:

-Because we insist on guessing what one only can know by asking and listening.

7.-The idea is from Aaron T. Beck. "Con el amor no basta" ("Love is not enough"), 1997 page 29

-Because it is difficult for us to ask for an explanation about ambiguous gestures that give false information.

- And because we trust more our mood than what the other says.

4TH.- TO DIALOGUE AS A COUPLE

Perhaps we are a young, middle age or elder couple. Our crises may have their origin in any of three following reasons. Once identified, we dialogue and give an answer to the three questions: why does it happen? Where have we failed? What are we going to do to improve?

1st.- Conceiving sexuality only as genitality looking for pleasure and children will arise inside ourselves the conviction that once procreation is not possible and passion disappears, sexuality shall be over, will it not? Let us not forget that procreation is part of sexuality and not the opposite.

2nd.- God gave us all the surface of the body for caresses and to treat ourselves tenderly. ¿Why do we sometimes reduce our caresses to a small part of the body? Caresses have a purpose in themselves and are not an exchange coin to get something.

3rd.- Some crises may be born from being slaves of intercourse. ¿Do you think it is more important to be good sexual travelers (who enjoy the route, the trip, the company, the preamble, caresses, words, etc.) than tourists that seek, above all, the end, the achievement, the goal (usually the orgasm)? Do you consider yourselves more tourists than travelers or the opposite? Why?

5ª.-TO PRAY TOGETHER.

Prayer is a good tool in crises. We withdraw, we hold hands and keep silent ... we relax and open the door to God that says "Christian couple, you are my pride and hope. I created the world but I never saw anywhere the image of my most intimate life. I tried to discover the best of myself and it has been my most beautiful creation. That is why I created you, human couple "in my image and likeness" and saw that it was very good. You are a privileged creature, ¿do you understand why are you so beloved among all the creatures? ¿Do you understand the immense hope I have deposited in you?[8] (We remain in silence a few minutes enjoying these words.)

Husband: Lord, we know you understand us and make us company in our disagreements. We hope and wish you remain close to us in our weakness and insecurity.

Wife: Lord, teach us to be faithful to love, forgiving, and being patient and being truth and joy one for the other.

Husband: May we know how to demand without hurting us. May we be patient so we do not discourage and that our demands be always loving, so that we do not protest.

Wife: We know selfishness and misunderstandings, not listening and not communicating distance us. Help us to open our hearts so you may come in, together with my husband.

8.-Péguy, Fench catholic philosopher, poet and essay writer. Quoted in Topic of Study of O.L.T Spain – 2014 – 2015, chapter 7.

Husband: Give us enough maturity to differentiate what is important from what is urgent. Help us controlling what surrounds us, so that together we may grow in maturity.

6TH.- LET'S CONVERT OUR CRISES INTO EASTER

… Going from the negative things and the problem to what is positive and the encounter

- From cold ideas and individual truth …	- to the feelings and truth of being US.
- From grabbing to possess and be violent…	-to caresses between equal persons.
- From being sexual tourists that only seek the end, coitus…	-to be travelers that enjoy the trip without being obsessed to reach the end.
-From objective, functional, cold, fearful language and between superior and inferior…	-to a ludic, confident, free language, full of feelings.
- From sick and toxic relationships…	-to confident, affectionate and ecologic relationships.
- From a negative, tense environment that is an obstacle for sexual encounters…	-to a positive, warm and free environment that is the preamble for joyful sexual relations.

Let us leave the conflict and suffering pond and let us make a TENDERNESS deal to achieve quality relationships where God may enjoy with us. And let us say to ourselves with confidence: "I don't care bout your truth. I mind about the Truth and come with me to find it, keep your truth," (A. Machado).

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