Sexuality and conyugal

SPIRITUALITY

An invitation to dialogue

11.

TOPIC ELEVEN

“Let us re-discover *our love”*

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1°. - REFERENCES:

1-1- A smart quote: P. Caffarel liked to quote Bernard Shaw "My tailor is the most intelligent person I have ever met in my life. Every time I visit him he takes my measurements, while the others have measured me once forever." [1]

1-2- Let us together blow our ashes to remove the dust that cover our old embers and discover our first love. Free from ashes, that first love shall shine will warm us and we shall be able to say:

Husband: "How beautiful you are, my beloved, how beautiful are you! Your eyes behind the veil are two doves" … Your lips are like red ribbon; your words have bewitched me… Your breasts seem two fawns, two twin gazelles grazing among lilies" [2]

And the wife: "My loved one is white and red, outstanding among ten thousand…. His eyes are as the eyes of doves by water streams,… his lips like lilies, distilling fragrant myrrh … His hands are as rings of gold ornamented with beryl-stones; his body is as a smooth plate of ivory covered with sapphires.. Such is my loved one, such is my friend, oh maidens of Jerusalem" [3]

1.- Bernard Shaw. (1856.1950) Irish, Author of "Misalliance "
2.- From the Song of Songs m 4, 1-5
3.- Ibid 5, 10-16

2º. - SOME IDEAS. LOVE IS ALWAYS NEW.

2-1- Love inaugurates us.

Love opens us. When we look at our eyes, we see our truth and novelty and make our love dynamic. That is the way to inaugurate ourselves every day. If we take our measurements we shall know where have we grown or diminished and where we have to accept ourselves again. That is the point, not saying "I know what you think" "You always do the same" or "I know what you are going to say". If we use the meter, we are open to new ideas, to new feeling and the desire of the moment. And love does our daily opening, it prevents us from thinking we are already learnt and think that we are already known. ¡Let's blow together the dust of routine, not closing the door to my novelty and your surprises! And when we feel the warmth of our bodies let's say to each other: I believe in you and believe in your skills to be new, because if I believed "only what science may evidence, I would lose real things such as life itself" 4. When taking your measurements I wish to accept an inaugurate you and I want my life to be impregnated of you. Let's think in the deep sense of the following verses of the Cuban poet Dulce Maria Loynaz:

"If you love me, love me as a whole, not by zones of light or shadow;

If you love me, love me black and white and grey and blond and brown.

4.- Félix Torán, "Mental ecology", Edt grupo Planeta , 2014 Barcelona

Love by day and love me at night and at dawn and in the open window.

If you love me, do not cut me down.

Love me all or do not love me"

2-2-Love renews with communication.

Communication in intimacy is accepting ourselves and denying to say: "I love you but you have to change", because we would be deceiving ourselves.

A sincere "I love you" opens us and puts the tape measurer in our hands making our love alive so that it is supported on passion, intimacy and personal commitment" [5].

When we take measurements we can cry out "I'm here, can you see me? Although my body has changed I'm the same" and we shall measure ourselves, we shall satisfy the passion desire, we shall embrace the body that looks for love and shall caress the soul that needs understanding. And at other times, we shall plead: "Love me when I do not deserve it because it is when I need it most"[6] because I want to laugh … and abandon myself and surrender confidently.

Love is what may not be lost.

Love changes the past.

Love makes that two become one, without ceasing to be them.

5.- Esperanza Bosch and others, "La violencia contra las mujeres" Edt S. XXI. 2013-Barcelona
6.- Proverbio chino Chinese proverb.

Love fills all the spaces you create

Love speaks in silence.

Love allows seeing yourselves in times of difficulty.

2-3-Love is energy

Our coexistence crates knots that cut the energetic flow between us originating anxieties, negative moods, rejection, criticism, judgments, indifferences and the heavy load of guilt. All this stiffens our body. And all these elements are the stoppers with which the Ego, immaturity and lack of humility close the ways where energy of love circulates.

Only this renewed love and made true with tenderness gestures may clean the ways, transport empathy, remove fear, bring happiness and create compassion giving our bodies the capacity to be partners. Let us have gestures of tenderness, a warm smile or eyes full of promises so energy flows again. All the energy from us to the other shall return enriched. Let us not be afraid of being tender and lovable with the person we love and not be ashamed to ask for his/her body.

3°.- AN ANECDOTE: "THE CHINESE VASE

This is a newly married couple. One day they went to the market and saw a Chinese vase of beautiful colors. They imagined it at the entrance of their new house. Delirious with enthusiasm they put it in the car and very carefully took it home. They looked for a base, cleaned it and put the vase there.

Everything was without dust or without anything that might affect the vase's colors and charm. Each day they would gaze at their "acquisition" and would congratulate each other for the purchase. "It looks so well!, it was a very good choice!"

They went to work, came back, enjoyed it and every time they left or came into the house they had the chance to enjoy looking at it. Days and months went by. Each time joy expressions, looks and satisfaction due to the decoration lessened. Just before Christmas general cleaning was necessary. They moved the furniture, put objects in the corners and the house was clean and ready for the party's fuss. One of the objects that was gathered was the vase to avoid breaking it. The colors disappeared and were replaced by the green of a plant that occupied the corner. Our couple continued coming in and out the house and days went by without them being aware of the absence of the vase.

4º.- TO DIALOGUE AS A COUPLE

We begin the dialogue remembering the following:

We want absolute confidence and this is achieved when we work on mutual acceptance. This makes us secure, takes away fears and opens the door to go into the other with all respect.

Love is respectful says R.Tagore. Respect is not tenderness. We are respectful when we recognize

that we have a life of our own and that we have illusion that the other person fully lives her/his life and develops his/her identity. "Those that wish that the beloved person turns into his/herself are the ones who love" says Lain Entralgo. Try to discover the mystery of your couple and be excited with all that has to do with him/her. This is the best way to be respectful with her. But, be aware if you are not yourself, so your couple may be what it is, and you are loving out of commitment. The best thing you can give when you love is your own self, your being, your wholesomeness … if you re-sign to be part of you, you deny giving your couple the best you can give. It would be good to listen what lovers said to each other in a movie: "My wish is not that you love me, or that you give me your love, that you owe me, thank me or admire me. My wish is simply that you exist and grow". That is the best guarantee of love.

1ª.¿Do we have intercourse because we believe that we have that commitment with our couple? Acting that way isn't disrespectful with ourselves? If we do not have confidence to say "yes" or "no" when facing sexual demands ¿what are the reasons for not having confidence?

2ª. - When Intercourse do we think: Am I at her/his level? Or "is it fear that doesn't allow us to be completely spontaneous during intercourse? If we undress our soul before our body, the second will be easy and pleasant.

3ª-¿Have we felt sometimes, that the habit, time and routine conduct our intercourse?

4ª-Have we turned our couple into the colored and multi shaped vase, something already known and not wished? Why did it happen? ¿How can we improve?

4TH.-. LET US TAKE MEASUREMENTS IN OUR PRAYERS

Both: Oh Lord, we want this moment of silence to be a look to the deepest of ourselves. We know that only with the eyes of love we see what is really true. We wish our intercourse is immerse in your love that neither force nor violence, routine or boredom will hide the embers of our first love. We make silence for a while because from this silence we will get straight and sincere words...

Wife: We know that with physical contact we do not get completely in touch; we want that Eros spirituality and the remembrance of our first love make our encounters a celebration.

Husband: We know that "the need to be touched, taken by the arm and held with affection, are some of the deepest longings of our heart and are very concrete signs of our desire to merge with you"[7] ¡Touch us! And teach us touch our bodies.

Both: Let us both cry without fear and trust: Touch me! Touch me, please! Because your caress heals me, expresses your respect for me and is a sign of your goodness, your joy and your commitment.

Husband: We are in danger of giving too much importance to the end of our intimate encounter. We want you to be present in the temple of our intimacy.

7.- Wunibald Müller. "Kissing is praying". Sexuality as a source of spirituality. Edt Sal terrae. 2005 Santander

Both: help us enjoy more the preparation, tenderness and the final pleasure so that the essence of egotism allow that you are present in this party.

Wife: Lord, we want you to be to our love, what the wind is to the sails of the boat.

Both: We will spread our love's sails so that you blow with your wind and make us sail with joy.

Both: We want all this to be not just words. Our intimacy has too many words. Like Dante, we want to convince ourselves that "little loves who can express in words how much he loves ".

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