Sexuality and conyugal

# SPIRITUALITY

An invitation to dialogue

# 4.

TOPIC FOUR

## **Sexuality envelops** *all our being.*

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Sexuality envelops all our being.

## 1°. - FIRST REFERENCE:

It is important that we live and relate as sexed persons with coherence, authenticity and generosity. Otherwise, we will live with fears, apprehensions, pressures and dependencies.

"Without delivering our heart, without sentimental relationship, there is no human sexuality"[1].

Sexuality is an attitude towards life. It soaks everything we do. Being sexually alive is equivalent to relate ourselves in a and spiritual mode thinking about the good of the other and looking for a Deep pleasure.[2].

"Sexuality is not only a superficial quality. Everything a person does is marked by his (her) sexuality, because it is done because of that sexed condition"[3].

All the above tells us that living sexuality positively requires being attentive to all aspects of life that may influence on the experience of our sexuality.

Our Sexuality is conditioned by the following areas:

*Biological area*
*Affective area*
*Psychological area*
*Cultural area*
*Social area*
*Religious and social area*
*Hygienic area*

*1.- Santos Beneti in "Sexualidad creativa" pág 130., Ed S. Pablo 1994. Colombia*
*2.- A. Lowen quoted by Jane Howard, on " Tócame , por favor", 1973, pág 171*
*3.- Maite Melendo. "Comunicación e integración personal" . Sal terrae, pág 162 Santander 1985*

All our body is a unit that prays, thinks, feels, loves, enjoys, is related, heals or falls ill and is a big temple of our God. That is why…

……..the maximum expression of human love is similar to God's love revealed in the tenderness, the delivery and the beauty with which He has made earth beautiful.

## 2º. - SOME IDEAS TO EXPLAIN THE SCHEME:

**a)- The biological area:** is the most visible and external part of our body: the appearance, the genitals, the erotic, (the desire) and the pleasure. It is not the most important one, but it is the basis. From all the above comes the attraction, the pleasure, the procreation and the meeting. Our big mistake would be to remain searching exclusively the pleasure, obsessed by the orgasm, as the only purpose of sexuality. With E. Emezúa, we oppose to the excluding orgasm that does not give any importance to the loving meeting of two who love each other. The finalist orgasm that separates love from pleasure, contributes to make our meeting just genital.

**b)-Affective Area:** The physical genital meeting is not sufficient. It lacks something important. We need relationship, meeting and personal and innermost communication. We need and want affection and love to soak the gesture and the hug to communicate intimately. Sexuality begins with the attraction, followed by the desire, from which friendship love is born and it is completed with the love feast (agape, donation).

**C-Psychological Area.** Psychology tells us that men and women are and behave differently. Because of being different, we are attracted by the other. Masculinity likes sexuality with goals, somehow mute, without games and very little tenderness. Feminine sexuality is more expressive, likes playing, the road, the word, the gesture and tenderness. This is the travelling feminine sexuality that enjoys the road without giving so much importance to the end: the orgasm.

**d)-Cultural Area:** The machismo culture has harmed us a lot; the "conjugal duty" culture that pretended that women would always be well disposed for the husband, stopped women from living joyful meetings under equality conditions. The "coach" culture made men believe that only they knew about sexuality and that they could teach women how to enjoy it. How naive!

Our reference must be the evangelic culture, the culture of love between equal persons. The modern sexuality culture is that of equality, having as reference the feminine travelling sexuality because it is richer and more generous and looks more for enjoying the road (the loving game) than the achievements (orgasm).

This equality denies dissimulation and allows asking, suggesting, requesting and informing, with love and affection: "I do not want" or "I want…." Equality tells us that the request does not have sex, and that passivity and activity can also be lived, from the two sexes

**Let us see a real case, seen in a therapy:**

It is the case of a Young couple. He had master's degree and she was a nurse. They get married and go for a honeymoon trip. When they wanted to live their sexual meeting (they had not lived it together before) they found that he is not capable of having complete relationships. He had had relationships with other women without any problem and, always, leading the love game. When relating with his wife, she was the one who took the initiative and the husband was disrupted. The stereotype of passive woman and active man backed the wrong horse on them.

**E-Social Area:** Society influences our lives. Our society is sick of superficiality; it thinks that everything is the same and wants uniformity to manage us better. It creates topics and wants us to do what we are told by the media especially the TV. This requires us to be alert to be aware of reality, the fashion and the environment that surrounds us in order not be influenced by ideas and practices which make sexuality become banal.

**f) - Religious and values Areas.** We cannot live sexuality against our own values and religious feelings. It would be like lying, betraying, creating concern and distress within us. We would be lying to our own body. The feeling of blame, the distress and the internal tension would not let us enjoy our meetings.

Sexuality and religiosity get together and add up when trying to make man and woman, two hu-

man beings to care about the other human being; the two are like two drops of water: The two are looking for fraternity and demand a consideration of equality.

-Likewise, the two require dialogue, both with the other and with God

-And the two require the "for you" attitude which looks for the good and development of the other.

**g)-Hygienic Area:** We care especially about the mental and affective area. We assume the physical one. Likewise, it has been demonstrated that caress heal children and elders. "The welfare and happiness of men and women are almost unreachable without the love and gratifying sexual contact"[4]. The gesture and mutual approaching with which we feel loved and valued, heal us and give a sense to life stopping us from getting depressed.

What really heal us are affection and love and not the technique that lacks the warm and spontaneity of feelings. When living sexuality, the skills are not as important as the expression of love. This requires time, dedication, effort as well as corporal hygiene.

*4.- Masters & Johnson en "El vínculo del placer" Ed Grijalbo, Barcelona, 1995*

## 3º- TO DIALOGUE:

We seat comfortably close to each other and in the presence of our Lord to give ourselves the opportunity to see our behaviours and interpret our words in order to avoid possible conflicts. We ask each other and face our reality with the best wishes to improve and grow.

**1ª-** If we look at our sexual meetings, in which of the seven areas explained, do we think it is necessary to pay more attention and care? And why?

**2ª-** In which aspects of our sexual meetings "you" (man) have to learn from "me" (woman), and me from you? Let us not forget that our differences enrich us.

## 5º- WE FINISH PRAYING TOGETHER[5].

**Husband:**-We open the door to our Lord asking Him to accompany us saying: "we know whom we have trusted"…….

**Wife:** And we pray. Both: We can trust you Lord because you want us to be happy in order to be good. And you insist: if you want to be happy, you must be better.[6]……

**Wife:** We hold our hands and repeat the words of prophet Osseo7. "I will take you to the de-

*5.- Consecutive dots show the time for silence and personal reflection.*
*6. - Pensamiento del Arzobisco de Madrid, Carlos Osoro, expresado en la toma de posesión del Arzobispado de Madrid.*
*7.- Oseas, 2*

sert, will speak to your heart and will seduce you”.....

**Husband:** In silence, we look at each other to the eyes and together, from the heart, we say to the Lord: BOTH: We know whom we have trusted that will never defeat us.

**Husband:** We acknowledge and value our body which is the UNITY, wanted by God in accordance with St. Paul: “...although there are many members, the body is only one. And the eye cannot tell the hand: “I do not need you”; nor the head can say to the feet: “I do not need you”. On the contrary, the members of the body that we consider weaker are the most necessary ones..... God himself distributed the body giving more honour to what was less noble”8. .....

**Both:** Lord, we know whom we have trusted and you will never defeat us.....

*8.- 1 Cor 12, 20-24*

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