Sexuality and conyugal

SPIRITUALITY

An invitation to dialogue

2.

SECOND TOPIC

Man and woman: *different and equal.*

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Index

Chapter	Theme
	Introduction
1	Marital sexuality, the great gift of god.
2	Man and woman: different and equal.
3	The language of sexuality: tenderness
4	Sexuality envelops all our being.
5	Sexuality makes us fecund.
6	Let us learn to educate
7	Jesus and sexuality.
8	During crises … let us search together
9	Forgiveness makes tenderness possible
10	Let's cultivate our sexuality
11	"let us re-discover our love"
12	Testimonies

1°- REFERENCES:

1-1- "male and female he created them."(Gn 1,27) and (Gn 1,31).

He made us in his own image. Woman was bestowed with femininity and man with masculinity. And God liked so much our masculinity and femininity, that he became equal to us through the tenderness of a child. God made man and woman with a different gender each, so that together we procreated. And because we are different, we feel and live sexuality and all human realities in a different way.

Women were made very feminine and with a bit of masculinity, and men with different tones of masculinity and some femininity. We should be proud to be part of that rich and diverse picture painted by the hand of our God. It is the multicolor picture of human existence. And this variety of feminine and masculine tones is made for the encounter, the relationship and love of the two genders, rather than for them to "struggle" or to have domination or violence.

1-2- He made us of two different genders to love, the total and most delicate act of the soul. Male and female animals are ruled by their instinct, which assures the species, but we, man and woman rule ourselves by love that improves such species.

Existence is rich and complex in the feminine gender and is less rich and simpler in the mascu-

line gender. Let's men not be offended because we all have masculinity and femininity. We ought to be allowed to be different so that we can be equal. Equality and difference belong to different spaces. The first one refers to social matters, to functions and behaviors and difference is related to individual identity, which sets the way to be profound and the way to live life either as a man or as a woman.

COMMENT: We are all aware of our physical and social differences. We shall address the psychological differences. All our differences are originated by a succession of biological, psychological and environmental elements that define us as men or women throughout the process of our SEXING.[1] Here we only want to see ourselves in the inside not in the outside. We don´t want to describe thoroughly our differences, but to know and help ourselves to assume the differences that condition the experience of our sexuality.

2º.- OUR DIFFERENCES: YOU AND I INSIDE.

2-1- I AM A WOMAN AND FEMININITY PREVAILS IN ME. Husband, you know me already, but I wish to tell you what I am, what I feel and some of my needs. I am and feel that I am a woman, therefore my form is different from yours; I

1.-We understand by SEXING the process that starts when the spermatozoid and the ovule of our parents met to start configuring throughout life and by means of many elements (biological, social, educational and cultural) the masculine or feminine gender. The main elements of that process and which define the final gender are: chromosome 23, the gonads, gametes, hormones, neuronal sexing, the assigned gender, education, social influence and culture. It is a different process in each person. God lets nature act and the result is a rich and colorful picture; it is the picture of differences and equality. All that process that ends when we die, justifies that we "are not made", but rather that we are constantly "being made". All the process comprises our biography, our gender, the masculine or feminine gender.

see the world, our relations and God differently from what you see them. I like to contemplate and see inside and my closest surroundings. I am not so interested in what is objective and distant as much as in what is nearby. I like to see how people are related and try to see what happens inside them. I assume my identity and it is not difficult for me to integrate my masculine part. With cultural and social changes that occur, you are somehow clueless and do not see clearly what is your role. Notice that I am not so impacted by the masculine weakness or strength as much as by your ability to integrate your feminine part.

"Eve shall always be a mystery for you, Adam……. do not try to judge her under duress, under the costume or under the law", says John Paul II.[2] You will notice that almost always I unify life, I don't like to divide it, therefore when I am annoyed I don't want to have intercourse with you. I like to express myself with all my body because I am very sensitive to what it tells me. Yes, I am complicated, but understand that I am the source of life, I am a mother and creative. All this makes me somehow mysterious, vital, intuitive, subtle and spiritual. Femininity allows me to feel and be exited until I reach my own bottom. And because I provide poetry to life, because I am generous, affectionate and a good friend of interior life, I am defined as "anima". I like to "be" and be aware of the life I live, of the present time and I would also like to be the gardener of our common garden.

Look at me with good eyes and talk to me be-

2.- Quote of Michel Randon of the text: "The last recommendations of God to Adam and Eve" page 17 in "The Inner Couple"

cause I like that you look and talk to me. You seduce me through the ear, your voice moves me. I like that you desire me; that every day you make me fall in love, that you surprise and caress me. Touch me more and without objectives. I have all my body for you to touch me without being limited to some inches of my skin. Touch me please because you renew me, you give me life and put wings on me with your caresses! I like to say it, touch you and express my desire to give you my love, but I want your body to dialogue with mine. I wish to move in the same path with you before we totally meet. That is my mystery. Show me yours and then we shall share it.

History has been very unfair with me. It had to be Jesus the one that appreciated me and raised me to the same step where man was standing.

2-2- AND MASCULINITY PREDOMINATES IN ME, MAN. I, a man, the other end, the other gender. I like to reason, be more objective and spend time looking for success and power. You see, the contrary, to interiority. I would like to be concerned about "being", but my trend is "doing", transforming things, I work to understand, separate and divide. My endeavor is to conquer and travel to the outside. My predominant masculinity leads me to go through life in tip-toes and somehow live in the surface. My sensitiveness is different from yours and it is hard for me to express it. I don´t find words to "say to myself" or to "tell" to your attentive ears. I fall in love through my eyes. I am pleased to see you but I am tired soon because caresses are not my strength and at times, I compromise to be able to have an intimate relationship with you. It is hard for me to

understand and integrate my feminine part. Testosterone makes me somehow aggressive and a fighter. My EGO loves that because it increases my power.

I love to act, be recognized, admired and in many occasions I prefer to move in the consumerist world than intimating with you. You tell me I am simple, that I do not make my life complicated; that I frequently tell you: <leave me alone, do not involve me>. That is true, and a consequence that I look to the whole and don't see the details.

As a result of my professional occupation, of my search for power and success and of the efforts I do to obtain things, I am defined as "animus"

In the intimate sexual encounters it is hard to enjoy while I wait and in the advancement process. I recognize I like to reach and enjoy the climax soon. This sequence of preparation, caresses, words and desire glances is long for me and I don't realize you are delayed, and I am not attentive to what you tell me or ask for. I usually remain wordless and waiting for the climax to arrive. For all these reasons I behave like any tourist which target is to arrive to his destination rather than enjoying the path and all the preparation that nurture the arrival.

All these differences and many others are the ones that define and condition the experience of our sexuality.

3º.- ONE ANECDOTE:

In the wedding anniversary Carlos arrived home happy for having remembered the date, important for his wife Carmen, for whom he brings flowers. Upon arriving he delivers the present, gives her a hug and tells her how happy he is for the years they have been married. Then he asks: What's for dinner? Carmen serves dinner bitterly.

_ *What's wrong? I remembered our anniversary and brought you flowers, Carlos says.*

_ *Nothing, she answers, I thought you were going to take me out to dinner, but of course, you never think of that…*

_ *Why didn't you tell me? If you want, let's eat at a restaurant.*

_ *And furious Carmen tells him that the idea should have come from him. That would have been more romantic.*

_ *I'm sorry, Carmen, says Carlos, you want me to read your mind, but I am not a mind reader.*

4º.- LET'S SIT TO DIALOGUE ABOUT YOUR AND MY PECULIAR A

We learn that our sexuality is rich when supported on reciprocity and equality. And we want to see each other as God sees us. He likes that women become women under the look of men and that men become men under the look of women.

1ª- We ask ourselves: What feelings do we share in our intimate relationship? Do we express what we like and what we don't? And do we tell our couple what we need? And if we don't do all this, or do it seldom, what refrains us from doing so?

2nd- Man's trend is to be genital and little friendly with caresses and tenderness; and women expect caresses, the look and spiritual union before delivering their love. When we end our sexual encounter how do we feel? Do we silently turn to the other side or do we comment we have lived those moments? If we have no comments, do we think that the subsequent silence is a solitary silence, when it should be solidary? Women love to remain in contact with their couple in those moments of rest.

3rd- Testosterone, - a masculine hormone – potentiates aggression and estrogens – feminine hormones – inhibit it. Are your sexual encounters conditioned by aggression, violence and a dominating trend? Or on the contrary, by equality, respect and pleasing the other, meeting his/her needs? In what measure and how?

LET'S MAKE A PROMISE TO EACH OTHER

You, woman, participate of my characteristics, due to your masculinity, relatively small, and I also participate of yours, due to my small feminine part. This reality may help us to

understand each other. I will try to understand you and you, an expert traveler, shall give me a hand. If you marry your woman's femininity with your small masculinity and I do the same with my masculinity and small femininity, we shall have celebrated, each, a wedding inside us. That celebration will be the best preparation for the marriage that we both want to celebrate each day.

5º.- LET'S JOIN OUR DIFFERENCES IN PRAYER:

We hold hands and are silent for a while… From this silence and close to our God, who created us different, we look deeply at each other to see, accept and assume our differences. We want to walk with more or less long steps but in the same path and with the same dignity. God wants us to look at each other in the same footpath. He looks at us. In that way we shall be authentic neighbors and will tell each other: I would like to see you with your own eyes and that you would see me with mine, so that reciprocally we could see our most authentic reality.
……

The wife: Lord! We are sure you see us with mercy, that you are joyful with our differences and that you have made us different, not only for us to be wife and husband, father and mother and brothers and sisters,.. but to be attracted and love each other and simply be man or woman.

Both: Increase our love so that we are not limited to comply with some roles, but that we are completely human man and woman, knowledgeable of our reality and lovers of our identity.

The husband: When you made us different you allowed that nature followed its rules and irregularities. The result has been diversity and variety. We feel we are man and woman: heterosexual.

Both: Help us understand that others may feel differently their sexual desire and that you are also with them, because everything that comes from your hands is good and because you are always there where there is love.

The wife: We know that assuming our differences supposes accepting each other the way we are, adding between the two of us and eliminating domains, submissions, violence and passivity.

Both: Lord, let these differences allow us to find ourselves deep inside and be sanctified. That we can file the corners that arise these differences, so that they do not harm us, and that at the same time we learn to respect each other.

The wife: We want to see clearly, oh Lord. Help us to integrate what you gave us: our masculinity and our femininity. In this way we would no longer be cold or excessively objective and we would not fall in an exaggerated sensibility. We would like to have light to see clearly and warmth to easily express our love. Give us Lord that light and that warmth.

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