

Introduction

The most frequently discussed, publicized, advertised, and promoted is the subject of this work. Some has made it taboo, some described it as overrated dismissing its significance and importance to the being or person, personality and wholeness or development. I consider it has nothing but good if properly understood and practiced in a wholesome, pure, undefiled and healthy manner. Given its' attendant risks of ill health by injury and disease; emotional hurt and pain; anger of passion leading to crimes and violence and dysfunctional behavior such prerequisites of accountability, responsibility and a sound trusting relationship are true foundations upon which this subject matter is to be entered upon. It is within this context that the subject is discussed and outlined.

Everyone is interested in it; publicists, advertisers and promoters use it as a calling card to arrest the attention of the public and their consumers of goods and services because of its efficacy and potency of appeal. Designer of clothes and the models of their fashion parade themselves so adorned to appeal to their audiences. Individuals use the excuse of the tropics and summer to be scantily dressed to maximize the returns of the esteem, appreciation and attention they receive from their fellow admirers. The public, consumers, audiences and admirers all appear captivated by its power of appeal and few can turn their eyes and heads away. Yes, the private business of lovers is in the open market places and the public arena!

The Prophet Balaam though consulted by Balak and promised a handsome reward to curse Israel could not but speak what he was told of God. It was resolved that there was no divination against Israel! But the counsel he gave to Balak to corrupt and defile Israel by sending in the women of his nation to lie with the men of Israel was of great efficacy and Israel was weakened and became vulnerable to the judgements of God and attacks of the enemy. A great breach was committed and had it not been remedied Israel would have been defeated and destroyed. The same holds true for our time today! All that are in the world are these: lust of the eyes, the pride of life, and the lust of the flesh, these three and they are not of God but of the world. Because of sexual immorality El Faro or Americus (U.S.A) is in its current demise that the enemy exults and has taken control of the Ship that it will sink and be destroyed as the judgments of God floods its territory. http://www.biblesermonsbythepreacher.com/EL_FARO.ppsx and <http://www.biblesermonsbythepreacher.com/The%20Chapter%20of%20the%20Black%20Moonscombined.pdf>

The rule of the Law applies, hence when the natural and spiritual Law is breached, its judgements do manifest to remedy the situation. Such remedy sometimes ends in destruction.

The Best Gift

It's a chief part of the Supreme Being best gift to man. And by virtue of that it is best understood within the laws of the natural order or simply put, nature itself. Nature teaches of the importance of mutuality (compatibility or agreement), interdependence, complementarity to achieve functionality and to sustain and perpetuate life. Such principles are essential in every good, healthy and trusting relationship and the same holds true to this subject at hand. Life and family is the best gift to man. And the woman is a chief



part thereof and the natural means by which spouses procreate or have pleasure, joy, fulfillment and express love and care of each other is the subject of this work.

Be fruitful, multiply, replenish and subdue the earth was the command given to the first man and woman fresh from the Creator. This and every other gift had attendant joys and pleasures untold that invigorated and ennobled the being when it was first received and practiced. It wasn't until the fall that pain, anguish, suffering and affliction attended such gifts. Every breath taken by the pair invigorated the feeling and body with pines and electric like currents were felt raging through their nervous systems. When Adam held his wife's hand a spark like feeling was felt by the pair which today is so subdued but still felt in the racing heart beat, and breathing and seen in the glowing countenance of two lovers. Adam and Eve knew what it meant to light a bulb with an orgasm; accelerated and synchronized breathing of the pair in the act frequently resulted in lightning like sparks when the pair caressed and touched each other. But then this was their natural or physical capacity as they wore a robe of light for a garb.

Once they chose to eat from the tree of life in the midst of the garden this mutuality of their being would be forever, or the alternate reality would ensue. Every living thing, man, animals, creatures of the sea, fowls of the air, plants and trees all shared in this mutual being and interdependence, and together improved or emphasized each other qualities. Man was given dominion, authority, and power over the work of the Creator's hands only by the means of obedience to both the natural and spiritual Law.

The seas, the trees and flowers produced oxygen for all living things to continue to exist who in turn exhale carbon dioxide for the trees and flowers to live and assist them to photosynthesize in the sunlight. Thus all are interdependent in this mutual relationship. And each emphasized and enhanced the quality of the other on the macro and the individual levels, specie by specie, by their respective pairs, male and female. You will never find two different species copulating. This is the law of nature that reveals what is in the mind of its Creator.

Definitions of Sex, male and female:

Traditionally, sex is used to describe or identify gender, be it male or female. But custom and practice has evolved into alternate gender transformation which is not the subject of this work. Sex is defined herein as penile penetration by a man of a woman's vagina. Nature endorses the complementarity and interdependence of the male and female genders to fulfill the procreative function of reproducing offspring by this means. Hence sex in this work is only defined as that between a man and a woman. The woman and man are considered as only being in their original state or gender from birth. No alternative to this is admitted in this work. So there is mutuality and interdependence of the male and female genders and their genitals in this definition of sex and by extension the different parts of their body used in the act and foreplay. As a result anal or oral alternatives between male and female are also excluded.

Alternate transformations are not limited to gender but extend to plants, flowers and trees in the genetically modified and other scientifically advanced options that exist today. These have dire consequences which are not shared with the positive promotions made known by the agents of change. They will ultimately lead to a corruption and ill health of the whole living specie given the



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interdependence of all living things. The adoption and use of whole foods and sexual practices for good health and vibrancy and the maintenance of the species as close as possible to their original state of being is second to none. Defilement of the species is not an option to be desired!

For optimum performance the sexes must maintain their bodies, mind and spirit in the best shape. Hence wholesome nutrition, exercise, water, sunlight, trust in God, unpolluted air, adequate amount of sleep and temperance are essential to the wholeness of man. Sex should have its pleasures, joy and ultimate goal of an orgasm. But for many women an orgasm is unknown though desired. Either because spouses do not understand each other bodies; socialization of the sexes into thinking that sex is about satisfying the male ego; fear of displeasing God hence sex is dull and has many unbiblical restrictions; communication is limited as persons are taught to be proper and modest hence spouses within the privacy of their homes are ashamed of their bodies and think that sex is dirty. To this end, experimentation and expression is lacking and environment such as that does not allow for wholesome sexual experience that results in orgasms.

Only an educated, healthy and well being is able to achieve this sexual goal, time and time again. And therefore maintenance of good health and an ongoing search for the truth should be the aim of spouses who seek to enjoy continually these sexual goal and pleasures without putting their health further at risk.

Physical exercise is profitable (bodily exercise profits little but godliness is profitable unto all things having promise of the life which now is and that which is to come, **1 Tim 4: 8**); so kegel exercises for both sexes can improve and enhance sexual responsiveness during intercourse and should be practiced. There are many variations, the longer distance run can be done three times a day; each time comprises a set of contracting the pelvic muscles to a slow count of five and releasing also to a slow count of five. Each set of kegel should be done ten times at each of the three different times to keep the muscles that control the penis and vagina in good physical shape. You can also do sprints at a quicker pace, do whatever suits you best! It will also help in controlling incontinence.

Foreplay:

Foreplay includes fondling, kissing or necking, stroking of the female and male genitals, playing with and sucking of the breasts and its nipples, stroking, cuddling of the thighs, and butts, rubbing of their bodies against each other to name a few. It may also include the use of vibrators on the clitoris to stimulate with greater intensity the female genital and or the insertion of the finger or fingers into the vagina to stroke and stimulate the pleasure or 'g'-spot. The sex act includes a variety of positions to accord with the taste, preference, abilities and agility of the spouses and there is no one all in all position to recommend. As is said variety is the spice of life and sex in general! Choose the positions that best suit your sexual pleasure and goal.

What is described as foreplay is rather the latter end of a process that had begun long ago in the mind. Trust breathes familiarity of thoughts and a sound trusting relationship is at the heart of this process. As the spouses think in their heart of each other it finds its working in their bodies. Hold no sin, nor malice nor vindication in your heart against your spouse; be kind and gentle and willing to and be forgiving.



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Speak kindly to one another and in love prefer one another. Tell no other of your doubts but your soul mate as it pertains to the well being of both of you and you are in a relationship one with another and none other but God. He sits high and knows all things above and below; and His judgements are sure and certain.

Lust after none other but your spouse as it is permissible! It will intensify your sex drive and desire for each other. Sport with each other in mind and body; play with each other as a treasured and valuable thing and hold each other in high esteem and regard. Tell one another of your lusts for each other and go on adventures and explore each other fantasies. This will most likely culminate in foreplay and great sex.

Sexual experience:

Sex, sexuality, drive, appeal, desire, satisfaction, fulfillment, pleasure and joys are all a part of the experience and there is nothing unholy and defiling about it in a sound trusting relationship. Not all marriages are based on a sound and trusting relationship and therefore not all marriages affords pure and undefiled sexual relations. And that's the reason many marriages end in divorce. Sexual feelings, its drive and desire, may be initiated because of sex appeal of the partner(s) but sex if done only out of obligation will lead to dissatisfaction, lack of fulfillment and displeasure, pain and may ultimately end in sexual dysfunction and frigidity unless remedied earlier than latter. Each spouse should keep in touch with the pulse of their relationship to ensure an enduring and continuous soundness. This should be considered a mutual requirement and an obligation for the best sex. Where soundness is lacking mutual honesty and sincerity, tenderness, kindness, confession and repentance, and forgiveness is needed to mend the broken fences. Never accuse your spouse, speak kindly one to another and in honour preferring one another. This communicate that you have the best interest at heart for each other and destroys anger from your spirit. Do not stress your relationship by being an annoyance, nor do not be vindictive communicate your concerns and allow reason to dictate an appropriate response. Do not command and demand anything allow reason to do those things. If you both master this concept you will have enduring soundness in your relationship.

A two way flow:

Sex like conversation is an exchange flowing both ways. As you have the best conversations with your best friend whom you trust likewise the best sexual experience is reserved for those who are best buddies. Best friends have such a relationship because they both have a willingness; and freedom and are totally un-inhibited in their discourse. They both desire to share and spend time with each other. And they are stimulated and satisfied from the meeting of their minds. They have and pursue common interests and are emotionally bonded. They appeal to each other's intellect and find it mutually rewarding to share one with another. They are mutual; they complement each other seeking out the best for each other. They are bonded and agree; and are interdependent socially, emotionally, intellectually, mentally, spiritually, and physically.



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If you both have mastered the art of conversation as the former concept then you will be soul mates as spouses and you will treat the act of sex as such listening and attending to the needs of your partner and voicing and allowing your better half to attend to your needs.

Biblical Counsels:

The best counsels on the subject though considered few, yet they are not diminished in potency, are found in the Bible and they all have one target in mind, maintaining the integrity of conjugal relations. Incest is outlawed both within the nuclear and adopted family and sex is outlawed during a woman's monthly flow and before marriage, (**Leviticus 18**). Sexual relations are only restricted temporarily by agreement of both partners for prayer, fasting (**1 Corinthians 7: 5**) and meeting with the Supreme Being (**Exodus 19: 15, Isaiah 58: 13-14**). Outside of this partners are considered to have defrauded each other of their conjugal rights and if persisted over an extended period, in substance, have annulled their marriages.

Without the positive restrictions partners would have lesser opportunity to learn or develop self-control and the integrity of spousal sex would be under threat without temperance in this regard. Many have wondered why their partners have been unfaithful in their relationships without even recognizing that it also stems from their own action of applying unlawful restrictions or inaction of not complying with the positive restrictions in the above Bible counsels. This is one of the root causes of infidelity.

Signed

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