



CHAPTER 4

CULTURAL SPLIT CAUSES
BODY/MIND SPLIT

We are living in a time when Western culture encourages splitting our human energies that naturally should be one whole. We split our body off from mind and spirit. In our media and in some religious connotations, sex is portrayed in the following two extremes: At one end of the spectrum is a belief that sex gets you what you want, ultimately to be loved and taken care of. At the other, ultra-conservative end, sex is believed to be only for marriage, only for procreation, and we will be punished by god if we experience it any other way.

TV commercials promise that if you buy their advertised car, a curvaceous blond or tall, dark, handsome man comes along with it. Buy the cola and become popular; bite into a minty-mint, and *zing!* – you instantly feel fresh, alive, and attractive to the opposite sex. We have even incorporated the word sexy into our advertising jargon, as in, “this is a sexy idea.” Meaning, it is better, more powerful and will get results, i.e., sales. The sub-meaning is that it will get you sex – exciting and, well... split off.

While some girls are having anonymous/casual sex in the back of school buses at the age of 12 (this is far more common than any of us would like to think... oral sex has become a huge

fad among teenage girls, including girls from “good” families), some girls are signing contracts during their church ceremonies promising never to have intimate contact with a person of the opposite sex until marriage. Both of these are extremes and distortions of what is natural and true for the human body and human being.

Human beings, as biological and spiritual creatures, are sexual by nature. We need to be truthful about that fact. We need to acknowledge the fact that healthy, life-affirming sex is both biological and spiritual, and give this information to our daughters (and sons). We need to encourage girls to deal with their raging hormones in safe, healthy, and positive ways, with respect and reverence for their sexual selves, empowering them to make healthy physical and emotional choices. They need to know how not to hurt themselves.

My experience is that girls who have been loved unconditionally, held as infants and young children, touched in safe, loving and respectful ways, and allowed to grow into independence, and to be sexual with themselves, do *not* give blow jobs to boys they don't even know. When girls are cherished and honored in ceremony at the time of First Blood, they better know their own worth. They understand that they are growing up and have a sacred responsibility to themselves to do what is healthy.

