

Sexuality

“If sex is such a natural thing, how come there are so many books on how to do it?” — Bette Midler

“Sex lies at the root of life, and we can never learn to reverence life until we know how to understand sex.” — Henry Ellis

For most couples, one of the defining features of their love and commitment to each other is their sexual fidelity.

Sex is loaded with meaning, but it doesn't mean the same thing to everyone.

Sex is a means of communication. Sometimes it goes beyond where words can go; sometimes it is used instead of words to express feelings.

Sex can help couples grow closer, forgive each other for wrongs done, ask for forgiveness, console each other, celebrate good times, find comfort in times of grief.

During sex two individual souls combine their physical and spiritual energies, and their bodies, and act as one. Sex can allow two prickly, hypercritical porcupine-like beings to soften their approach to each other, relax their defenses, and be as one.

Sex can also be the glue that holds a couple together when the gale-force-like winds of the world seem to conspire against them and would otherwise tear them apart. In a world that sometimes makes us feel solitary and embattled, sex can make us feel less alone.

And let's face it. Most of the time, for most people, having sex is fun!

But, for all its wondrous attributes, a good sexual relationship still requires work. A concerted and ongoing effort is required in order for sex between longtime partners not to grow stale. Yes, in the area of sexuality, effort is required to demolish barriers between people rather than build them, to foster understanding versus misunderstanding.

And despite what the poets, romance writers, or lyricists would have you believe, even “good” sex must be tended to—weeded and fertilized like the precious garden it can be. However, unlike a flower garden, where there are certain invariable rules that tend to bring the same results time after time, varying your approach to the care and feeding of your sexual garden can be of essential importance if it is to flourish.

The questions that follow are just the first step in this process. As the years go by, these questions, and others, will need to be revisited, and the answers will likely need to be revised if you wish your sexual garden of pleasure to continue to flower.

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