

CHAPTER IX
SEX / COMMUNION—THE
FULFILMENT

Oklahoma

DEAR MRS SANGER

Can you tell me why I am incapable of any feeling whatever during family relation with my husband and if the condition can be corrected in any way I want to live up to my part of the bargain in building up a happy home but it cant be done on pretense and no man who is impulsive and affectionate wants a wife who is cold and reserved I love my husband very much he is thoughtful and affectionate but living with him as his wife gives me no pleasure Can it be that outside interests or some condition of my health could cause this? I am apparently in excellent health and have a young son six months old and have enjoyed the best of health before and after his birth which was perfectly normal in every way If you can suggest something that will be of benefit to me, I will certainly appreciate it

MRS N R F

CHAPTER IX

SEX COMMUNION—THE FULFILMENT

They are no more twain—but one flesh

—*Matthew 19:6*

WE have seen the necessity for a prolonged and definite period of preparation. This preparation is directed toward the accomplishment of certain definite ends. It is not merely waiting or aimless delay. One of its most valuable fruits is in training the impatient husband to retain control and guidance over his rebellious impulses. By exercising his skill as a lover he succeeds in awakening in his wife true legitimate passion instead of inducing her merely to submit as a passive partner to the love embrace. In the one case she is an active and equal partner in the second marriage is merely a cloak covering an act of seduction—or even of spiritual rapine.

In the second stage by which the spiritual union of man and wife is given definite physical and bodily expression, there must likewise

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be no reckless abandon to hurried brutality. It should not be forgotten that this union is most effective and harmonious when there is no constraint of movement and both husband and wife are free to express the ecstasy of communion.

At the completion of the physical union of body and spirit it is highly desirable that the participants strain the impulse to abandon control and to plunge forward into a precipitate movement toward the climax. This is a temptation that should at all costs be avoided.

At this point it is again necessary to consider the love flight in the terms of music. The first definite climax has been attained. The crest of the first rhythmic wave has been reached. In order that the subsequent rhythm may reach an even higher crest there must now follow a momentary ebb after which mutual passion and ecstasy are permitted to surge again to greater heights and to produce even more exquisite thrills of ecstasy and joy.

Therefore follows a brief moment of rest, a period which permits the husband to regain the control that might at this point escape even the strongest willed of men. It is for the young wife a moment which definitely focusses

her awakened passion and permits her to prepare herself for the culminating flight which follows. In order that the rhythmic movements of the participants may not be impeded mutual adjustments may be necessary.

At this point above all others it is imperative that the husband shall not succumb to the temptation of merely satisfying his own bodily need. In the profoundest sense of the word he must husband his resources and aim to bring to a climactic expression his wife's deepest love.

Thus, while it is imperative that the woman should release her own deep impulses and give them full and unashamed expression it is essential that the husband with a deep effort of the subconscious will attune his own desire to hers and aim to reach a climax simultaneously with that of his beloved. In the ordinary normal woman this may be more retarded than the man might expect gauging her nature by his own.

Here is the crux of the marital problem. For centuries women have been taught by custom and prejudice especially in countries in which the Puritanic tradition dominates that theirs should be a passive, dutiful rôle—to sub

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mit but not to participate Likewise men have been schooled by tradition to seek mere selfish gratification This lack of constructive experience is responsible for the thousands of unhappy marriages and the tragic wasted lives of many wives cheated by thoughtlessness and ignorance of their legitimate right to marital joy

Much would be accomplished if women were taught to be active and men to check the tumultuous expression of their passion

Therefore having attained legitimate freedom of expression the wife will recognize that she has an active part to play She is now fully aroused She does not seek to suppress or control her emotions at all She must not seek to crush down the passion which wells up from her deepest nature On the contrary she should and must abandon herself to it *utterly*

Dominated by erroneous ideas of propriety and modesty many women have in this experience failed to attain that joyful ecstasy which is the legitimate fruit of marriage The true wife will not be ashamed to give expression to her passionate love for her husband For in so doing she may be assured that he

will be proud of the passion he has brought to life within her nature and that its full flowered expression will intensify and increase his love manifold Its benefits will be reciprocal

A preliminary failure does not mean that success may not be eventually attained And when this triumph over difficulties is finally attained mutual happiness will be all the greater The love of husband for wife and wife for husband can find no more beautiful expression than in this mutual effort to create for the beloved the joy one hopes to experience in the love embrace This joy is the finest flower of monogamy and the miracle of undying love is the fruit of such experience

The husband should aim to control his emotions Rather than to permit purely physical impulses to dominate he may master the strong current of passion that is coursing through his body by dwelling on the inner harmony the spiritual mystery of this communion of two natures and the poetry of the experience If the purely physical aspect threatens to usurp command the heightened accelerated rhythm may be brought for a few necessary moments to a standstill while words of love tenderness and reverence are whis-

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pered to the beloved The effect will be magical

Experience will teach the husband to watch for and to recognize in his beloved the approach of the culminating ecstasy Not until this point is attained may he release his own emotions from control so that both together at the same moment may yield themselves for the final ecstatic flight

Desire which has been step by step intensified and heightened is thus brought to a mutual fulfillment

In this experience, as in all other phases of the difficult art of love, we must emphasize quality rather than quantity

Complete love cannot be expressed merely in the number of times this communion is indulged in but rather by the skill with which its highest fruits and creative joys are attained All husbands and wives should remember that sex communion should be considered as a true union of souls not merely a physical function for the momentary relief of the sexual organs Unless the psychic and spiritual desires are fulfilled the relationship has been woefully deficient and the participants degraded and dissatisfied

With this truth understood the need for sex communion becomes more selective and less demanding. Because it brings into play the deeper nature and feelings of the participants, it takes on the nature of a sacrament. It must not therefore be sullied by crude levity or coarse frivolity, both of which defeat their own purpose.

When the threefold factors of human nature are brought into action the sexual embrace not only satisfies but elevates both participants. The physical demands are harnessed for the expression of love. The woman who abhors the sexual act is usually the woman who has seen and felt it only in its selfishly physical aspects. Otherwise she would not be repelled by an activity of such manifold and life giving possibilities.

We must in conclusion speak of the most neglected phase of the sex drama—that of *relaxation*. At the flight body, mind and soul are brought together into the closest unity. No more are they twain but one flesh in the words of the Bible. In this state of unconsciousness or superconsciousness they remain until they both experience a drowsiness, a drop back to normal life. There is

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perhaps an impulse to sleep Let us here point again to the diagram (page 128) which shows us that the descent of the woman's emotion is much slower and more gradual than that of the man This means that the woman returns more slowly to a normal emotional condition after she has attained the orgasm

Even when her desire is fully satisfied this fact remains true For certain women it requires at least fifteen or twenty minutes before the ecstasy of the emotional flight and climax has died down whereas the average man relaxes at once and is overcome by drowsiness This for the man is normal The wife should forgive him if his interest in her seems suddenly to have vanished

Nevertheless continued consideration is far more desirable if the skillful husband desires to round out with complete success the drama of love He will notice that the affectionate nature of his wife now asserts itself anew Passion is relaxed Her emotions return almost through the same states in a descending scale to the normal when she too falls into a peaceful slumber

Even the completely satisfied wife is often unconscious of the effect of this final step upon

her nature This is the stage when she needs tenderness doubled and trebled Her faculties are awake and intensely sensitive She must be assured that the happiness the joy and ecstasy they have experienced together have been the means of deepening his love which has not died out with physical gratification

The skilled husband who possesses the art to remember the unspoken need of his wife in this stage will be repaid by increased respect and love for his gentle manhood by the closer unity of his marriage the deepening beauty of his wife

His tenderness should not cease with the end of the act For in adding to the happiness of the woman he loves he will find his own more bountiful Men who seek relief through the body of some unfortunate prostitute hurry away from such women disillusioned and disgusted with themselves Such an attitude toward a beloved wife is unspeakable A wife senses this lack of respect even though it be concealed Young husbands through carelessness or thoughtlessness are apt to fall into this error I cannot too strongly warn them against such lack of reverence and to make their embrace of good night or farewell linger-

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ingly tender and brimming with reassurances of undying love

Frivolity or levity with a hurried performance and parting will bring in some fashion its own penalty and punishment and young couples are advised against the expression of any such attitude

If possible it is desirable that husband and wife fall asleep in each other's arms releasing the embrace only after the first refreshing slumber