



Path to Passion

Love, Synergy, Joy & Ecstasy at Your
Fingertips

Class 5 - The Priest In The Bed

With Alina Frank & Dr. Craig Weiner

In Association With



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Class V – The Priest in the Bed

INTRODUCTION TO PRIEST IN THE BED,

CRAIG...AND ALINA CLASS 5...HOW DID YOU DO IN YOUR HOMEWORK? ETC

DESCRIPTION OF CLASS TO DISCUSS MORAL JUDGEMENTS, ETHICS, EDICTS FROM PARENTS, RELIGION, FAMILY, NUNS, TEACHERS...WHAT OK/MORAL AND WHATS NOT...EXTERNAL VALIDATION, EXTERNAL MORALITY

OVERALL THEME IS **FORGIVENESS AND Healing the Guilt**

Imagine this...a place where have never heard of french-kissing or breast kissing, oral sex is non-existent, hand to genital touching does not exist and sex education is totally absent. Newly-weds are left to figure it out all by themselves. Here the husband always initiates sex, and its always in a missionary position with the man on top (the missionary position was named in a mocking tone and as such because native noted that this was the only position that the white missionaries had sex. It was also advocated by Thomas Aquinas and was the only approved sexual position by the church. It was also known as the matrimonial position or the male superior position. In this village, female orgasm is a foreign idea, and when it occurs, it's considered deviant behavior. This culture does exist off the coast of Ireland.

Now imagine another island, but one in which, sex is positively encouraged. Mothers support their daughters' sexual explorations and the well instructed girl has had 3-4 boyfriends during their adolescence. All women learn to have orgasms. A boy of 13 years is instructed and taught how to bring his partner to multiple orgasms before he has his own. After this classroom training, he has hands on instruction with a wise woman

elder. He learns of various positions and teaches him how to hold back until his partner has reached her climax first. This society also exists, but in the Caribbean.

In come cultures in the East and in Africa, sadly it is the custom to regularly perform clitoridectomies on children and adolescent girls (the surgical removal of the clitoris). Aside from being extremely painful and mutilating in nature, they are often prone to infection and not uncommonly result in death from complications. This procedure virtually promises the negation of any sexual enjoyment for these women. Reasons for female circumcision include traditional customs and religious beliefs, and preventing immorality.

Alina, given the concept that cultural and religious belief commonly prevail in affecting how individuals feel about their sexuality...could you give me an example of how guilt...

SCENARIO 1: ABORTION...GUILT AND FORGIVENESS

- *Woman seeking help for infertility
- *ABORTION SCENARIO...
- *GUILT...SELF PUNISHMENT,
- *DOESN'T DESERVE CHILD...
- *NOW UNABLE TO GET PREGNANT

SCENARIO 2: WOMAN WITH PAST HISTORY OF PROMISCUOUS BEHAVIOR RESULTING IN BAD CHOICES IN MEN, OUT OF FEELINGS OF INSECURITY COULD LEAD TO SEXUALLY TRANSMITTED DISEASE...WHICH COULD LEAD TO NON DISCLOSURE TO NEW RELATIONSHIPS OR NOT ENGAGING SEXUALLY WITH MEN...PSYCHOLOGICAL REVERSAL TO HEALING

FROM STDS OR IF I GET OVER THIS PROBLEM THEN I NO LONGER HAVE ANY RESTRAINTS ON MY SEXUAL BEHAVIOR AND MAY BECOME PROMISCUOUS AGAIN...EXCESSIVE MENSTRUAL BLEEDING CREATING A SEXUAL BOUNDARY TO NOT HAVE TO ENGAGE IN SEX....

SCENARIO 3: PAST HISTORY OF STRONGLY RELIGIOUS PARENT CATCHING YOU SELF PLEASURINGSETTING UP A SELF IDENTITY OF BEING INHERENTLY BAD/EVIL/OVERSEXED...RESULTING IN ANORGASMIA FROM THE SHAME OF NOT BEING DESERVING OF HAVING SEXUAL PLEASURE....INTERNAL CONFLICT THAT SEX WITH SELF SHOULD NOT BE PLEASURABLE SPILLING OVER INTO THAT SEX HAS A LIMIT IN HOW MUCH PLEASURE YOU WILL ALLOW YOURSELF.....

SCENARIO 4: DISCUSSION OF CHANGING YOURSELF AND YOUR RELATIONSHIP HOW TO UPDATE YOURSELF AND YOUR CHANGES AND BELIEFS AND RELATIONSHIP HANDLING CHANGES

STATS:

Percentage of marriages that end in divorce in America: 53%

Medical field(s) with the highest divorce rate: psychiatrists and marriage counselors

Percentage of marriages where one or both spouses admit to infidelity, either physical or emotional: 41%

Percentage of men who admit to committing infidelity in any relationship they've had: 57%

Percentage of women who admit to committing infidelity in any relationship they've had: 54%

Percentage of men and women who admit to having an affair with a co-worker: 36%

Percentage of men and women who admit to infidelity on business trips: 36%

Percentage of marriages that last after an affair has been admitted to or discovered: 31%

Percentage of men who say they would have an affair if they knew they would never get caught: 74%

Percentage of women who say they would have an affair if they knew they would never get caught: 68%

GOOD RELIGIOUS GIRL/BOY, MARRIES WITHIN THE RELIGIOUS PROTOCOLS, CONSERVATIVE, NON-EXPLORATORY...20 YEARS LATER ATTENDS A SELF HEALING WORKSHOP AND REALIZES HOW MUCH HAVE BEEN RESTRAINING THEIR SEXUALITY, FOR 10 YRS THEY HAD TO DEAL WITH GUILT OVER DESIRES, AND NOW FEELS LIKE THEY WANT TO EXPAND BUT DOESN'T FEEL THEIR PARTNER COULD UNDERSTAND OR DESIRES THE SAME AND NOW IS FANTASIZING ABOUT CO -WORKERS AND CONSIDERING HAVING AN AFFAIR....

SCENARIO 5 ADDICTION, INTERNET PORNOGRAPHY...

STATS:

10% of American adults admitting to Internet sexual addiction: 10%; 28% of those are women.

More than 70% of men from 18 to 34 visit a pornographic site in a typical month.

A 1996 Promise Keepers survey at one of their stadium events revealed that over 50% of the men in attendance were involved with pornography within one week of attending the event.

37% of pastors say it is a current struggle (Christianity Today, Leadership Survey, 12/2001).

Over half of evangelical pastors admit to viewing pornography last year.

47% of families said that pornography is a problem in their home.

THE GUILT AND SHAME WORK TO KEEP THE ADDICTION IN PLACE...A VICIOUS CYCLE...FEEL GUILTY THAT YOU HAVE TO RELEASE THE GUILT AND FIND SELF BACK AT THE COMPUTER, CAUSING LYING TO PARTNER, HIDING. IF FOUND, SENSE OF BETRAYAL...FEELINGS OF INADEQUACY IN PARTNER FOR BEING NOT ENOUGH.

One historian, Rachel P. Maines, wrote a fascinating book entitled "The Technology of Orgasm," in which she examines **hysteria** and the advent of the vibrator to treat it. She argues that hysteria was only the manifestation of female sexual desire, which was

wrongly diagnosed (for 2,000 years!) in a society where sex is defined from the male point of view. Masturbation was discouraged and considered vulgar (not a ladylike pastime!). In fact, in the mid-nineteenth century, one psychiatrist determined that masturbation was a sexual disease of the mind. If marital sex wasn't satisfying, and masturbation wasn't an obvious option, women may have been driven to seek clinical help by the "symptoms" of normal, lusty stirrings in the groin. Despite the repression of libido, women's sexual desire still surfaced.

This all ties in with a greater attitude about sex. Sex, in **Western culture**, seems to have been **defined from the man's perspective**. What brings a man to orgasm the quickest (rhythmic thrusting) is not necessarily the best for female orgasm. In our male dominated society, sex hasn't really been designed for women. With sex, we tend to imagine the "real thing" to involve actual penetration. This isn't to say that women in the Western world have been entirely deprived of sexual pleasure.

A famous survey of Victorian women complained that "men have not been properly trained." (8) In fact, one physician from the seventeenth century, who "treated" women for hysteria said that bringing a woman to orgasm "is not unlike that game of boys in which they try to rub their stomachs with one hand and pat their head with another." (9)

Sigmund Freud, who had a strong influence on many of our ideas about sexuality, had theories about female sexuality that only strengthened the notion that penetration was the proper way to engage in sexual relations. He claimed that clitoral orgasm was acceptable for young women as a sign of sexual immaturity. A mature woman, according to Freud, should be able to experience vaginal orgasm. By making this distinction, Freud only reinforced the idea that a woman must respond to the kind of sexual play that is most stimulating for a man. If she couldn't reach orgasm from penetration alone, she was sexually infantile. Freud indeed has made a surprisingly profound and rather detrimental impact on our perceptions of female orgasm.