

Human Relationships and Sexuality

Loneliness is a pervasive part of the human condition and human person especially in Western civilization; men suffer this struggle in silence

Rather than face this feeling directly, we tend to respond in one of several unhealthy ways:

- Deny it
- Misdiagnose the feeling and get angry/frustrated
- Medicate it (alcohol, food, overwork, internet pornography, sexual acting out, T.V., drugs)
- Depression
- Sadness
- Reoccurring illness
- Accident prone
- Suicidal thoughts or behavior
- Psychological pickpocketing

What is loneliness—separation/isolation from self, others, and/or God

Antidote is solitude

There are levels and layers of loneliness

Effects of self-alienation

1. Excessive need for acceptance at all costs
2. Hostility towards others or using them
3. Rigidity in beliefs, attitudes and/or behavior
4. Self-destructive behavior
5. Self-contempt
6. Distrust of God
7. Narcissism

We need to work towards self-intimacy

Sexuality—a definition

- Our way of being
- Our gender identity
- Our body acceptance and feelings
- Our sexual orientation and integration
- Our capacity for sensuality
- Our basic need for relationships, intimacy, affirmation and acceptance

Shifts in ways of thinking about human sexuality

Intimacy—close familiarity or friendship; closeness

Types of intimacy:

1. Cognitive or intellectual intimacy
2. Experiential intimacy or intimacy activity
3. Emotional intimacy
4. Sexual intimacy

Sexuality—tabernacle of our being, energy for relationships, dwelling place of the Holy

Compartmentalized sexuality linked to dysfunctional attitudes and behavior

Integrated sexuality linked to compassion and wholeness

Sexuality (outerness) and spirituality (innerness) are linked—both are expressions/yearnings for the Divine

1. The question of spirituality is: Who am I?
2. The question of sexuality is: Can I love?
3. The question of genitality (creation) is: Can I create?

Theology of marriage—searching for God in each other's bodies

Sexual energy is yearning for relationship, union, wholeness, creativity—getting inside the mystery

Beware this is sacred fire!

Some people repress their sexuality into their heads, others into their genitals—neither are free

Sexuality is primarily symbolic energy of great archetypes (gateway to the temple)

This energy is experienced at different levels of our humanity

John of the Cross: when the spirit is stimulated, it flows into the senses