

The Sex Education You Never Received

The Sex Education You Never Received

by
Archer Avelin

Dedication:

I dedicate this book to God.

I dedicate this book to those who love
Him and search for Him.

I dedicate this book to those who know Him.

Day by day, I work to join your ranks.

~

I also devote this book to my daughter.
God knew I would only have one daughter, so He
Gave me a great one.

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Introduction

This book was written for the coming generations who need good homes in which to live, until they are ready to venture out into the world and create their own good homes for the next generation, and then all of the generations after them. It's my hope that this book will help open the eyes of all men and women of the world and help them see that sex is not dirty but is sacred and should be treated in a special way.

Sex is not some common or casual event that sells advertising and builds viewership. Sex is also not this dirty and nasty act that should be avoided at all costs and be done only for the purposes of reproduction. To leave sex as simply a necessary evil is missing one of its great joys and purposes. God gave it to us for more than reproduction. Sex has great medicinal qualities in addition to reproductive purposes. If we use sex properly, it can be a great tool to make people's lives better and will strengthen families for generations to come.

With that said, this book will primarily benefit those young men and women who have not yet married and may not have a good parental example of what a healthy and vibrant marriage is about, and at the same time would like to create a good family of their own one day.

I would guess that from a legal perspective, it would be best for me to advise readers who are less than 18 years old to get a parent's permission before reading this book; and for anyone over the age of 18, who is a legal adult, I welcome you and hope that you learn a lot.

So, in addition to those who have not married but would like to one day, this book is also for those who are married, and also for those who are married with children. Married folks: even though I may make some recommendations in the book for the unmarried that you may not have observed yourself, don't let any of that bother you or shake your confidence in the viability of your own marriage. After all, we cannot go back and change the past. To waste too much mental energy on past events can lead to regret and robs us of the joy we can experience here in the present moment, so that we can make for better tomorrows that have not yet arrived.

This book is also written for those people who have a general interest in marriage, and who may be educators, counselors or teachers. It's my hope that the ideas in this book will spread and help turn the tides of familial degeneration in America and other parts of the world. I also hope that this book begins to build strong marriages and families, because any strong

society is built off of strong people, and strong people are often the products of strong families.

It's my hope that this book will start a revolution and create much stronger marriages and stem the flood of people running to the halls of family courts, seeking divorce. Although divorce is an important escape hatch from the misery of an unhappy marriage, divorce today is far too common and should be greatly reduced. If people practice the ideologies and techniques I set forth in this book, I believe that divorce rates in America and beyond will plummet.

Lastly, let me add that I do not dismiss those people who have not married and never plan to marry. The purpose of life is not only to get married and produce children, but if done properly, a good marital friendship can create waves of goodness that benefit those in the relationship and those who are in close proximity of it, be it under the same roof or in the same community.

What I do stand against and what this book is designed to eliminate is the amount of people who do not realize the power of their own sex force and misuse it in various ways which result in promiscuity, extramarital affairs, rape, violence, jealousy, gender confusion, unplanned pregnancies, divorce, and joyless marriages. To those people who do foolishly support such misuses of the sex force, I pray for you and hope that you will see the error of your ways.

The irony of this book is that even though this book is about the topic of sex. We are not really going to talk about how to actually have sex. Other than to say that men have a penis and women have a vagina. As we may all know at this stage in our life, the penis goes inside of the vagina. Simply refer to figure 1 to see how that actually works.

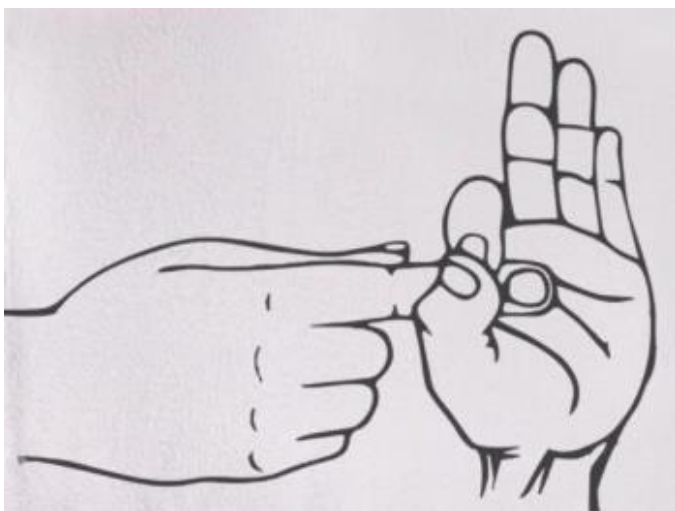


Figure 1. The International Hand-Signal for Sex

The reason why we do not go any further than that in this book is because this is really all that is required to know before you get married. For those who are married you can learn, explore and experiment all you want with your husband or wife. Marriage is the proper place to explore sex, with the person you decide to marry and spend the rest of your life with. As we go into this book you will see why I place marriage as a protective shield that goes around sex.

My Approach and Sources

“Let me tell you ‘bout the birds and the bees
And the flowers and the trees.
And the moon up above,
And this thing called love.”
-Jewel Akens, *The Birds & The Bees*

As a reader it is important for you to understand something about your author. If my philosophy and my sources are in opposition to your view of life, you may not want to read through the entire book. However, even if my approach may seem to clash with your own, please try to suspend your disbeliefs and put your ego in check, because my goal is to bring forth

universal truth from all sources, so that people of all religious paths and creeds may benefit and live more joyfully in the light of truth.

If you have read this far, you may get the sense that I believe in God. That would be correct. Not only do I believe in God, I love God, and see the capital purpose of human life to become one with Him. In other words, I believe we should all be trying to reconnect with God through prayer, fasting, and most importantly meditation. I believe that the five major world religions (Christianity, Judaism, Islam, Hinduism, and Buddhism) have truth and principles within them that can benefit any true seeker of God.

But since I was born in America and raised peripherally as a Christian Baptist, I will pull a lot of supporting quotes from the King James Version of the Bible. I will also offer some of the teachings on sex from the orient, like Taoism, and the Vedic (or Hindu) principles on successful family relations. In addition, as an adult, I practice Kriya yoga as taught by Paramahansa Yogananda, and the Self Realization Fellowship. As a practicing Kriyaban, I will pull from the fount of yogic wisdom on the topic of sex and marriage as well.

Overall, I would consider myself a spiritual and worldly pragmatist. If something works, great, if it does not, discard it. Doing so frees a person from rampant legalism and dogmatism and will hopefully result in greater joy in all avenues of life. I hope that throughout this book you will see that I approach this topic in a way that is not steeped in dogmatism but pulls out the truth that the ancient wisdom was originally meant to express.

Even if you do not believe in God, you should still read this book, because it pulls from universal truths that simply make relationships and marriages function better. In most cases I will give good reason for many of the precepts that the world's religions have put forth, and how and why things are the way they are.

So overall, this book will bring forth a solid methodology and philosophy about sex and marriage that if applied to your life will protect you from marital discord and divorce and will make your family happy and successful. It will also help you live longer and with more joy.

Purpose

The purpose of this book is to increase the number of happy marriages in America and beyond; to rekindle a love and respect for the important institution of marriage, and the vital purpose it serves to the world.

It's also the purpose of this book to create a larger conversation about sex in a way that is not shrouded in shame and guilt, but at the same time is not immoral and debased either. I hope that this book will be a clarion's call for greater study and teaching around the very important and powerful subject of sex, marriage and reproduction.

~Section 1~

General Discussion About Sex and Reproduction

Chapter 1: Current Societal Problems Arising from Sex and Its Misuse

Before we take a look at the seemingly negative sides of sex in our current culture, let me say that we need not worry too much about the fact that the world is not a perfect place. If life were perfect, we would have no desire to reconnect with our Creator. So, to side with the non-dualists, those evil parts of our world do serve a purpose in that the suffering that arises from them, can create a real desire of repentance and living a better life in those whose actions are far from righteous. And ultimately, I believe that God uses evil for good, so that those things that may seem terrible can and do create a greater sense of goodness in the world. For example, if there had never been world wars I and II would we have such an interest in peace, as we seem to have today?

But since we are here in this conditional world, we all need to do our best to improve ourselves and the world around us. By following some moral and ethical code (Be it the Ten Commandments, the Yamas and Niyamas, or others) many of us find that although such standards may be difficult at first, they lead to overall joy and happiness--and are therefore good. On the other hand, if we don't pay attention to our actions, and do whatever feels good in the moment, we may find that in many cases this leads to suffering later on. Such evil actions or unconsciousness as it is dubbed today leads to suffering and in extreme cases, to death. Therefore, we must do our best to do what is governed by good reason and good conscience so as to produce families, communities, and societies that are life affirming. Let us take a deeper look at the current state of our society when it comes to sex and marriage.

Gender Confusion and Gender Warping

One of the main issues that seem apparent today is that many people in America seem to be confused about their gender. We have come to a time in the life of our country that seems to contain many young men who are not sure of their masculinity, who still consider themselves boys, who still cling to many of their boyhood passions and seem to be unwilling or unable to make the jump into manhood and take control of their lives.

There are also many young women today who spend a lot of time in the gym, attempting to become muscular like men. There are also many

women in the work force today who are trying to “kill it” and make a fortune for their own purposes, instead of using all their power and ingenuity to create an awesome home life for their husband and children.

There is also a larger population of people today who identify themselves as gay and lesbian. In fact, it has come to the point in America that if someone even tries to criticize alternative lifestyles, they are labeled as bigots or haters. I will get into a deeper discussion later on how no one is truly homosexual, or lesbian. I will discuss what the true causes of such conditions are and how people can turn away from it. But in the meantime, let me state that I do not in any way hate gay or lesbian people. Nor do I support any violence or ill treatment of them.

Instead of hatred towards gay and lesbian people, I see their plight as one that creates a feeling of compassion within my heart. Deep down fundamentally, I think most gay and lesbian people want to lead the standard heterosexual lifestyle—to take part in the creation of their own children through normal means but have some deep fundamental blocks that keep them from doing so.

But our popular culture today encourages homosexuality as a viable option and this philosophy has become so strong that it has infiltrated our legal system and religious institutions. The reason that this is a bad thing is because it cheapens the importance of true marriage in our culture and increases the divorce rates and the number of children who are raised without their true biological father in the home. This leads to many societal ills, not the least of which is troubled souls and confused people.

Ultimately, to test the validity of any practice, one must multiply it to the maximum to test whether it would be a good practice. If everyone were to stop being heterosexual and become homosexual, barring any technological assistance, we would become extinct within a relatively short time. By such a magnification, we see that homosexuality is not life affirming, but is death affirming. Therefore, we should have less homosexuality in the world and although homosexuals should not be hurt in any attempt to right their wrongs, their plight should not be celebrated like it currently is by the popular culture.

Population Control

So why does the current culture celebrate homosexuality and gender confusion? Largely because there is a push for population control in America. This is why there seems to be so many movies and shows today

where the men are depicted as inept and unable to make true decisions, while the women seem to be strong and decisive and take the lead in saving the day.

For example, in a recent film released by Disney's Pixar, entitled the *Incredibles II*, the father is left at home to look after the kids while the mother goes out to fight crime and save the day. In *Peppermint*, starring Jennifer Garner, a mother goes on a killing spree to eliminate all the bad guys who messed up her life. Jumping back a few years, we see the likes of Dustin Hoffman, putting on a dress and becoming *Tootsy*. We also saw Robin Williams becoming *Mrs. Doubtfire*. In addition to those movies where leading men become leading women, there have been countless other Hollywood movies where the heroine saves the day, and men are only along for the ride or are depicted as inept losers.

Now surely, someone can easily argue that this is just make-believe. Role reversals are simply fun plot twists and are designed to simply entertain us. But I disagree. These films have an effect on people's lives. There was an article in National Geographic a few years ago that showed the results of a population control program in Brazil where the government was able to significantly lower the country's birth rates. It seemed that there were many people who were living in slum-like conditions because of over population, and the government partnered with the country's media companies and started showing soap operas and other programs which showed people having fewer kids, and of people staying single well into adulthood. Over the years, all of these programs had an effect on the population, and the birth rates decreased significantly (1). If this will work abroad, it will certainly work here in America. In fact, it has worked in America.

We do not need statisticians to tell us that birth rates in America have fallen over the past 80 years. It's pretty obvious to most people that the standard American family is composed of two kids or less. In fact many of us have become so accustomed to the small family that we have adopted the slogan: "two and through" when we have reached the reproductive finish line of having two kids and stopping at that point (Another popular phrase is "one and done"). Other times many of us will find ourselves shocked when someone has enough moxie to have four kids or go so far as to have six or seven.

In the 1940's and 50's it was quite common for people to have five children. Back then it was much easier to have that many children because there was not much contraception, and our money was not as devalued as it is now, so a family could survive off of the father's income alone. This

allowed mother to stay at home with her children and take care of them to the best of her abilities.

Today we have a totally different scenario, Mom and Dad both work and the kids are left in the care of family members or day care providers. This is not a great situation, because the mom and the dad are both removed from the home, as are the kids, so that the family can survive.

The constant flow of mass media has blinded many of us to the fact that our normal human natures have been meddled with to such a deep degree that we are afraid to be fruitful and multiply like the Bible commands us to do (Genesis 1:28). Now I realize that fruitful multiplication could be interpreted another way beyond sexual reproduction. But it is pretty clear from the Old Testament that God wants us to multiply, replenish and subdue the earth. Beyond that, there is a certain joy that comes from a large family, a natural lack of loneliness; and if the family is a well-run God-centered one, then there is a real sense of love and joy that emanates from it. In addition, upon the formation of our country many children were seen as a blessing to a family.

So why is population control a bad thing? Because population control leads many people to a depressing and lonely life. It confuses people about their true role in the world. It reduces the strength of the family and creates more pain and suffering because people subconsciously fight against their natures and the laws of creation that God put in place.

In truth, we do not have a population control problem; we simply have a population distribution problem. We have too many people living in areas dependent on central distribution of electricity and other basic necessities.

Evolution and Humanistic Arguments

Since the early 20th century western culture has been under the spell of evolution. Ever since Charles Darwin set out in the *Beagle* and came up with the theory that all living systems develop over millions of years it has seemed quite commonplace to lower man's standing to that of a mere animal. Of course, there are parts of our existence that we share with animals. We use food and water resources, and we reproduce in similar ways, but many people in America have become so deluded by the animal rights movement that they have elevated pets and domesticated animals to the level of people. This type of equal-to-human animal rights mentality leads many people to over-investing their natural God-given compassion on dogs and cats while there is an entire country filled with lonely men and women—

not to mention the homeless. Of course, I realize that pets do have value, as do other animals both wild and domesticated. But there exists a great confusion for many people who are too afraid to get their “heartbroken again”, and instead invest their time and energy looking after animals who do certainly provide a level of unconditional love to their owners, but also cannot verbalize their desires and needs like a man or woman. What’s more, animals cannot mirror back their owner’s annoying behaviors and idiosyncrasies, nor can they say hurtful and unloving things to us (Many times those “hurt feelings” are simply the truth and it seems very difficult for us to accept what has been said, so we instead slide into the victim stance and state that the other person “hurt our feelings.”). But on the other hand, pets cannot provide the same level of love that can exist between a man and a woman who are working each day on their love-practice inside their marriage.

Although it lies beyond the scope of this book to argue for or against an evolutionary theory or creation theory of our origins, I will say this: although genetics does play a role in the formation of animals and people, and certainly is a useful body of knowledge in agriculture and breeding, the theory has been over-used by many people to excuse their un-evolved behavior. Many people blame their health problems on their genes instead of looking at the spiritual, psychological, and physical inputs to their life in order to make responsible and healthy choices. It is easier to blame poor health on genetics than to take the responsible and sometimes difficult steps required to improve one’s thoughts, inputs and behaviors.

The problem with the evolutionary humanistic model as it applies to sex is that it steals the truth from us that we are made in God’s image. It takes away our divinity. It leaves many people blindly and ignorantly chasing the short-lived pleasures of sexual intercourse, as opposed to acknowledging their own personal divinity and potential. It makes people think they are little more than animals, and everything happens by chance as opposed to the truth that we have free will to use as best we can to find a proper life companion and to create a safe vessel of marriage through which to pour new people into the world.

There are some challenges with the word “human” anyway. “Hu”, or “hue”, means color. So Human is actually “the color of man”, not man himself. It’s a shadow or copy of man. Therefore, I believe more of us should try to use the term man and woman as opposed to human. But I realize that the word human, in and of itself, is a useful word and does have other meanings and definitions that are useful in our language. But all-tolled, we

need to get back to the fundamental truth that we are made in God's image, and we have a very sacred and honorable role to play in His creation when we decide to marry and raise a family.

The Media

It is sort of challenging to pinpoint the exact beginning of the media. The idea of using written and spoken language to influence people goes back well before recorded history and is a useful and noble practice if the messages passed through the media are truthful, noble and founded on good principles of moral rectitude and good conscience.

Sadly, that is not the case today. Instead we have movie and television conglomerates controlled by six major film studios (2). Most of what is produced from these six studios caters to man's lowest common urges. Sex is of course one of the main subjects of the media and Hollywood casts the physically attractive in many of its productions so as to more easily hook the eyes of potential viewers.

These attractive people are put into scripts that are devoid of much family structure and deeper moral fiber. Many movies focus on casual sex, adultery, the promotion of single mothers as heroes, and the promotion of alternative lifestyles like homosexuality. Because of these altered and perverted views of normal human interaction, we have many people today who are confused about how to start a family, how to raise a family, and even so far as to fundamentally be unsure of even their own sexual assignment.

Even those people who seem to be normal but have spent any time watching network television or movies, are not sure if they ever want to have children or start a family. This leads to people who resort to putting all of their attention into dogs and cats and spend a lifetime living alone instead of getting married and creating a family together.

It has gone so far that on some college campuses it's considered rude to refer to inanimate objects as "she". Calling a boat a "she" is considered offensive and many kids on college campuses today have shorn-headed young women and longhaired, or hair-bunned men. In these cases, there is a huge lack of sexual tension anywhere, and the people in these organizations simply become plain-Jane vanilla automatons with no zest or push for life.

This push towards a uni-gender society always fails when it comes time for people to use a public restroom. In my observations, it does seem ironic that those women whom I know are indeed female, if perhaps just

barely, are forced to go in and use the lady's room when nature calls. Here it seems that there is a physical limit to which people can erase their gender unless they want to invest thousands of dollars to have that part of them changed as well by a plastic surgeon.

Now to be clear, I am not condemning these people, nor do I feel they should suffer abuse for their choices (when in fact many of them experienced abuse or abandonment that pushed them to their current situation). But it's time that we put on the breaks of this mass-media mental manipulation and start to get our natural gender tendencies back so that we can create strong and stable families.

Another prime example of gender manipulation is the large push to put women in roles where they are the aggressors, where they shoot the guns and do the things that normally men would do. Lots of women in these roles wind up shooting guns, punching people out and going on revenge-laden killing sprees to fill out the movie's need for action.

So, where the media is not confusing gender or warping our ideas of what is right and proper for romantic and sexual concerns, it often leaves many of us sitting for hours in front of a screen, living vicariously through the lives of other people as opposed to living our own lives. Media and Television create a fake culture for those people who do not have culture of their own and leads many of people astray.

No One Talks About Sex

Another challenging problem in the west today is that not many people at all have practical conversations about sex. Now by saying that I do not mean illicitly talking about it, but simply having general conversations about sex and when it should be had and the best way in which it should be had.

This lack of communication about sex has likely been going on for eons and is why the Apostle Paul says in Ephesians Chapter 5 that the coming together of man and woman to become one flesh is a great mystery (Ephesians 5: 31-32). Paul has a good point. Really, when you think about how a sperm fertilizes an egg and the two work together over the course of nine months and eighteen years to produce a man or a woman with completely unique characteristics from anyone else in the world, this is truly an amazing and mysterious process. Surely as an advanced society, we can put frozen sperm into a laboratory situation and artificially fertilize an egg. But we still cannot direct the life force to turn that egg into a fully functioning

man or woman without the shelter of a mother's womb and the direction of God's life force working to direct the countless macroscopic and microscopic processes that take place to create a child.

The fact that this process is so sacred and mysterious should really make more of us stand up and take note of how important it is for us to practice sex in the best way possible. The issue for many of us is that sex has been shrouded in secrecy and shame because of religious imprinting. This imprinting results in the generational fear that the church has with the whole topic of sex. Most churches, as do most families, simply ignore the topic.

In many faith communities, the subjects of courtship, marriage and sex are totally ignored. The subject is like a pink elephant in the corner of every sanctuary of every church in America. Everyone knows that sex is there, but no one addresses it and talks about how to deal with the sex force in a proper way. This is largely because sex is still deemed a nasty topic by many people in the church, and beyond.

In addition, for many churches the practice of sex in general and sex scandals in particular stand as one of the largest dangers to any pastor or congregation. We only need to recall the Billy Graham rule (coined after the great pastor Billy Graham who made it his common practice to never spend any time alone with a woman who was not his wife) to confirm the dangers that sex scandals pose to religious institutions. In addition, many pastors and clergy might hold a lot of their own shame when it comes to sexual reproduction and courtship. So for them to direct younger people in the selection of the right spouse leaves them feeling inauthentic and inadequate.

What about the schools? Can young people get good sex educations in schools today? As the typical American grows up, they could go to a public school or a private school (barring homeschoolers of course). The subject could be covered in public school; but in the public-school sex-ed curriculum people are usually encouraged to do what feels right, and simply use protection so as to prevent unplanned pregnancy and sexually transmitted disease. They are often shown simple diagrams and given basic information about how everything works during intercourse. But they never speak about the spiritual, emotional and generational aspects of having sex and how important a choice the selection of a spouse truly is.

In the event where someone attends a private religious school, the topic is likely left uncovered as well. Which leaves the subject on the shoulders of the parents to discuss with the kids in the standard Birds and

Bees discussion. But if you were like me, you didn't really get one of those discussions. In his book, *The Power of a Parent's Blessing*, Craig Hill mentions that many people today grow up in an environment that is missing a faith, a father, and a family. Therefore, the odds are good that many people today have gone into puberty without any guidance at all about this extremely important and sacred topic.

To give everyone a break on the whole matter, let's be frank. Sex is a difficult subject to talk about. Simply because when you talk about something there is the tendency to want to do that something. If that were not the case, advertising would not be a very effective art and science. Before one can do something, they have to think about it. So, in order to get people to take action—you must just talk about something to get them to think about it. Therefore, when you discuss sex, you run the risk of people thinking about it and then wanting to act upon those sexual thoughts. Also, for kids, and even adults, the thought of their mothers and fathers having sex, and the idea of even discussing their own sex drive with one's parents can seem very uncomfortable. Unfortunately, much of this subject is still plagued with the fig-leaf mentality—the thought that sex is a dirty and nasty topic and therefore should be conveniently covered with a fig leaf.

But since we have a much weaker family structure in our country today, as opposed to the 1940s and 1950s, a lot of parents are probably coming to the Birds and Bees conversation with a lot of their own skeletons and shame, if they come to that conversation at all. In some cases, fathers have been cut from their families by divorce and if they are willing to present such an important conversation to their kids, they may be barred from doing so by the nature of custody arrangements in most divorce cases. In other cases, the father may simply be too busy with work, distracted by other worldly things or simply too tired to broach such a subject with his kids. Again, there may be a lot of shame around this issue, which may keep both fathers and mothers silent when it comes time to discuss this important topic with their children. For many, the idea of talking about sex is something people would rather avoid.

The fig-leaf mentality leaves many young people in America today in the lurch and flying blind. When post-pubescents and young adults are left to their own devices to figure out these things on their own, many of them turn to their peers, the media, and sadly the pornography industry to find out how all the pieces of the sexual puzzle fit together. This is why many young men in the church today and beyond struggle with porn addiction and/or sex addiction.

When pornography becomes the de facto sex educator for our country, we are in for some difficulties. Because obviously the sex portrayed on porn films is not normal, healthy sex. Instead, it's sex that is contrived, impersonal, and in many cases violent and sadistic. It also is an addiction that can be very difficult to break because it is doubly shrouded in the shameful nature that many people have around the sex act. For a good example of this, many towns and cities have alcoholics anonymous meetings that meet weekly, but there are very few Sexaholic Anonymous meetings. After all, when we think of the public nature of many other habits like gambling, and alcohol for example, all of those activities are almost always done in public. Sex on the other hand is never practiced in public, to do so is not only illegal, but it's far opposed to what most of us consider moral. So, when a person has an addiction to sex, it can be very difficult to find solutions to it since there is an extra layer of taboo surrounding it.

So, it is the purpose of this book to change all of this. It is important to make sex an important topic in public forums. It is important to take this very powerful and important activity and teach people how to use it in the right way so that they do not hurt themselves or others. It's also important to show people how to have sex in the right way that is life affirming and healing for both participants. It's also important to make proper boundaries for sex, which we will discuss as we continue in this book.

I would like to start an international institute on ethical sex practice. This non-profit organization would provide the proper sex education for the entire world. It would offer certifications for trainers all over the world and would sell (for a nominal fee), courses that people both married and unmarried could take to improve their lives through the proper treatment of sex. Its mission would be to lower the pain and suffering in the world by teaching people how to use sex properly. It would lower the amount of unplanned pregnancies and divorces in all countries. The institute would also work with religious organizations across the world to help train sex education teachers so that kids in church can get the proper education as well.

The institute could also create public relations campaigns to help raise awareness for people to understand the importance of healthy sex across the world and how it can be used to improve relationships and the world at large.

Divorce Rates

The standard conception in America today is that 50% of marriages end in divorce (3). This statistic has been estimated as higher or lower depending on the institution, but it essentially seems to be the case today that forty to fifty percent of all marriages in America do not stand the test of time (4). This is a sad reality, because many children are party to these divorces and see dysfunctional or failed marriages and in many cases repeat the same cycle again in their own marriages. The reason for this is because children under the age of 12 are very open subconsciously and wind up carrying bad relationship scripts in their deep subconscious into adulthood and therefore have a higher likelihood of repeating the same patterns they witnessed as children.

Many of us know from direct observation and also from statistics that kids who grow up in divorced households have much higher risk of suffering from depression, anxiety, reduced academic performance, drug abuse, behavioral issues, teen pregnancy, and even suicide. Many of these kids bring their psychological cocktail into adulthood and cause troubles for not just their family but for society at large. There have been studies that have shown that the incidence of crime in a city generally follows the lines of homes that are run by single mothers (5) (6). This heightened occurrence of crime occurs because, in general, mothers are not good at disciplining their children. They are excellent at nurturing and providing unconditional love but lack the same disciplinary traits and nature to discipline their kids in the same way as men. In homes run by mothers the masculine element is all but missing. Even in the case of a re-marriage, kids still harbor difficulties because they carry abandonment issues and the mentally heavy weight of dividing their time and loyalties between estranged parents.

The long-term success of a child is largely dependent on his or her own mental status and self-esteem. Many people raised in single family homes have to fight with a lot of internal demons in order to find the level of success that their peers who were raised in divorce-free homes do not have to overcome. Does this mean that kids raised by single moms are doomed for destruction? No, of course not. But they do have a lot of personal obstacles to overcome in order to find success in life. And, there have been numerous studies that show that children reared in divorced homes have lessened rates of worldly success as compared to children whose parents managed to stay married (7).

Many people who have been raised in America or other English-speaking countries might simply think that divorce is a normal thing and it's something that we should just deal with. But honestly divorce is something that should not be used as much as it is. Surely, it's important for people to have an escape mechanism if they need to get of a horrific marriage, but the tool is far overused in the west and is not practiced in a way that God intended it to be practiced.

According to Unified Lawyers, an Australian law practice, the incidence of divorce would seemingly be a western problem (America, Europe, England, Britain, and Australia). The top ten countries for divorce in descending order are as follows: Luxembourg (87%), Spain (65%), France (55%), Russia (51%), United States (46%), Germany (44%), United Kingdom (42%), New Zealand (42%), Australia (38%) and Canada (38%). The top ten lowest divorce-rate countries in ascending order of percentages are as follows: India (1%), Chile (3%), Columbia (9%), Mexico (15%), Kenya (15%), South Africa (17%), Egypt (17%), Brazil (21%), Turkey (22%), and Iran (22%) (8).

As for divorce by major religious practice, United Lawyers found the incidence of divorce as follows: Christian (37%), Catholic (36%), Buddhist (30%), Jewish (28%), Islamic (20%), and Hindu (1%).

Here it's important to notice the overlap in lowest divorce-rates lying in India with the Hindus. Later on, we will examine this phenomenon more closely to see if other religions can pull wisdom from the Hindu tradition to benefit their own lives without feeling that they must betray any of their own religious convictions. We will pull out some universal truths so that we can help people of all faith traditions to find greater success in marriage.

I will even be so bold as to say that it's the mission of this book to start a wave of strength in the western marriage and reduce our American divorce rate to and significantly improve the divorce rates of other western countries as well. Stabilizing marriages will help stabilize many other facets of western culture as well. Stabilized families will help decrease the negative thoughts and actions of the children from those families so that we create more peace and equity in the world.

Homosexuality Does Not Really Exist

This may sound odd. Especially if all you have known is western media and culture your entire life. At face value, the media seeks to entertain people with quirky twists on old standards. But on another level, they are

toying with collective consciousness and creating confusion—for purposes of population control or for simply other nefarious reasons.

The truth is that people who are gay (homosexual) or think they are represent about 5% of the US Population (10)—a fairly small percentage. But if you watch television or popular media today, they will make it seem like homosexuality is normal, everyone is doing it and it's OK. This is why you have many unguided children in middle school and other developmental years wondering if they are gay or lesbian, when they are actually straight.

How Homosexuality Really Happens

Hold on to your hat, this is going to be a little esoteric, but stick with me and I think you'll find that this argument I am introducing makes sense. You see, inside the womb, as soon as an egg is fertilized, the soul who intends to occupy that body starts to loosely check up on things. The soul is popping in and out of its soon-to-be body to help guide things along and to check up on the condition of the environment inside of the womb and the surrounding environment. As the fetus develops into a baby, the soul is spending more and more time there and it is extremely sensitive to everything that is going on in its environment (to get an idea of what life in the womb is like, pour yourself a warm bath and lay down in it, submersing your ears beneath the surface. You'll find how much you can hear and sense because you are underwater. This phenomenon of sound propagation through water is why the U.S. submarine services are called the silent services. The submarine and its crew need to be silent so that sound is not propagated through the water thus exposing their position to other submarines or surface ships).

The soul inside the baby doesn't know any language yet, but it understands vibration, good ones and bad ones. If the baby feels vibrations of love, calm and peace, the baby's consciousness and gender identity remain intact. The soul continues on its path to be its intended gender. On the other hand, if the mother and father are not friendly towards one another and if there is repeated physical violence, the soul of the unborn baby (which is quite literally selfless at this point) says, "Oh, am I not doing this right? Maybe they don't want a boy (or a girl). I guess I should try to act like a girl (or a boy) to please them." This is why most gay people feel like they have been gay since birth. This is also why conventional scientists simply stamp homosexuality as a genetic condition because from the homosexual's

perspective, from their earliest remembrances, they have always been attracted to people of their own gender.

If this spiritual explanation for homosexuality is true, this means that sexuality is not hard-coded but is transmutable. This means that gay and lesbian people can change their sexual orientation if they desire to do so. If gay and lesbian people do desire to change their sexual orientation, they should take action to change it; because there is something magical and inspiring about having your own child and knowing you would sacrifice your life to save theirs in any situation.

Having your own child gets you thinking about the amazing power of our Creator, who weaves all of this creation together. It again should remind us of how important it is for us to take part in his creation in a way that's more in line with His wishes.

I believe most state governments that recognize gay marriages, are doing a disservice to their community. Now I'm not saying that we should bash gays or interfere with their homes, however there is an important ingredient that is lost for those kids who are raised by same-sex parents. One of the best gifts, and one that is very much lacking in the world today, is the gift of witnessing a mother and father who are best friends and run a tight household, with proper boundaries and guidance. This is what Craig Hill refers to in his excellent book, *The Power of a Parent's Blessing*, as a home that has a father, a faith, and a family (9). Sure, you could probably get those things in a male same-sex parenthood, but if a child raised in such a family started reading the Bible, they would find how displeased God is with those who "know mankind", or sleep with other men. The Bible labels such same-sex interactions as an abomination (Leviticus 20:13), so we should do our best to avoid creating such homosexual tendencies in our own children.

I believe that those men, who think they are gay, have a fundamental dissonance when it comes to looking at the opposite sex and what they should normally do in such interactions. When they do, I believe that they are immediately snapped back into their misdirected orientation, because of their deep-seated soul imprinting (the abuse that their unborn body experienced). But again, this is not static, and I believe there are spiritual ways and cognitive ways to change one's sexual orientation (11) (12).

A Deeper Analysis of Gender and True Evolution

Now let us examine evolution. There is an evolution that happens, but it is not a physical one like the pundits at colleges and universities would like to teach you. Their idea of evolution is that millions of years ago the apes climbed out of the trees, grew tall and started walking and talking; they then began banging on rocks, forming tools and then discovered fire. Then, over another great span of time, those apes morphed into what we would consider human.

True evolution does not happen on the physical level, it happens on a spiritual, soul level, and it takes a long time in earth years. Through many different incarnations the soul is born into different bodies. In the beginning, the developing soul or spirit inhabits lower life forms, like lichen. It then graduates to plants, trees, insects, fish, amphibians, birds, mammals, then eventually into a human body. The soul then spends many incarnations coming back to the school of life to learn its lessons. This means that there are differing maturity levels in each soul. But this is not to say that higher more advanced souls are of any more importance than those souls who are young. We all have our part to play in life, and we must play it to our best ability.

This means that souls move up and down the continuum of spiritual advancement, not as punishment for a bad life, but as a chance to go back and relearn certain lessons that only life can teach. The experiences we are given in life are in our power to some degree based on our actions (positive and negative) in previous lives but are not in our control for many other circumstances. This all hinges on the idea of karma, or a system of action and re-action that allows each soul to learn what it needs to learn in order to advance.

I believe that many of the souls incarnating for the first time into a human body come in as really beautiful women. And for most of the beginning incarnations in human bodies, souls incarnate in the bodies of women. This reincarnation rule protects the world because if graduating animal souls were to incarnate into the bodies of men, they would create more difficulty in the world, because men by nature are more aggressive and violent than women.

After a span of incarnations, and the soul feels that it's ready to try a man's body, it gets access to a man's body allowing the soul to work out the remainder of its lessons as a man. Then eventually when the soul is finally finished and is no longer ready to incarnate, that individual soul then can

come back as a man or a woman only to help out others. But for the most part it's easier for souls in a masculine body to cut themselves away from the world in order to focus their attention on reuniting their consciousness with God. Women, in general, have a much greater desire for connection to other people than do men, so it is not generally in a woman's nature to move into philosophical ideas and the formation of religions. This is why all the major religions of the world have been led and started by men.

There is a lot of karma that revolves around the interaction of the sexes; in many cases people are pulled off their intended life course by their own uncontrolled sex force. These same people have sexual desires that are difficult or impossible for them to fulfill. The other interesting thing about the lessons taught by the sex force is their humbling, saddening, and ecstatic nature. Because many people, life after life, step into the traps and pitfalls of controlling the sex, the souls inside these people must come back to learn the lessons of unconditional love and forgiveness—lessons that can be extremely difficult to learn simply by reading a book about them. Unfortunately, and fortunately many of us have to live these lessons—because they are the best way for many of us to really get the lessons. Living through the lessons is unfortunate because it is so painful. On the other hand, living through the lessons is fortunate because despite the pain we may feel, lived lessons teach the best. Because of these challenges and difficulties caused by the interactions of the sexes, many souls come back and forth across the gender divide, incarnating as men, then women, then men, then women, ad infinitum, before they finally begin to mature and move toward the end of their individual soul's development.

So again, homosexuals don't really exist, even though they think they do, and there is a way to help homosexuals turn away from their misdirected sexual attraction. Even though it goes beyond the scope of this book to make those recommendations as to how someone goes about correcting their sexual orientation, other religious researchers have and they can help those who struggle with attraction to the same sex and want to change their attraction to the opposite sex (13).

It's also important to realize that there's no judgment in all of these sexual goings-on. I compare much of this sex force attraction to someone who's trying to hold two magnets close to one another without letting them touch: there comes a point of no return where one simply cannot hold the magnets apart from one another, and they snap back together. The magnetic interactions of the sexes can be much the same way, people are fine at a distance but can rapidly lose their composure and break down when

they come into close proximity of one another. Despite these difficulties though we can master our own sex-force and navigate through it once we have received the proper guidance and training.

Chapter 2. The Sex Force and Its Purpose.

Of course, the primary function of the sex force is to repopulate the world with more people. The secondary purpose is for strengthening the relationship between a husband and wife, and the third function is to use it as a healing mechanism. This healing function of sex is something the Taoist tradition has brought to the world.

The sex force is also part and parcel of what it means to be alive. It is indivisible from our consciousness. This is why most people struggle with their sexual urges and why there is always that temptation for many people who don't work at controlling the force.

Even for those who do work with their sex force, they know that it is always there and always has the potential of rearing its head. This fact is why there is the ancient story of *St. George and the Dragon*. In this story, and in many pictures depicting the story, St. George subdues the dragon, with his lance over the dragon's throat, but he does not drive the lance through the dragon's throat. To do so would mean the destruction of the dragon, and with it the destruction of himself.



Figure 2. St. George Taming the Dragon

God gave us the sex force to drive us. And this is why it mentions in the Old Testament that those who have lost their testicles will never make it through to the kingdom of God (Deuteronomy 23:1). The sex force is a kettle that continues to fill up and through the natural release of sexual intercourse the kettle is emptied. But there are others who can learn to use the sex force for many other things like exercise and creative work. These people learn to

raise the energy involved in the stimulation of the sex organs to the higher energy centers in the body. Those who learn to do this are free, to a large degree, of the distractions and delusion that the sex force creates in many people's lives. We will talk more about how to achieve this sort of freedom later on in this book to show you how to control the sex force and keep it from controlling you.

Now returning to the three primary purposes of the sex force, it's important to realize that the repopulation of the world is very important. And when we take careful steps to ensure that we are mating with the right person, at the right time, for the right reasons, and are committed to one another, then life gets better for everyone, generation after generation.

So if people are honest about what type of spouse they would like, they court one another, and use the assistance of their family to help them see all sides of a person's character, in addition they wait until marriage to have sex—keeping it contained within the protective umbrella of marriage. Practicing sex inside of marriage is the most responsible way of using it.

Now let's look at the second part of the sex force, the binding aspect of it. This aspect of the sex force gets many of us in trouble. In short order, SEX IS GLUE! If it could come with a magical warning label it would read: "Dear User, I hope that you have truly committed to this sex partner for life so that when you have sex with them you realize that you're binding yourself with them. You are mixing karma with them and you're sharing extremely intimate and personal details of who you are on a physical, mental and spiritual level. User beware!"

A good analogy that illustrates this point comes from the world of plumbing. When you are putting a run of pipe together. You always want to cut, and dry fit everything before you solder it together. This is to ensure that you don't have to cut stuff apart and start all over again if it does not fit the first time.

When you have sex with someone, it creates a huge release of chemicals and causes people to imprint on each other. Imprinting, in the natural world, happens when newly hatched ducklings see their mother for the first time; they become biologically hooked on her and follow her around everywhere. The ducklings become inseparable from their mother until they become strong enough to live independently. This same thing happens in people too when they share something as intimately powerful as sex with each other.

As mentioned earlier, when you have sex with someone, you are mixing your energy fields. You are inside of someone, or someone's inside

of you. This is the closest you can get to someone, without actually being that someone, so you should make double sure that the one you let get this close to you is the right one and not just someone who's a fun role in the hay or someone who is just using you for sex.

When you have sex with someone you also wind up mixing karma with them. What do I mean by karma? I mean someone's soul identity and the things that they are made of on a fundamental level. When you have sex with them, you are mixing your combined spiritual identities because of the close proximity of your chakras while making love to another. Chakras are energy wheels along the spine that contain our karmic information (the sum total of our tendencies created over our soul's previous incarnations) and are what makes every person unique. So again, when you are having sex with someone (in the standard missionary position where both partners are facing each other) your mutual chakras are very close to each other, so the energy is mixed; and this is why those people who have many sexual partners seem very confused and disoriented, because their failure to maintain healthy boundaries with people keeps them quite confused about who they are and what's important for them.

In addition, when you first meet someone, there is a natural feeling that people have. It is the natural feeling of sexual attraction. This has been called limerence by one researcher (1). This feeling is what people call "falling in love", but it is not love, it is a chemical romance. This feeling does not last. It only goes for about 18 months and then dissipates. When it has diminished, there should be a friendship there that can help the two people make a success of the relationship long-term. If the relationship itself is just based on physical attraction alone then it stands to fail at some point when the joys of sex fail to deliver the same thrills that they once did at the beginning of the relationship.

When people first meet, it's important to postpone the sex until marriage so the two can spend time getting to know one another, on a mental and spiritual level, developing their friendship. If the sex happens too soon (before marriage), then the couple stands to lose the objectivity of their friendship and they become blinded to the incompatibilities of their mutual personalities, if any incompatibilities exist.

If sex is left to be practiced under the protective veil of marriage then the husband and wife can use sex as God intended, beyond reproduction, beyond the binding mechanism, as a healing mechanism. This is the third and most efficacious purpose of the sex force.

Sex, in marriage, can and should be practiced frequently. Condoms, and other methods of birth control should be used if the couple is not ready to have a child yet. But the two should really do their best to enjoy each other's company in the bedroom. In my next book, *The Sacred Bedroom*, I will go into more detail regarding how people can use sex as a healing modality and how to maximize their life through proper and healthy sex. Until someone is married, I don't think they should even concern themselves with the idea of sex because once inside of a marriage, you can learn all about it with your spouse. Together, under love and the protective veil of marriage, the husband and wife can invest in their future sex-life together.

Sex is Sacred

For thousands of years religious programming has led many of us to believe that sex is wrong or dirty. But sex is not dirty. It is sacred. Sex is the process by which new people come into the world. Therefore, we take part in God's creation by taking part in sex. Sex is sacred, not dirty. What is wrong, what is dirty, is to misuse sex and have it with whomever you like, outside of marriage, with little or no regard to the outcome or consequences of your sexual actions. Having sex like this in such a wanton manner is evil and animalistic. It creates a lot of pain and suffering for those people who must care for and rear the children who are the result of unplanned pregnancies arising from undisciplined sexual behavior. Such undisciplined sexual actions can also erode the self-worth of those people who take part in such sexual escapades.

The True Roles of Each Gender

The most basic definition of a man is that of a taker, while the most basic definition of a woman is that of a giver. Men take. Women Give. Obviously, if there is a man who simply takes all the time, and a woman that gives all the time, these individuals will encounter some difficulties in their lives because there has to be balance between these two extremes of gender definition. A woman, who simply gives all the time, quickly becomes a doormat; and a man that does nothing but take from the world is quickly labeled a jerk at best or a sociopath at worst.

The feminine side of the equation is one who makes the world beautiful. A woman's greatest fear is being unloved. In general, a healthy woman is happy, intuitive, inviting, desires romance, and a sense of

connection with others. She is sociable, flexible and soft. She enjoys praise and support, (think of cheerleaders); she is a nurturer and a soother. For women, love conquers all, and love thy neighbor is a key practice.

The positive masculine focuses on making the world orderly and controlled. The masculine force seeks to subdue the earth and make an orderly and just kingdom out of it. In general, a healthy man is pleased; he is logical and deductive. He is much more comfortable with time to himself that he can use to reason out the things in his life. Men are more about killing than nurturing. This is why men are hunters, why they go off to fight and wage war, and why over 80% of all violent crimes are committed by men (2). Men are much more comfortable with stillness and conclusion. While a woman's greatest fear is being unloved, or abandonment; a man's greatest fear is being trapped.

Men seek to understand the world and are much more inclined to philosophy. Men seek to cut to the philosophical core to find truth. This striving for a workable philosophy of life and the hereafter is the reason why men started most all religions practiced today. Men are naturally more comfortable with planning as well.

Some important metaphors for each gender: Men represent the riverbank while women represent the river. Men represent the navigating sea captain, while women represent the sea. In summary, the thinking aspect of the human experience is more of a masculine quality, whereas the feeling aspect of the human experience is much more important for the feminine side of the gender divide.

Naturally, we need both sides of the gender line to exist and neither gender is better than the other. But for many decades, nearly a century, there has been a driving force of false feminism that has been dismantling the classically defined roles that so many of us need to fully live out our lives as God intended.

Before I go into this topic, I want you to understand that I do not in any way hate women, or feel them inferior to men, and by my recommendation that we go back to more classic states of gender, I do not intend to limit the happiness of any woman. But I believe that many women today who are living the "dream" as defined by false feminism, are not nearly as happy as they had hoped.

Why do I call this movement false feminism? I call it false feminism because it does not truly seek to make women more feminine. In fact, false feminism seeks to make women into inferior men. A true feminine movement would not seek to take women out of the home and put them into the

workforce, but instead would celebrate them for their long and arduous efforts as mothers, wives, and caregivers within the household. The false feminism movement uses propaganda to lull women into going out to work and then coming home to take care of the kids after work is done. Little do these young women know, who study to become some sort of worker in commerce, that going into work and then coming home to work some more as a mother is an extremely lowered position from a woman's roll of a century ago where mothers solely took care of the home and reared the children. Women of the early 1900s did not have to concern themselves with earning income to support their households.

Another part of the issue with false feminism is that the entire movement has masked the reality that it is much more difficult today because of inflation for a typical family of 4 or 5 to exist on just the husband's income. Although false feminism has helped more of the world to value women, it has sought to value the wrong things. False feminism values the reality that women can do many of the things today that men can do, but it never apprises women of the price they will pay when they take the route that false feminism offers.

In general, women in the workforce struggle with weight issues, have less sex, and are generally more fatigued (3). They are less fulfilled than women who are able to stay at home and happily raise their kids and support their working husband (4).

Now I am not stating that women cannot work, and I also realize that the ideal of mom being full time at home with the kids may not be that economically realistic. But when people sit down and calculate the costs of daycare and other things when it comes to overall household income, the idea of both parents working full time is not necessarily a great financial bastion as once thought.

I do realize that there are some women who are bored and unfulfilled by merely staying at home and keeping the house and looking after the kids. But again, much of that thought process could simply be the result of many decades of propaganda and social engineering by the creators of false feminism. All-told, I think women do have a place in the workforce, and do contribute in a positive way to the missions of many different institutions, but during the time that their children are young, from birth to 12 years old, a woman's primary place should be at home with her kids. After she completes her primary work of raising her kids, she can then exercise her right to pursue other things, on the side, that are of interest to her and may even provide added income to the home. Then, once her kids are more independent, and

if she so desires, she should pursue her interests in a larger capacity and earn money if she so desires.

Honestly, I believe one of the best gifts a husband can give to his wife is the gift of not having to work for money. This allows her to work for causes that are of true interest to her, beyond her family. Furthermore, I believe that the proverbial dragon of all the fairy tale stories of the past is actually alive and well today in the form of corporate America. I truly believe that the dragon of commerce in its varied forms gobbles up and destroys many wives and it is something a wise husband should fight tooth and nail to defeat, in order to rescue her from the dragon of corporate America.

Even if the husband and wife can reach the ideal of dad supporting everyone in the family with his income comfortably, there still exists the specter of the provider trap. The provider trap occurs when the man of the house becomes addicted to work and thinks that the only benefit he gives to his home comes from his ability to earn a living. Now it is important to note here that at the heart of most men resides a provider. Men truly want to provide for their families and protect them with their earnings. But a problem exists in that most work today calls men away from the home. Since men no longer rely primarily on agriculture for work, they go off into the corporate dragon to make a living. This reality automatically creates a division between the husband and wife, and if not addressed and amended at some point in the relationship, it could lead the couple to loneliness, isolation, adultery, abandonment, or divorce.

The man caught in the provider trap has done an excellent job of providing, he has earned a great living and has managed his money in such a way that everything is paid for and there's a healthy amount of passive sources of income that could support his family all by themselves. But the man who's caught in the provider trap keeps working. In some cases, work may be his escape from relational things that need addressing in his own marriage and home. Again, I go to the Bible that calls men to rule their homes with equity and fairness (1 Timothy 3:1-16). But a man who's caught in the provider trap works and earns money and thinks that if he buys his wife and kids enough stuff, they will love him and do what he wants. The truly godly man on the other hand, will earn all that's necessary for his family, pay off the home, and be present for his children as they grow older and need him and his wisdom more as they mature, and need less nurturing and care-giving from their mother.

In a perfect world, the newly married couple will decide to divide up tasks and agree to what tasks both of them can accomplish. Men should be

able to cook at least three to five meals and know how to wash and fold laundry. They should also be able to pick up after themselves better than their kids. Fathers should also agree to earn all the money for the house, and divide up the remaining spending money evenly with the wife and allow her to spend money on things she needs for the household without having to ask her husband for money every time she needs to go to a store. But father takes care of all the bills, the exterior and interior maintenance on the home, and earning a living. Hopefully the husband develops his earning capacity as quickly as possible and aggressively applies his money to getting out of debt, saving money, and using money saved to invest and multiply wealth. The couple should also strive to pay off their house and either agree to never use it as collateral for further debt so as to leave it to their family or allow it to be sold for the family's purposes. Then as the kids grow and get closer to their coming of age celebration of twelve years old (more on that later), the father should be able to detach from work and business activities to a large extent so as to be at home more with his wife and kids; and the wife, if she so desires, can take more of an active role in commerce herself. In addition, and certainly of importance, the husband and wife should research and invest in ways to keep their friendship and the romance going in their own relationship so that they both have something to cherish and enjoy when their children reach the age at which they leave the home to seek their own happiness and fortune in the world.

In the aforementioned example family, it's clear that mother and father hold tight to their natural and God-given roles of gender. They realize that there are certain household tasks that anyone, regardless of gender can do, and should do. But for the remainder of household tasks, they stick to their respective gender posts and do their best job possible in those posts to realize maximum success.

Also, if the father can break away from commercial and business transactions to become advisor to his children, he relieves the stress and pressure on his wife and allows her to turn her focus of nurture from her children back on to her husband. It also gives her the ability to start her new life in the public if she desires such a thing.

The killing aspect of man, mentioned earlier, has a less dramatic purpose and benefit in the relationship of the children to their mother. The father can peacefully help to sever the children's dependence on their mother, allowing the children to fully develop as adults, without the smothering love of their mother holding them back. This is not to say that a mother's love is in anyway bad. But when kids reach a certain age, usually

around puberty, they no longer need nurturing nearly as much as before, and should be recognized as young men or women, not girls and boys. Craig Hill talks about this more in depth in his book *Power of a Parent's Blessing*. If a mother is left on her own to continue to nurture her kids after their puberty, in the situation of a divorce for example, the kids have difficulty navigating into adulthood because they have been over-loved by their mothers. When kids turn into young adults, they no longer need nurturing as much, but have a much higher demand for guidance and wisdom (preferably offered by their fathers). Mothers are most needed in the formative years from birth to 12 and then through formal, social, mental and spiritual means, spearheaded by the father, the ties with a child's mother should be severed. This severing is of benefit to the child, the mother, the family, the immediate community, and the coming generations of that respective family.

A Mystical Look at Gender

The following information you may find enlightening and may help you to better understand what is happening in the world today. As the Bible has directed us, it is important for lovers and seekers of God to be as wise as serpents but harmless as doves (Mathew 10:16). So, knowing signs and symbols can be very important. The Freemasons are widely known for hiding things in plain-sight, and sadly many who join the masons have no idea what they are getting into until they have invested so much time into the association that they do not feel like they can escape when it has become evident that Freemasonry at its core is Satan worship.

But it's important also for us to know that as lovers of God and those saved by the life of Jesus Christ, nothing can defeat us. Satan may be able to lie and mislead us for a time, but we can and will get back to God and find victory over the world and its delusions, so you need not be frightened by anything discussed in this section.

With those important points covered let's take a look at some of the things hidden in plain sight. First let's look at the English language itself. Let's look at the language from a numerological perspective and see how numbers have greater meaning and how the letters and the words they form also hold greater meaning.

1	2	3	4	5	6	7	8	9
A	B	C	D	E	F	G	H	I
J	K	L	M	N	O	P	Q	R
S	T	U	V	W	X	Y	Z	

Figure 3. Letters as Numbers: Numerology Graph

In the preceding graph you can see how letters have numeric value and how each letter equals a number. Also, pay close attention to how the word F-O-X equals

6-6-6. This could have some major significance for you if you watch a lot of television. Perhaps the Fox Broadcasting network will take on new meaning for you. Also, it's funny to note how the word fox itself, and the animal associated with it are always denoted as mischievous and dangerous if you have small pets or hens to look after for example.

Going further, take a look at a standard keyboard to see how the letter "V" relates to the number 6. You will notice on the six-key that there is a carrot symbol above it, which is nothing more than an upside down "v". This again has significance when you look at the Volkswagen symbol on the grille of any VW car. Some have described the symbol as indicative of the zodiac sign of Aquarius. But it's not hard to see that there are three V's within the circle, and if you convert those to one interpretation of their numerical meaning, you again wind up with the number 666.



Figure 4, Six's link to the letter v.

Also, as an aside, the number 666 is hidden within the current Disney Logo. In typical masonic fashion, there is always a nice and openly friendly

side to their life, but on the shadow side there is pure evil at work. So keep this in mind next time your kid gets the notion of going to Disneyland.



Figure 5: The number 666 hidden in plain site, inside of Disney logo

The number six itself is tied closer to the feminine part of life. Does this mean that women are pure evil because of the Biblical account of 666? Well, as we mentioned earlier, women are primarily feeling and nurturing. From a non-dual state, the divine feminine element of creation, or divine mother, can be equated with a mother who just does not want to let go of us. She wants to keep us and hold on to us forever because she loves us. But eventually we must return to our heavenly father and leave behind the fleeting pleasures of this world. So perhaps we can also understand that the pain and suffering that comes from sin can serve the purpose of guiding us back to the unwavering and unfading joy of inner communion with our Heavenly Father.

I will show you how the letter X is also associated with the feminine side of creation. If you may recall, in the Cartesian coordinate system the flat, or horizontal, axis is labeled as the X-axis and the vertical axis is labeled as the Y-axis. Again, we can see a greater natural symbology here because the X-axis represents the earth, the feminine, the mother. Whereas, the Y-

axis represents the ascent to heaven and our Heavenly Father. Going further, this is why in genetics a female is denoted as XX and a male is denoted as XY. Men have the Y-axis, because men are very often, especially if they have developed wisdom, are often sought out to answer the question “why” (or “Y”). On the other hand, women, or the feminine, are marked with the letter X in genetics. Perhaps this is why pornography is denoted as XXX? In addition, the X does normally break down as six on the numerological chart (again remember FOX?).

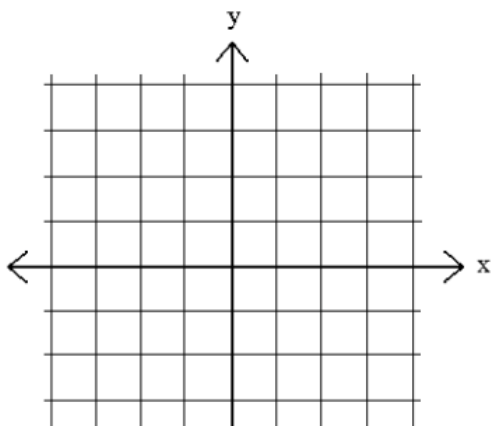


Figure 6, Cartesian Coordinate System

In general, when you see V's in company names, or X's in company names, you should consider that someone might be hiding something in plain sight. Then you should take note to see whether or not the company represents your best interest or is simply seeking to enslave you or others. For example, in my area of the country we have cable companies like Cox and Verizon. It may be a stretch, but notice the presence of x and v, respectively in each of those company names. Also, the Apple computer company has conveniently skipped over the iPhone 9 (Nine commonly represents the sacred masculine in numerology) and gone straight onto the iPhone X (or ten). Could Apple be counter-opted? If so, we should not be shocked or afraid remembering that Satan is the lord of the world and seeks control of as many people as possible through the power structures of he created. Large corporations (corp as a root word means death; Corp-se, or corpse) and secret societies have been at this game for centuries if not millennia, and it's simply up to us to realize what is happening and decide

not to participate, for us to take a large step towards freedom in God and in Christ.

From a simply graphical depiction the V looks like the private area of the regular woman. Again, this is why it is called a Vagina scientifically. The Y however does look more like the masculine private parts, with the downward tail of the Y representing the penis.

Going one step further, even the letter K can be used to form the number 6 (the sideways v in the K indicates the 6) when used in triplicate through the organization the KKK. It goes beyond the scope of this book to expound more on the KKK, but there is good evidence that the KKK was formed by the freemasons (5). So again, this isn't to be afraid, but it's simply to be awake and aware so that you are not deceived.

On the last note of deception, we can go back to the story of Adam and Eve to see how the woman was formed out of the rib of the man to be a helper unto him. But it was not much longer after she came into existence that she was deceived by the serpent and also talked Adam into eating the fruit from the Tree of the Knowledge of Good and Evil as well. Now this isn't to denigrate the female side of gender, but it does point to a large reality that women and power do not mix. The reason for this is that for women everything is about now, about the moment, about feeling. Oftentimes feelings when acted on can get people into serious trouble. On the contrary, men are not about feelings primarily. For men, the feeling of happiness is primarily created when he feels a sense of power. Men are actually happier when they feel powerful and are given power by the women in their life. Alison Armstrong in her research, and in her book *The Queen's Code* has also rediscovered this deeper truth.

Since men are more focused on thought and less on feeling, it is much easier for them to handle power and the pressures that come along with it. Also, since the minds of men generally keep thoughts about particular subjects in segregated mental silos, it's easier for them to act rationally in spite of their feelings. This is also too why men are considered much more insensitive when compared with women. This apparent insensitivity may arise because men are thinking about steps further ahead than what women may perceive in their present awareness. Remember that in general men know the why ("Y") of things.

Chapter 3: The Importance of Marriage

The main reason why marriage is important is because marriage creates a level of protection over the husband, the wife and their children. To get a better sense of this, imagine two couples. The first couple has a strong friendship and soul unity, they see things the same way and have a general sense that they can and will live together for a long time despite any challenges they face. Then consider a second couple that is extremely attracted to each other on a physical level, but when they are together there is no true sense of kinship, and the conversation is not very deep and the two either avoid difficult topics to avoid arguments or simply argue about fundamental points and views of life. Which couple would you want to have as your parents? If you said the first couple, you're like most people. But unfortunately, as the world has developed to its current state there are many more couples that are like the second couple and the pain and suffering that arises from children born to couples like that affects generations and the society at large.

When two people marry, the wife can feel totally comfortable and confident in every level of the relationship. She can feel even more confident in the intimate aspects of her marriage. The wife can fully relax in the bedroom and when conception happens, she can fully relax into being a mother and incubating her child. She will not have as many second thoughts or worries about the validity of the marriage. She will feel more assured, happy, and confident. These feelings of happiness and confidence will be passed on to the developing child in her womb.

Some ministers and religious leaders like Craig Hill state that marriage puts a spiritual force field around the husband and the wife as well as their family (1). Craig also goes on to state that kids conceived and born outside of wedlock are exposed to demonic attack. There have been stories of children who were conceived in lustful ways that display lustful traits at very young ages to the shock and dismay of their parent(s).

It has been shown by other researchers that neighborhoods where divorce is prevalent, and the homes are headed by single mothers, crime and juvenile delinquency are rampant (2). Having grown up in such a home myself, I can personally attest that these researchers are right. When a home is headed solely by a mother, a kid can truly get away with much more than if his or her father were present. The reason for this is because mothers

cannot occupy the disciplinary stance of a father. Now by stating this, I'm not recommending an iron-fisted fatherhood. I'm not recommending spankings or any other form of physical discipline. But the simple presence of a father who is judicious and fair toward his children and can express to them his unconditional love, while at the same time holding his children to levels of religious and ethical standards is such a gift to not only his children but to the world at large.

When I was growing up with my mother, I was able to befriend pretty much whoever I wanted. My mother never intervened. In addition, since we were poor, I wound up befriendng kids in my neighborhood that were poor like me. We wound up getting into trouble as you can imagine. All of us came from divorced families, headed by mothers primarily, and none of us were being raised under any faith tradition. None of us were being raised under the admonishment of the Lord.

In addition, none of us were involved in any sports, or any afterschool activities. Two of us did actually get into a special art program that helped somewhat; but we still were not getting enough physical activity to mellow our energy level for school or other parts of our life. So, what did we wind up doing? We wound up going to the mall a lot, we wound up in arcades dumping quarters into video game machines, and eventually we wound up shoplifting from the local department store. Nothing major (candy and other things, like Cadbury Eggs) but it was significant enough to draw the attention of the local store manager and we were caught red-handed and escorted to the manager's office where we were given a stern lecture while we waited for the local police department to send a cruiser down to pick us up.

During that first arrest, I don't recall any sort of punishment at home. Of course, being taken down to the police station was punishment enough. But perhaps if I did get any more punishment at home, I would not have continued on with my "life of crime".

A year later I was in fourth grade and we had moved out of the trailer park we were living in at the time of my first arrest and moved into a much nicer subsidized apartment. The apartment complex was closer to the town's college so there was a used bookstore nearby that I liked to go to. Of course, the bookstore had some older comic books that I liked, and I took to stealing them. It didn't take long for the shop owner to catch on that some of his inventory was unaccounted for, and with the help of a one-way mirror he had in his shop he caught me stealing comic books from him.

This arrest was much more convenient for everyone involved because the bookstore was almost right across the street from the police

station so the police officer could come over and simply walk me across the street. This time I do recall the punishment that came from my mother, she grounded me to my room for a month. I had to go straight home after school and go directly to my room. I was only allowed out of the room to have a meal and then was sent right back in. It was a tough month, but I learned my lesson and never once have stolen anything from any store ever again.

One can certainly see from my perspective how much a father in my life would have benefited me. But that was not in my life's path to experience at that point.

There is also another huge benefit that a father provides to his family, the benefit of safety. A good father guards his home and keeps his loved ones safe by providing for them financially, emotionally and spiritually. A good father should bring up his children in the admonishment of the Lord, teaching them the Ten Commandments, and other universal principals of right and wrong.

In a divorce situation the pressure on a mother to discipline her children is not optimal at all. Most mothers who must discipline their children resort to yelling and screaming and have the very uncomfortable position of being a disciplinarian. That duty is best held by the father. Since women in general and mothers as a subset want to feel connected to their loved ones, it is not natural for them to provide discipline and oversight. They will continue to give love and support to their children, even in times where rebuke and stern but peaceable discipline is in order.

Most kids growing up in any single parent situation have less than optimal experiences. There is an energy imbalance if the child must spend time with primarily just one of their parents growing up. Again, in my case, I was always around my mother the entire time, never once living with my father. In my high school and college years, I struggled with social situations because I had such a feminine shell and means of communication. I also had a very feminine way of interacting with the world through indirect use of power and manipulation. It made it difficult for me to find the right sort of spouse when it was time for me to settle down and marry.

Like many people today, I had no living example of a successful marriage to use as guidance for my own marriage. I also did not have anyone who was there to provide me wise counsel in the selection of my wife. Essentially, my first wife and I had just started hanging out and hooking up. I was too afraid to look for other women, so I just wound up settling and doing my best with the woman I was with. In later chapters I'll discuss the importance of family when it comes to selection of a mate, but for now just

realize how important it is to have help when you do decide to start searching for a spouse.

There have also been studies and articles written on the disadvantage that kids from divorced homes have when children of divorce become adults (3). Kids from divorced homes have much greater odds of suffering from depression, suicide, drug addiction, mood disorders, alcoholism unplanned pregnancy, and yes divorce as well (4). Divorce is really a vicious, generational cycle that needs fixing and my hope is that this work will make a huge contribution toward righting those wrongs.

Benefits of Marriage Beyond Reproduction

Marriage is not just simply a means of reproduction; marriage is also an opportunity for a man and woman to come together and work on each other. Harville Hendricks, in his book, *Getting the Love You Want*, mentions that marriage is an opportunity to complete childhood (5). In his model, he sees each person coming to a marriage with psychological gaps, acquired through the painful process of growing up and not getting the full spectrum of love we expected to get from our caregivers. When we get married, we expect our spouse to fill these gaps for us. For most people in a marriage, there are power struggles that pop up between the spouses, around these mutual gaps, until each one decides to make the changes that their spouse wants them to make. For many people, it's very terrifying to make these changes because they challenge the core of our identity. They represent an ego death and if anyone has ever experienced ego death, it can be an extremely humbling, scary and humiliating process. But when we do make the changes, when we transcend our personal limited self-definition, we find that making those changes actually make us whole.

There are many studies that show that those who are married generally live happier and fuller lives (6). There's a benefit to having someone with you who unconditionally loves you, to the best of their abilities, and supports you in all things. In addition, it's good to have someone who will listen to you and act as a sounding board for your ideas and concerns about life. When that mutual support does not exist, many marriages fall apart because one or both spouses learn to hold their spouse in contempt and fault the person, not the person's behavior.

When a man and woman come together in marriage and work together on all their projects or at least support each other in their individual

projects, they create a dynamic system that will benefit everyone who comes into contact with the marriage.

In addition to the friendship and sense of camaraderie, the offering of the sexual exchange between husband and wife serves a great benefit as well. God gave man and woman sex so that they could come together to create children but also to help soothe each other and make their life and health better through sacred sex practice.

There are lots of benefits that come from sex beyond the reproductive element of it. In my next book, *The Sacred Bedroom*, I will specify sex practices in greater detail that accomplish the goal of improved health through proper sex. But for now, just know that there are reflexology points on the genitals which correspond with vital parts of the body that when stimulated during sex help to improve the functions of these corresponding vital organs and therefore improve overall health.

The problem with many religious people is that they carry around a fig leaf mentality about sex and think that it is dirty. Surely, sex that is practiced in the wrong way, in pornographic films for example is without a doubt wrong and “dirty”. But sex practiced by a husband and wife under the umbrella of their marriage should be used as God intended it, as a way for spouses to deepen their connection and keep each other happy and healthy.

In the case of conventional sex, it is possible to overuse it under the cover of a promiscuous attitude. In a promiscuous world there is danger to the man because of over-ejaculation. Using sex promiscuously also increases the likelihood of unplanned pregnancy as well. But in our modern times, we do have condoms and other prophylactics that can prevent unplanned pregnancies, but these modern inventions are not a foolproof magic bullet.

Again, in my next book, *The Sacred Bedroom*, I will dive deeper into ancient techniques that can help men to enjoy sex without having the typical orgasm with loss of semen. (This loss of semen is the greatest danger facing men in the arena of sexual interaction.) Sex practiced in this forgotten way is still enjoyable. It is just a shift from the mainstream view of what happens in sexual intercourse and how a love making session should end.

If healthy sex is practiced enough between a husband and a wife, the home will function more efficiently. If there is a lack of sexual fulfillment on either side of the coin or if there is not enough sex between the husband and wife, there is a problem. The sex force is an important driver of all creation, man and animal. If spouses are not getting what they need sexually from

their marriage it may drive people to crankiness at best or to reduced health at the worst.

When a man and woman marry, they should explore their sex life together and strive to make it an enjoyable experience for both contributors. The marital sex life should be an enjoyable practice for both spouses as their marriage matures and both parties should explore and deepen their enjoyment of each other as time passes.

The Importance of Strong Families

As I mentioned earlier, the home that is lacking in either the mother or the father is a home that is half of a whole. Now there are some researchers who think that an unhappy marriage is worse than people divorcing and parting ways. But in reality, if a couple can stay together for their children, they impart a good benefit to them. Of course, a happy couple is much preferred to an unhappy couple, but the problem today is that too many people run from their marriage when there is a bit of trouble instead of taking the tough path to reconciling their differences and making their marriage strong and vibrant. Instead though these couples who do stay together, but don't do the work, often become roommates—avoiding their spouse as much as possible, while spending most of their free time in work, hobbies or civic activities. Roommate marriages and divorces are two outcomes that can and should be avoided.

During rough patches in a marriage, we must remember that old saying, "This too shall pass." Along those lines, one researcher found that couples who were not currently happy in their marriage reported greater happiness when surveyed 5 years later if they were still married. On the other hand, those couples that did divorce did not report being happier than they were when they were surveyed five years before (7). This means that divorce is not this great solution that the popular culture would have us all believe that it is. It proves that the best way out of a difficulty in marriage is through the problem, not running away from it. This is also one of the major reasons why second marriages have higher rates of divorce than primary marriages. People run to the arms of another person only to find out the arms of another person are not the solution. The runaway spouse's own unresolved internal conflicts and selfish behavior were significant contributors to the problems in the first marriage, not solely their left behind spouse. Therefore, the solution lies inside each and every married person, not in hitting the eject button and running for cover of a better relationship.

The reason that strong families are important to governments and the world at large is because strong families are the best vehicles to impart true unconditional love onto a developing child. A strong family gives unconditional love both from the divine feminine and masculine. It allows children to develop fully into well-balanced adults that go into the world and make positive contributions to their community, to their country and to the world.

When children grow up in a home that is missing one of these elements, they face great internal struggles that they must learn to overcome. Some of these difficulties result in external lash-outs, or in the seeking and using of drugs or other substances that result in even poorer decisions. These poor decisions have an impact on the local community and the government in the form of violence, crime, abuse, damage to property (both public and private) and lowered levels of health.

Now of course this does not mean that those people who grow up in divorced homes or to single mothers are doomed to a life of failure. Nor does it mean that those people born into married homes are destined for a life of success either. But there is an ideal that we can shoot for, in the realm of marriage, and the closer we come to achieving that ideal, the greater our overall benefit as a nation and as people in the world.

Chapter 4: Saving Sex Until Marriage

Although this is not necessarily a complete failsafe, I believe one of the best things people can do to ensure a happy marriage is to postpone having sex until they are married, and marriage should occur after a minimum of one year. During that first year the couple focuses on courtship, not sex and dating. That one practice coupled with the other practices I will reveal in this book, would save a vast majority of people from entering into marriages coupled to the wrong people, and for the wrong reasons. The general theory of this comes from spiritual and biological truths. The first truth is that when you have sex with someone, you are in a way gluing yourself to that person. When you have sex with a man or a woman that is the closest you can get to them without actually being them. What's more is that when two people are bonded in the missionary position (I know I said I would not get too in-depth with specific sex practices, but just in case you did not know already, the missionary position is where the woman lies on her back, spreads her legs and the man lies on top of her so that their stomachs and chests touch each other.) their chakras, or energy vortexes that comprise their soul's history becomes mixed with the other person's. This is a serious affair, because when two people are together like that, they mix karma and their souls become entwined. It's important for someone to be careful in whom they decided to mix their soul with. This is why God gave us marriage as a safe crucible in which to practice and deepen our sex expression with someone who has made a public pledge, and more importantly, a covenant with God to stay by us through thick and thin.

But not just anyone should jump into marriage. Marriage should be preceded by at least a one-year courtship where friendship and soul unity are confirmed prior to marriage.

The Biological reality follows the spiritual reality. When we have sex with someone our body releases hormones and biochemicals during the encounter. These released biochemicals function to imprint ourselves onto the partner we are having sex with. Imprinting happens in nature when baby ducks or geese hatch and imprint or glue themselves to their mother. Our creator designed sex to function as a process that brings us closer to the person, we have it with, so again, in short-order sex is glue.

Now one of the most popular arguments against abstinence until marriage is the idea that we need to test-drive one another, as though we

were on par with automobiles. Many people will say when I tell them that people should wait until marriage to have sex is, “You wouldn’t buy a car without test driving it. Would you?” But here people are equating the sex aspect of a relationship as the test drive. In all reality sex is more akin to free maintenance and lifetime oil changes for the life of the car. The real test-drive is to confirm whether or not each partner has compatible views and characters to last a lifetime together. That’s the test drive. Courtship and developing friendship are the most important ways to “test drive” a relationship. The sex will be the benefits and icing on the cake after lifelong friendship and soul unity are confirmed through courtship.

One of the sole benefits I derived from sex outside of wedlock in my distant, pre-married past (I admit to fornication in those unenlightened and unguided days. Merriam Webster defines fornication as consensual sexual intercourse between two persons not married to each other.) was that I realized that sex is pretty enjoyable regardless of which woman I was sleeping with. Surely not every time was great, but for the most part, sex was, and is an enjoyable activity. There is of course a performance aspect to sex as well. And, when two people love and care for each other on a level beyond sex, then the sex will be that much better because sex will be performed just as much as a gift as a pleasure. Also, knowing that each partner is committed to the relationship for life helps each one to relax into their shared sex practice and develop it for their mutual benefit.

Those people that “test drive” their suitors before marriage generally wind up spoiling the long-term enjoyment of their marriage. The reason why is because they have not shown to each other that they can be trusted with this very significant aspect of their lives—their sex drive. There is a theory about women that states they will test their men to see if their men really love them and care about them. The theory also holds that women will always be testing their men to ensure that they are strong in addition to loving. Tests come in many forms, but one variation is doing dumb things just to see if their men are paying attention and care enough about them to stand up to them by correcting them. I believe that testing is far less of a factor for women who are able to practice abstinence in their courtships before they get married and wait until they are married to have sex for the first time.

The reason I say this is because if a man can show that he has control enough over his sex drive to postpone his gratification until he gets married, it shows to his woman that he can go for prolonged periods without having sex and will not stray into other pastures. She therefore will not test him as much because she has confidence in his ability to control himself.

Another reason why delayed gratification in the sexual arena is an investment in your marriage is because it focuses on the friendship and soul unity of the relationship and does not let sex overtake the entire process. When conventional sex becomes overused in a promiscuous way, it leads to burnout in a marriage. As mentioned earlier, there are ways to have sex daily in a reverent way, that is not dangerous to men's longevity; but again, that is left to my next book, *The Sacred Bedroom*. We will not go into that subject here.

Although sex is enjoyable, it is not something people can practice all the time. And more importantly, there are struggles and challenges that face any marriage that cannot be solved by having sex—at least not directly. Surely there could be an important business decision a man must make and will not make it until he has known his wife. This use of his wife as a sexual oracle likely happens more with men who have no prayer or meditation practice and the release they experience from sex is the only way they can get enough relaxation or release, from their uncontrolled thoughts, to allow them to make a truly peaceful decision. But in the case of a man losing his job from work, the idea of him and his wife having sex as a way to immediately solve that problem is impractical. In such a scenario, hard work, prayer and focus are the best ways to get out of that jam, not running to the bedroom (However, the stress relieving aspects of sex could help this couple indirectly). In such a case, a couple who has developed great friendship, love, respect and trust in one another can handle such difficulties in the best way possible—whereas a couple who are simply good lovers will not necessarily fair as well in such a case of lost employment.

The other benefit that waiting provides is the ability for couples to go for a while without sex and not feel like their world is going to end. There are times where sex just is not on the menu (during illness; during the recovery from selected injuries; at 3:00 AM on a work-night; or during the nine months of pregnancy); so people who have some experience in accessing their sex drive in a different way will be able to better pass the tests that life offers us.

Lastly, friendship and soul unity are the most important aspects of a marital relationship because the physical part of a relationship quickly gets boring after a while. Well perhaps not boring, but over the course of the years sex is not as important as it is in a person's youth. The reason for this is because God wants people to reproduce when they are young and healthy and are more able to physically withstand the raising of children. Of course, there are Biblical examples of men and women having children in what today would be considered extremely advanced years (Genesis 17). Mainstream

thinking today predicates early reproduction. In addition, much of what we think is our sex drive is often simply hormones. But we need that drive because it's also the drive that impels us to do other things in the world—things like art, philosophy, scientific study, literature, religious discovery, etc.

With all of the foregoing reasons laid out and observed, marriages are greater and happier interactions instead of hot beginnings and cold miserable endings. Again, the proper points to consider when forging a strong marriage, in descending importance, are soul unity, friendship (similarity in world view), and lastly sexual attraction. Because by following those items of importance in the selection of a mate, we can develop true and unconditional love to the best that two people can in a marriage and that love will help bind the couple together for life.

Why You Should Never Fall in Love

Now it may seem illogical for me to recommend that you never “fall in love”. But the reason that I make such a recommendation is because most people, when they first get together, have that big *feeling* of being in love. It's a pretty euphoric feeling. We have all these expectations and all of these dreams of the future and we have these deep-seated, subconscious needs that must be filled or else we won't feel truly loved by anyone.

But Mother Nature tricks us. She has to trick us. It's her job to ensure that we continue to propagate our own kind. So, she gives us this feeling when we first meet that we think is love. One researcher has called this feeling limerence (1). On average this feeling of newness and euphoria lasts for about 18 months—this assumes that the relationship is consummated before marriage within the first ten dates. The sex chemicals that are released amplify this feeling. So quite literally the relationship becomes a chemical romance. But that love feeling is just designed to get us to have sex and create a child. It eventually wears off, and when it does, that's when the real work of build true love within marriage begins. That is the testing, the crucible of the marriage, to determine if it will stand the test of time.

Mort Fertel said in his book *Marriage Max* that love is not a feeling; love is an action. I totally agree. I might go a little further and say that love is a choice that then leads to an action. Mort also points out that we do not love our kids because of anything they do for us. Arguably for most of a child's life, they do nothing for their parents except make cute little art projects at school at the prompting of teachers and say I love you from time to time. But the reason we love our kids is because of what *we* do for *them*.

Therefore, by continuing to invest in them and looking after them, we are doing what God does for us. He never forsakes us and never turns his back on us. So parenting, like marriage, is a covenant. By making that choice to look after someone for a long duration, for life, we are taking part in a very important aspect of life and by doing all of that we are practicing unconditional love like we get from our Heavenly Father.

In summary, love is not a feeling. Hormones are a feeling. Love is a choice and an action. Love persists despite feelings; it is there when the chips are down, it stays through the rough and the smooth. The better we can delineate love from the feelings of newness in a relationship, the better we can set-up relationships for long-term success in marriage.

The Initiatory Aspect of a Wedding

The primary importance of a wedding is to mark a very important time in the life of the young man and woman who are coming together to become one. A wedding should be a joyous, and at the same time, solemn occasion. A man and a woman coming together in matrimony must know that their lives will never be the same once again and that their coming together in matrimony is the beginning of a long and happy journey together, under God, towards full and complete development.

In his book entitled, *Getting the Love You Want*, Harville Hendrix states that marriage is an opportunity for a man and a woman to complete childhood. He points out that even the most loving of parents may fail in some categories to fully provide all the things that a child needs as they develop. In addition, the general process of socializing a child is wrought with painful and uncomfortable experiences from the child's perspective. Because of that pain and sense of lack, most people come to marriage with an expectation that their new spouse will complete them. Their new spouse will do the things that need to be done in order to help fill in the perceived missing part of their existence—basically to love them in an unconditional way.

At the same time, unfortunately, when we fall in love with a specific person that person often comes to the relationship lacking the exact elements we need from them to help us get that full and unconditional love we crave. Therefore, that person must make the changes that we need them to make in order to help us feel complete, and vice versa. The difficulty, for many people is the things that need to be changed seem impossible for us to make, and because of that perceived truth, these needed changes seem

almost impossible to us because they threaten our very long-established sense of who we are on a fundamental level. This is essentially a form of ego-death. Ego death is the loss of our perceived and subjective self-identity. Ego death can feel as real as actual death and can create much of the same feelings of anxiety that people feel when their actual lives are threatened. But when we make those changes for our spouse, we realize that the fear and discomfort we perceived weren't real, and by making those changes, we become fully integrated, happy and joyful.

In this light, marriage is a fundamental vehicle for self-development. By entering the institution of marriage, we are given the opportunity to fully develop and get closer to our true self. Those who shrink from this duty and seek divorce are just postponing the inevitable and wind up restarting the process with another person, only to find out that the problem is not out there on our "bad spouse", but within our own being.

Perhaps more importantly than self-development, Marriage is a covenant and it is a merging of flesh to become one (this most certainly happens when children are conceived and born unto the wife and husband of a marriage). Upon marriage, the husband and wife are not just making vows towards themselves; they are also making vows to God. It is a very serious and long-term commitment between a man and woman and should not be entered by those who have not properly vetted their potential spouse.

Therefore, the actual wedding ceremony itself represents the divine aspect of God's creation through man and woman when they come together to conceive and then bear children. It serves as an energetic and vibrational shield through which children are safely brought into this world. This is so important because the child can hear through the water of the womb all of the feelings and sensations that the mother feels when she is pregnant. This does not just happen on an auditory level, it happens on a microscopic, cellular, and spiritual level. If the mother feels safe and secure, the baby will feel safe and secure and develop into a safe and secure adult. The best way to deliver this security to the mother is through a strong, healthy and happy marriage.

This is why such a high percentage of criminals seemingly emerge from homes headed by single mothers (2). The mother is in a state of worry and concern through most of her pregnancy—she may be bouncing back and forth between different men and may be concerned about how she will be supported and cared for, as well as how her baby will be supported and raised.

Beyond the conception and birth, if the mother cannot find a man to care for her and she must do it herself, she goes through the great discomfort of having to discipline her kids. If she even makes an attempt to discipline her kids (since this is not the mother's natural God-given duty), they stand the chance of winding up cowed or criminal.

But in a healthy and functional home with the father and mother intact and working together to build their family, the children grow up with a sense of rules, boundaries and limitations. They hopefully have admonishment for the Lord and a general sense of self-worth and blessings that have been endowed by their Creator through their God-centric parents. This is the ideal that all people who are interested in raising a family should aspire to reach.

The Bible's definition of What Marriage Really Is

Early in the Bible, Genesis describes marriage as this:

Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh. (Genesis 2:24)

This becoming of one flesh happens in stages. The proper way of becoming one flesh is as follows:

1. Through a joining of souls between man and woman through friendship and soul harmony (through courtship of a certain duration, I propose at least one to two years),
2. By public display of the decision to make a lifelong devotion to each other through a marriage ceremony
3. By sexual union (protected within the vestibule of marriage), and...
4. Lastly and finally by the conception and birth of children to the man and woman of the marriage.

Again, the reason that this order is so important is because if sex comes too early, people will be misled into a belief that their sexually created hormonal feelings are real love, and they will neglect the spiritual and psychological parts of themselves which are the most important aspect of making a long-term relationship a success.

When a man and a woman come together in sexual union, they are in a way becoming one flesh, and if nature takes its course and conception occurs, they will forever be joined in flesh though the child that they create together. The reason that Marriage should precede all of these other relationship milestones is because God, in His infinite wisdom, wanted men and women to come together as souls and friends first and for them to

develop great trust in each other before they decide to take on the lifelong responsibility of being parents.

Many who have veered from this plan have created much suffering for themselves, their families, friends and society at large. We see this today in the statistics that show that homes that are run by single mothers, in the absence of the father, have many more societal dysfunctions than do households where the father and mother are still together and are functioning well under God's plan.

On a fundamental level, when you have sex with a man or woman you are marrying him or her. This is why under ancient Jewish law, if a man had sex with a woman in any capacity, even in rape, he was forced to marry her (Deuteronomy 22:28-29). This is why there is a consequence for each sexual encounter a person has. Even on a subtle level, on the spiritual and soul level there is a mixing of karma—this is why sex is so sacred and should not be shared with just anyone.

Practical Sexual Transmutation

OK, so at this point I realize that many people who have read this far might be thinking that this is a difficult pill to swallow. How are we supposed to deal with the seemingly powerful and often distracting forces of our sex drive? How are we supposed to learn to control ourselves? Must we endure years and years of solitude departed from the opposite sex? Must we spend decades cloistered in celibacy?

Well, we need not worry about dying because of celibacy. There have been numerous good examples of people who have stepped away from sex altogether and have been just fine. What is more, we can actually learn to deal with the sex force and learn to control it and use it for other things. This is called sexual transmutation. Sexual transmutation seeks to convert the lower, base tendencies of creation on the physical plane and convert it to creation on a higher plane, both mental and spiritual.

Sexual transmutation is not just some esoteric spiritual concept that has no practical application. In fact, there are many useful and helpful methods to help convert the sex force into other useful things besides orgasms. It is the mission of my work to make this practical sexual transmutation more accessible to more people so that they may prosper from it.

We will begin this display of techniques with the most basic and work our way up from there. Please try the techniques and if they work, keep at

it, and if they do not, then try something else. All-tolled, know that you can get control of your sex force and keep it under your control. Again, we are not trying to destroy the sex force; we are simply trying to use it in better ways. Remember, the whole purpose of learning to control our sexual desires is to lead a better, more successful life with less pain and suffering. Those people who refuse to control themselves fall into an animalistic and evil state of affairs. We seek to avoid that lack of control as much as possible.

So now let us look at some ways to deal with sexual desire and tendencies.

Transmutation Techniques

The following techniques should be used as much as possible when we feel the urge to entertain sexual thoughts and ideas but may be unable to act on them in a sexually pure manner (sexual purity is defined as consensual sex inside of wed lock between a husband and wife).

Prayer-a simple and effective way to deal with unwanted and untimely sexual thoughts is to pray to God for guidance and strength. Ask that He guide you and protect you from the scourges of impure sexual thoughts and circumstances.

Stay Busy-The first way to use the sex force in an alternate method is to get busy and stay busy. Get involved in your work, your exercise; whatever interests you in the world. By staying busy we keep the mind from wandering into less savory topics. If we fill our life with wholesome and beneficial activity, we will find it easier to avoid the pitfalls of misdirected sexual energy.

Go to the Bathroom-sometimes you are not “horny”, you simply need to go to the bathroom; and your nerves, located in your bladder, which is very close to your genitals, are simply sending a message to your brain that is being misinterpreted as sexual stimulation. If you find yourself in the throes of sexual thoughts and are experiencing them for a minute or two then simply go to the bathroom. This may simply take care of those desires.

Cold Showers-currently cold showers have become quite the popular thing as proponents claim that cold showers have all these physical health benefits. But there is another great benefit—cold showers help to alleviate the sexual desires that may be overtaking you in a given moment.

Elimination of Caffeine-there have been other books written on the dangers of caffeine (3), and there are far more people each year that die from

caffeine overdose than marijuana (4) (5) (that's not a plug for marijuana, it simply shows the dangers of caffeine that is legal, socially acceptable and seems perfectly harmless). In my own experience, I find that being plagued with sexual thoughts normally comes from the ingestion of something caffeinated. This has become more obvious to me because for the most part I avoid caffeine but find that my weaknesses revolve around chocolate and Coca Cola. I sometimes forget that both of them contain caffeine and create a difficulty in my mental process.

Head Stands shoulder stands or inversions-Many times, blood flow can cause these difficulties with sexual preoccupation as well. Simply inverting the body in a shoulder stand or headstand may work to alleviate the pressure. Headstands and handstands can be challenging for a lot of people, so shoulder stand should be practiced instead. If shoulder stands are not accessible either, one could simply try to put their legs up a wall, lying on their back, or they could do a posture called down dog where the person puts their hands out over their head with their hands on the floor and keeps their butt in the air with their legs relatively straight while bending at the hips. This results in an inverted V formation and can help alleviate the stress of sexual pressure as well.

Transmuting Sexual Energy to Mental and Spiritual Energy-with the expansion of our collective understanding of energy, many more people are now aware of energy and how it flows. We have even developed devices that can help us detect fields of energy. Through this process we also have learned of how energy inhabits and flows through a human body. Energy enters through the base of the spinal column, flows up through the spine and out through the crown of the head. Then outwards around the body, some distance from it, and back around again, entering the base of the spine. This loop through and around the body forms a torus shape, or a large energetic doughnut for lack of a better scientific term. And this torus shape is what forms an aura around every living human being. But what tends to happen with many people is that much of this energy gets trapped and constricted in the lower three chakras of the body (the area described as the solar plexus and below) and therefore the energy stimulates the sexual organs.

Thankfully, there is an exercise you can do to pull this energy back up through your body and release it if you want to use that energy for "loftier" creations. 1.) Inhale slowly on a count from one to 18. 2.) As you inhale, imagine that you are pulling energy from your genitals up, through the spine, and to the point between your eyebrows. 3.) Hold your breath for a count of thirty seconds. 4.) Slowly exhale and imagine that the energy is exiting

through the point between your eyebrows and dissipating off into the greater ether around your body. 5.) Repeat steps 1-4 two to three more times. (The previous technique was found in the lessons of Paramahansa Yogananda)

Imaginary Relief-another helpful technique that one can use when confronted with sexual desires is to simply imagine that one is actually having an orgasm. Having the thought of an orgasm solely can give someone the relief they may need when they are feeling the push of the sex force in their body. One should try to avoid having or exercising sexual thoughts outside of simply imagining that they are having an orgasm, so as not to arouse any more sexual thoughts.

Guard Your Thoughts-much of the sexual desire comes from simply our imagination. Often, we can find that our imaginations wander into sexual fantasies when we least expect it. Sometimes there are also specific triggers that can arouse sexual desires. These triggers can be certain interactions with people, or simply certain places or surroundings. Also, there can be certain times of day that our will power is reduced, usually after 9:00 or 10:00 P.M. In the evening, there are many more temptations that can sidetrack us from our desire to live a life free of sexual thoughts and fantasies, than during the day. One of the best ways to combat this difficulty is simply be asleep at this time of day. One wise man once said that not much good happens after 10:00 PM. Over the years I have found that there is a great deal of truth and wisdom to that observation. My guess would be that much of the world's crimes and sexual trysts happen after 10:00 PM. This is probably the time when most drunk driving accidents happen as well—so it makes sense to get in the habit of going to bed between 9:00 and 10:00 PM each day.

Also, when you feel the thoughts of sexual desire, do your best to send them away. Tell yourself, “Not now, we are focused on other things.” When improper thoughts of sex with anyone other than your spouse arise, simply drive them out of your mind. At first this may seem difficult, but with practice you will get better at it.

You may also find that if you are engaged with television or other forms of media you may inadvertently be exposed to sexual content or people who are sexually provocative on air. Do your best to avoid these parts of media and stay focused on what you believe is God's mission for your life. By learning to deal with sexual thoughts and keep them at bay, we will be better equipped to find greater success in life because we will not be pulled from side to side by the lures of sexual gratification. We will find that temptation has a much lower hold on us. Also, when we do get married, we will be able to focus our sexual desire on our spouse and will not make the

mistake that many others make today of sharing ourselves in ways with others outside of our marriage that can easily lead to infidelity.

What if You Cannot Wait? I realize that much of what I am saying will shock the systems of many people brought up in the sexualized western culture over the past 50 years, but I think it is high time we take a serious look at the implications of our degraded views and standards regarding sexual intercourse. But in all practicality, there will be some people who simply cannot abstain from sex until they are married. For those people, I would recommend that if they simply must practice fornication, sex outside of wedlock, they do so with protection, in the form of a condom; and they should practice sex well after the they have gotten to know their partner. At least this way there is a much lower chance that an unplanned pregnancy will occur. But having sex outside of marriage, or fornicating, should be a fallback position. If someone practices the transmutation techniques I mention in this section, they should have an easier time of avoiding premarital sex, or fornication.

What about Masturbation? Learning how to forgo the need of sex pleasures is an important skill to develop. Masturbation can be a crutch for those who are single and outside of marriage. Here, masturbation could hopefully preempt the desire to have sex outside of wedlock if someone truly has uncontrollable sexual thoughts prior to marriage. Masturbation could potentially pre-front the need to have sex outside of wedlock if one is really possessed by sexual thoughts.

But there is also the danger that masturbation could exacerbate one's sexual desires. The saying that "never fed, ever satisfied; once fed, never satisfied" could come into play here to make sexual thoughts and acting on them a stronger force in one's mind. I simply offer it as a way of reducing some of the pressure in one's mind if abstinence seems rather difficult. Because, I would rather people masturbate outside of wedlock instead of having sex outside of wedlock (fornicating). The latter leads to a much higher risk of unplanned pregnancy.

Chapter 5: Defeating Pornography

Pornography is not completely overrunning the Internet, but it certainly exists on the Internet and is significant enough to address. There are many reasons why we need to address pornography, as I will discuss in this section. But I think for now, we can somewhat rest assured that the Internet is not totally overrun by pornography. But the issue with online pornography is that it is easier to get access to than print pornography and this makes it more insidious than the printed variety.

Remember, our sex force allows us to participate in our Father's creation. We are not the creators, but we take part in God's creation by uniting in sexual intercourse to produce more people. This divine occurrence becomes marred and sodden when it devolves into base sexual gratification—especially in the event where neither mother nor father is ready or able to support the products of their sexual intercourse. Now here there are many people who might chime in by saying that because of technology and advances in birth control, it's possible now for people to simply enjoy sex with whomever they wish. But the truth, as mentioned earlier, is that there is no such thing as casual sex. Sex is spiritual, physical, and psychological glue that should not be exploited by pornographers.

Here it's also important to insert my belief that although sex and reproduction is important, and although I believe sexual intercourse and the resulting miracle of life and birth is important, this all pales in comparison to the joys of knowing God intimately. The real purpose of human life is to realize God, not simply to reproduce and enjoy sense pleasures.

I am in no way trying to create some sex cult or a religion based solely on sex. But I do believe that one of the tacit purposes of religion is to help man control his urges, particularly the sex urge, so as to build greater things than simply producing more people to look after and care of. That is not a population control argument; it's simply recognition that there is much more to life than simply reproducing physically. After all, animals sexually reproduce as well. Therefore, it's not particularly a great feat to say, "I have nine kids." But, if those nine kids are joyfully and wonderfully made by two people that love each other and have prepared a way for those nine kids, then Bravo!

All right! Let's tear down the walls of pornography so as to help strengthen the institution of marriage. With that said, I will remind you of the

words of Jesus who said, "...whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart (Matthew 5:28)." Jimmy Carter tipped his hat to that sentiment when he admitted that he had committed adultery many times "in his heart". Thankfully, Jimmy was wise enough to identify his own wandering eye and this sin is the number one reason why pornography is wrong, because it is a creation of adultery in a man's heart. I direct this mainly to men, because they are primarily driven by their visual senses. But women as well can fall into the same pornographic trap that enslaves men.

Now you might be thinking, well, if I have not married, yet, I am not committing adultery by looking at Internet porn, am I? Well, perhaps from a legal perspective, you are not, but you are setting yourself up for an adulterous mindset by participating in online porn. You are exercising a promiscuous attitude that if left unchecked could very easily destroy your marriage and family if you decide to get married and raise children one day.

Ever notice how the word porn rhymes with *form*, which rhymes with horn? The devil has horns, he runs porn, and those who participate in it are *form-icators*. So, *Porn-i-cation*, although not a word, is kissing cousins with fornication. Porn, *Forn-i-cation*, and the horns of the devil, all traipsing daintily down the lane together. That's pretty scary. But don't worry. God allows the devil to do his work, because eventually there is enough pain that comes from such deluded action (or sin in simpler terms) that the deluded person wakes up and turns away from their sins—meaning they repent, or rethink their position on the matter and move toward a purer existence.

So again, we see the devil at work in the porn industry, and that in and of itself should be enough impetus to keep us away from pornography. But there are many other reasons to steer clear of porn besides spiritual concerns. Another difficulty with porn is that it allows men to come into contact with thousands of women through the Internet. It's not natural for a man to come into contact with that many women in the normal physical world. Even in a city, the best one man can do is perhaps see 100 different women or more, in a 24-hour period, but more than likely all of those women will be clothed, so he will not be stimulated in such a poignant way. But if he develops a habit of online porn, he can really see the world, so to speak, and more than likely develop a masturbation addiction to go along with his porn intake. This unnatural interruption of his natural sex nature can lead to things like erectile dysfunction and sap him of the energy he may need to develop willpower and greater control of his concentration as a man in the world.

Porn and masturbation also reduce his sexual endurance. Pornography does not care about a man's sexual performance, so there is no natural pressure for him to continue in his sexual joy and spill his seed too early. On the lines of spilled seeds, we should also touch back on the story of Onan from the Old Testament (Genesis 38:8-10). Onan was told by Judah to have sex with his sister-in-law after the death of his brother. Onan did have sex with her, but before he ejaculated, he pulled out and spilled his seed on the ground. God was angered and Onan did not last much longer. So perhaps through this Old Testament story God is telling us, between the lines, that masturbation and porn usage is a waste of time and energy.

We should also point out here that the porn industry is a "Shitty industry filled with shitty people." Shimiken, one of Japan's leading porn stars, said that. Shimiken has certainly sported thousands of women, but his own wife and daughter live estranged from him, because he's too ashamed to let his daughter know what he does for a living. This should ring in the ears of any man, young or old, who thinks that lots of sex with super fit and trim women leads to happiness. I think it is certainly a sweet dream many young men hold, but it is not the physical sex act that most men are looking for, but an honest, true, and deepening relationship with a woman who's attractive, loving and conscientious (hopefully inside the bounds of marriage).

The words of Shimiken are just the tip of the iceberg of what the porn industry has to offer beyond the glitz and glam of "hot bodies" doing "hot things". In many areas Pornography promotes prostitution, drug and human trafficking, along with mental slavery. You participate in these things by small degrees anytime you go to a porn site and give your attention to it. Attention is the least and most basic form of energy a person can give to something, and although it may not be money, it can very easily lead to that and keep many people in the darkness of the porn industry and sexual slavery. If you have read this far, I hope that you can agree that porn is something to steer clear of.

One of the difficulties of porn, once it has set its fangs in a victim, is that many times the victim cannot find relief from it. Porn addiction is a little different from an alcohol addiction in that there is a nasty and seemingly creepy aspect of porn addiction that makes it more difficult to admit to the outside when one suffers from it. Therefore, it's natural to keep the habit in the dark and struggle with it alone for a long time. Also, there is part of us that must naturally participate in the reproduction and promotion of our

species. Thankfully, our sex drive has a natural and healthy aspect to it. And it is sometimes hard to delineate between our natural sex drive, finding healthy outlets for it, and sexual addiction which is not healthy and lowers our potential in life.

Therefore, many who have a pornography addiction try to hide it from the world. But the truth is that we cannot hide a porn addiction forever, and should we marry, and our wife discovers it, she will be deeply hurt and disgusted. Surely, we should love the sinner and hate the sin, but sometimes it's not that easy, especially from a woman's perspective to keep all her rage, when wronged, under check. This is why I recommend that men with a pornography addiction discontinue using porn as soon as possible. Offer it up to God to purge porn from your life. Seek help to get away from it so as to keep free of the wages of sexual sin and the attendant pain and suffering that come along with it.

Pornography also hinders a man's ability to be satisfied with just one woman. Those thousands of naked bodies and the acts they perform for the camera can come rolling back into a man's life and give him the misleading idea that perhaps there is some joyful sexual encounter waiting for him in a greener pasture with a hotter and freakier woman. This is a great mirage that has destroyed many marriages and families--don't fall for it. Yes, I understand that many of the women we see on porn seem to be great breeding stock, but the reality is that these women are misled and lost—looking for some sort of love that they will not find in the porn industry. There was an article a few years ago that stated that most women only spend 12-18 months total in the porn industry. I think the general depravity of the industry awakens a lot of young women about their mistake and they leave the industry to find more wholesome places to search for love and money.

Lastly, pornography lowers one's vibration. It removes the vitality from a man to have too many ejaculations. It removes his mojo, if you will. Therefore, it is something to be avoided. Pornography does make accessing sex easier, but it comes at a large cost. Men with a pornography addiction do not have to learn how to be funny or witty to gain sexual access to a woman, in the real world, when they are wasting time surfing porn sites. Moreover, these addicted men do not have to learn how to control themselves and earn a living to support their children when they participate in pornography. Porn also messes up the God-given reward circuitry in the brain and makes it difficult to have normal sexual interactions. Also, the sex portrayed in a porn film is not performed by two people who really love each other. There is no higher love existing in this sexual exchange. It is simply

a commercial performance by two people who may have just met for the first time on the set just prior to filming. It is not a product of months or years of invested friendship and trust. It's simply a base form of entertainment. A form of entertainment that can be quite costly for those who do not, or cannot, break free from it in time to lead more healthy and wholesome sex lives.

Conventional sex is more dangerous for a man because he loses himself in the act through the semen of his ejaculation. Women lose themselves every 28 days when they have their period. This is why a man who is a sexual over spender (has lots and lots of ejaculations) generally grays faster and dies off faster than a man who can control himself (and have fewer ejaculations). This is also, in general, why men seemingly age more slowly than women, but do not generally live as long as women because they can continue to lose their seed throughout their life, through the conventional sex act, whereas God has given women the "gift" of menopause to halt the feminine loss of vitality through their period. Many women who go through menopause would hardly call it a gift, but it does give women a way to become more masculine at this point and participate more in the world of commerce or become matriarchs.

Chapter 6: How to Choose Your Spouse

As mentioned earlier, marriage is important because it is a holy, righteous and practical institution. So how do we go about navigating the waters of marriage? How do we choose the proper husband or wife? Well, in this section I am going to do my best to answer that question and give you the best advice one man can give. An entire book could be written on the subject of spouse selection alone, but for now I will focus on the highlights of selecting a spouse and give you the tips and tricks to do it best.

Prayer

First and foremost, you should ask God for his help in finding the proper spouse. Remember that God has always been and will always be your most perfect of soul mates, your best friend and helper. So whatever relationship you might form, make sure to form a solid and progressively deepening relationship with God.

With that said, in the search for the right spouse, pray to God wholeheartedly, aloud, during your time of prayer. Ask Him to lead you to the proper husband or wife. My teacher recommended that you should meditate twice daily. And at the end of each meditation, pray to God for the proper life companion or spouse. He asserted that if you did this consistently within six months you would find your proper spouse.

This method sounds almost too easy to be true, especially in the age of quantum computing where many have relied on the algorithms of database management and search engines parading as dating websites to find their proper match. Instead of relying on man-made tools to find your spouse, why not rely on the greatest search engine of all, God Himself? Try it and see if it works for you.

Soul Mates

Since we discussed prayer and God, it makes sense to discuss soul mates as many people believe that they have a soul mate. What is a soul mate? As I understand it, a soul mate is a perfect complement to your soul. Imagine two puzzle pieces fitting together perfectly that would be a soul mate. But if you have ever put together a puzzle, you might realize that

puzzle pieces in the center often interlock with four other pieces. Does that mean that each soul can mate with four others? No, of course not.

This is my theory and mine alone, and I do not recall if it is something I imagined or picked up in some spiritual treatise at some point in the past, but to me it feels right, and I think it does for God as well. My theory is that when a soul is created, its complement, its mate is created as well. They are then sent forth into the world at nearly the same time or in nearly the same vicinity to each other, wind up meeting, falling madly in love with each other and living a long, happy and healthy life together, being fruitful and multiplying as the good book recommends.

The reason God creates soul mates is to give souls a crutch to get through life together. Let's face it; life can be a real challenge. It can be fraught with pain and suffering. So, having someone who's your perfect complement can make life much more bearable for younger souls. I won't get into soul development in this book, but I believe you would really benefit from reading *Journey of Souls* by Michael Newton to get an idea of soul development.

The challenge though is that after a few incarnations together, these soul mates have to learn other lessons in life that cannot be as greatly appreciated whilst together with their true soul mate. They therefore must spend time apart from each other incarnation after incarnation to learn and develop their soul qualities on their own. So, the bad news, or the more challenging news for some is that they may not get to be with their soul mate in this incarnation. Some may have to endure a life with other souls that may not fit as well so that unconditional love and compassion can grow on a spiritual level with each individual soul.

I believe that one good soul-mate-litmus-test is that they quite closely resemble each other facially speaking. One is a female version of the other and vice versa. Even if they are not the same race, they may often resemble each other. Although, I have not observed as much facial similarity in interracial couples as I have in same-race couples. Interracial couples can and do work; but often there are more obstacles for interracial couples that can simply be avoided by marrying within one's racial sphere.

Now if your soul mate is busy this time around, in this incarnation, and you are spiritually barred from meeting them much less marrying them in this lifetime, you should not be dismayed. You can create a new soul mate. Once you find the proper person to attempt a marriage with, simply put your all into making the relationship vibrant, remembering love is an action not a feeling.

Also, it is important to be honest with yourself in your search and really think and meditate on all the qualities that are important to you in a spouse. This honesty should also cut through the mental delusion many of us create in our imaginations, again fanned and propelled by modern media. By delusion, I am talking about looks. Many of us are looking for some super model that can cook and clean and have dinner ready for us when we get home (At least many men think this way, although women may more often than not be thinking this way too). But it may not be that realistic to harbor such fantasies. Many people may realize that those who are physically attractive can be vain, arrogant, and selfish. Let's face it. It takes a lot of energy to invest in looks. Of course, we want to be healthy and physically fit, but often people can take this to extremes and may certainly feed our sexual fantasies and romantic notions but may fall short in the real-life workhorse reality that faces most people wanting to marry and raise children. So, keep that in mind when you go out into the world to find your spouse. He or she may not look like the quintessential representation of masculine or feminine.

Three Core Aspects for Marriage

As mentioned in the previous section, looks are important but not nearly as important as people today will have us believe. Let us talk about three main checkpoints that each of us should consider before we chose someone to marry.

First, do we feel a sense of soul unity? Although we may not totally be soul mates, perhaps we have spent many lives with this person and we just have this sense of connection with them. Sometimes it can be something as brief as eye contact with each other and instantly we know that we are meant for each other. Many people have attested to this sort of experience when they first met their husband or wife.

Once we have a sense of soul unity with this person, do we share common ideals? Do we have the same religious beliefs? Do we see the world in similar ways? Do we agree with how to earn a living, or what type of home to live in? Do we agree on what is considered right and what is considered wrong? These things can of course change over our lifetime, but if we have a sense of soul unity, then our common ideals can come together more easily.

Now if we have passed filter one and filter two with this person, then we have a solid friendship. We are simpatico, and we can weather many of life's storms together. At this point we can introduce the third consideration.

That consideration is this: are we physically attracted to each other? This aspect is of course something that is mistakenly the first consideration for most people and is why so many marriages today end in divorce or fizzle into unhappy marriages, devolved into mere roommate arrangements. Sure, I know for many of us the ideal of super models to have sex with may sound fun, but the joy of sex does not fix all problems. Surely it can fix many problems in the physical, mental and spiritual body, if done correctly with the right person. But if done improperly, for the wrong reasons, with the wrong person it can be a gateway to hell.

This is why we must put attraction in its proper place, in third place behind soul unity and shared mental and spiritual perspectives. Of course, this does not mean that we cannot be physically attracted first, many times we will be physically attracted first; but we need to speak with the other person and interact with them via voice, etc. before we decide to hitch our wagon to them for life.

Kezia Noble, a woman who works in the attraction and dating industry put it best that everyone should be rated as a five (on a scale of ten) until you speak to them. You may also find that when you are thrown into a mixed group of individuals, both men and women, those people whom you deemed most attractive at the beginning of the interaction may not be those whom you find most attractive at the end of the interaction. This is because there are many more factors to overall affinity than simply the visual aspects of it. So please keep that in mind while in the market of spouse selection.

Avatar

In direct response marketing, it is often a good exercise to define who all of your marketing is designed to attract. An avatar is the ideal person that you would want to work with or sell to. In direct marketing, an avatar is your ideal person that your marketing message speaks to and attracts to your products. In the realm of mating, an avatar is the ideal person with whom you want to spend the rest of your life. You should try to get fairly specific on what traits and characteristics you want in your spouse, well beyond how you want them to look.

Sit down with pen and paper and take some time to write out the positive traits that you want in a spouse—spiritual, mental, physical,

etc. Then write down the traits you do not want in a spouse. After those lists are made, order each list from most to least important with the top five of the first list being must-haves and the top five of the second list being deal-breakers. Next, define how you want your marriage to be. What things do you want to accomplish together in all aspects of your life? After that list, sit down and be honest with yourself, what things do you need to improve about yourself to attract this man or woman into your life? Then once you have defined all of this, brainstorm on some places where you might meet this person and jot those down. Then, simply take the action to improve yourself (not simply for the sake of attracting a mate, but to improve your life for your Creator, your own sake, and the sake of the world in general) and put yourself into those predefined situations so that you can meet the right man or woman. Lastly, remember to go back and regularly review and edit this document so that you tune your mind to find your proper mate.

Avoiding Heartbreak

By taking the time to create that list and being sure about what you want and do not want in a spouse, you have taken a large step toward getting the type of life companion that will best suit you. By doing this, you have largely avoided creating and experiencing a large amount of heartache. A sure knowledge of your ideal mate will keep you from half-heartedly or ignorantly spending your time with people that simply are not in your “wheelhouse” or meet your specific criteria. But it does not necessarily prevent you from breaking someone's heart or experiencing heartbreak yourself altogether. However, if you do not invest in someone sexually before you marry them, and you are laser-focused and determined to get the man or woman you want, you will avoid wasting your time and other people's time so that you can greatly reduce the risk of heartbreak that all the pop-songs just love to sing about.

What also may help you is to consider the larger picture. Although heartbreak in the courtship phase of inter-gender relations can seem really difficult and depressing, it pales in comparison to the long-term sadness that comes from a divorce, not to mention the potential generational impact that such post-marriage break-ups create.

It also pays to remember that your avatar does not simply exist in just one person, but in many people. The truth is that although each one of us is unique, there are many people that are similar to us and may be just as good as the “ONE” whom we think holds all the keys to our marital happiness. We

have to step away from the childish and unrealistic notions that there is simply just one man or woman that will complete us. Even if there is, and that person is not there for us this time around, or was there for us for a time, and abandoned us, there is still hope for us. We need not hang our self-worth on our ability to find the perfect catch in the sea of potential mates. The truth is that one individual could choose to live a simple life of celibacy and quiet reflection and never again enter the world of courtship and sexual interactions and still live a long happy and healthy life. Biology and cultural pressures push many of us to take the householder route because we need to do that to keep the circle of life spinning. But those who decide not to take this route are not freaks that we should look down upon, but simply people that have chosen another path. But those who do chose the path of celibacy and non-child rearing still have a duty to the rest of the world and should do their duty whatever that may be to the best of their abilities.

Lastly, remember this statement: "You cannot know true love until you have had your heart broken." I picked up that statement somewhere and it has stayed with me ever since. You may not agree with it, but I think it holds some measure of truth. Certainly, in my own experience, the loss of my first marriage served as a huge catalyst to propel me forward in the realm of spiritual development and self-development. Although I would not want to return to that time and repeat the pain I went through, I look back on it now with gratitude because it has helped me to become a solid man. I am thankful for life's lesson in this case. Certainly, life teaches tough, but it teaches best. We need not be afraid of our tests but must embrace them and try to discern from God what the lesson is from each experience we have. If you can approach courtship with this sort of bravery and positive attitude the level of heartache you experience in searching for Mr. or Mrs. Right will have far less sting then those who approach the task in a willy-nilly fashion.

Courtship

Courtship (noun) court.ship / \ 'kort-ship. 1. The wooing of a woman by a man. 2. The period during which such wooing takes place. 3. Solicitation of favors, applause, etc. 4. Obs. courtly behavior; courtesy; gallantry.

Courtship is somewhat a forgotten term from the bygone days of heraldry. But my goal is to reawaken the world to the beauty and wisdom of courtship. Courtship should be something that all couples practice before

they get married. Courtship will protect them from shame, heartbreak, venereal diseases, unhappy marriages and unplanned pregnancy.

Like the term implies, courtship should take place in a court-like atmosphere. It should happen in the modern-day equivalent to a king's court. In a way where men and women strive to be their best and show their best. It also implies the public nature of the practice and should also involve other people—particularly the parents of the man and woman (i.e. the courtiers).

Courtship is a call to wholesomeness. We need to return to a time of innocence and wholesomeness in inter-gender sexual relations. Some may argue that those days never existed, but I believe they did and can exist again. In short, we need to put the honey back into the birds and the bees and remove the piss and vinegar. Courtship, not dating, is the key to making this a reality.

Dating was a social development that sprang into existence after the dawn of the automobile. It was a way for men and women to get together without the oversight of their parents. Again, the man would naturally want to get the woman by herself so he could spend some “*special*” time with her. This likely has been going on for millennia but now has become a large multi-headed beast that must be stopped. Men and women coming together for the mere enjoyment of each other's company and sexual favors is largely what dating has become and perhaps always was. Let's look at Exodus 22:16 that says: “*And if a man entice a maid that is not betrothed, and lie with her, he shall surely endow her to be his wife.*” For those who may not know—to lie with a woman is to have sexual intercourse with her. So back then the people of God were very particular about sex. For them, sex was marriage and marriage was sex (again notice in Genesis 2:24 it says: “*Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh.*” Here the Bible or God himself is trying to tell us that when a man and woman come together, they become one flesh...so to put sex outside of the proper context is to create a marriage. Of course, back in those days, there was not the modern tools of birth control and condoms so in many cases sex led to conception and pregnancy. To the ancient people of God sex outside of marriage was horrible; so, they created laws of conduct to prevent children from growing up outside of marriage.

Today we have largely stepped away from those laws, and we have created an environment where 50% of marriages lead to divorce, and those marriages that still exist past the 50% may have questionable enjoyment for the spouses involved. Courtship can help to prevent those things from happening.

So how does courtship work? Well, first off, as the definition implies, women will simply be doing their thing, beautifying the world, like a flower in the field. Then of course the men (the bees) will come traipsing along and decide one of these flowers (the women) is just right for him and he will want to pick that flower for his own. Now, here's an important part to consider, is the man really truly interested in this woman for the long term? Is he wooing her in order to forge a lifelong relationship and children together, or is he simply looking for short-term sexual gratification? In a lot of cases, not all, but many, the men in question will have no interest in commitment and are simply interested in sex.

For most of the modern world, it seems as though young women must bear the burden of deciding whom they want to marry. But really the burden should fall on the shoulders of the young woman's father (and also the young woman's mother as a secondary source of selection). When a young man approaches a young woman in the hopes of "getting her number" or "going out", she should say, "Oh I don't date. If you are interested in me, you need to speak with my father first." Then she should give the young man her father's card, or telephone number to get in touch with him. This is of course if the young woman is interested in the young man.

Let's assume that this young man does indeed like this young woman and sees a future in store with her. He would therefore not have a big difficulty in calling the young woman's father to ask for permission to see the man's daughter. Now what the father decides to do with this young suitor is up to him. Of course, there's the old shotgun technique that people may have seen on television or the movies where the father is very tough on the young man and threatens bodily harm to the young man if he does anything shady during the date. Well, I don't think a father has to use anything other than his good sense to vet these suitors. First off, most men who get the number of a young woman's father will not call him, simply because their motivations are not good, or they may be too scared to speak to him. In either case, this method self-selects for those men who would not make suitable husbands for the man's daughter to begin with.

Those men who do have the courage to contact the father would then be led into another testing phase. The conversation may go something like this:

Father (F): Hello this is John...

Suitor (S): Oh, hi Mr. Doe?

F: Yes, this is he.

S: Oh, hi sir, my name is Robert.

F: (*largely knowing what the call is about*): Hello Robert how may I help you?

S: I met your daughter, Amanda, the other week at so and so, and I like her, and wanted to get to know her better. I asked her out on a date, but she told me she does not date and wanted me to get in touch with you first. So I um...I thought I would call you to see if you would mind if she and I went out on a date.

F: Well, Robert I appreciate you asking, but I am not too keen of letting my daughter go out with just anybody. You see, the idea of settling down and getting married; if that's what you had in mind at some point; are pretty big commitments. You understand right?

S: Yes sir, I think so....

F: Robert, put yourself in my shoes—as Amanda's father, I don't want her to marry just anyone, and let me say here that I am not asking you to make that sort of commitment yet, but since I don't know you that well yet, and I do not know about your family, I do not feel it wise to just simply say yes to your request to go out with Amanda. But, if you would be willing to write to me about yourself, your family, what your hopes and dreams are, how you would like to make a positive impact in the world, how you plan to support yourself, a family and of course my daughter then I might perhaps entertain the idea of you spending some time courting Amanda. If I were to give you my address do you think you would be willing to write me a letter?

S: Um, yes sir I would be willing to do that.

F: OK Robert, if you have not received a response from me either by phone or by mail in four weeks from the date of postage, then please do call me again. If I like what you have to say in your letter, then I will respond with my own note to you and we will take it from there. Does that sound fair?

S: Yes sir it does, I can do that.

F: Good Robert, here's my address. It's... Oh and do put your telephone number on the letter in case I need to call you for whatever reason. I look forward to getting your letter Robert.

S: Thank you sir. Have a good day.

F: You too Robert, bye-bye now.

The rough concept of this sort of conversation came from the work of Craig Hill in his book *The Power of a Parent's Blessing* (1). In the book he compares the roll of the father and mother in the child's life as gatekeepers. They are there to keep thieves from climbing the fence and getting in to steal the sheep (John 10:1-5).

In today's permissive culture we do not realize the importance of sexual purity and we do not think of horny young men as thieves. But if their intent is simply to have sex with as many women as possible, they are stealing from those women. More education should be in place to help young men channel their energies into positive and constructive pursuits instead of wasting their time and essence in chasing after women who will give them free access to sex without any long-term commitment. Historically this sort of theft can and often does lead to unplanned and unwanted pregnancies, which has the potential to create generations of people who are tainted with the impurity of seduction.

So, if the father and mother are present to protect their daughter(s) (and the generations inside of them) from this sort of theft, then stronger marriages and families stand a better chance of surviving.

Steps of Courtship

After the father and mother have properly vetted a potential suitor for their daughter, then courtship can commence. The proper expectations should be laid out to the suitors prior to letting them spend time with the daughter. Of course, the philosophy of this book should be communicated to the suitor in the basic statement that sex is saved for marriage. If the suitor is willing to agree to this arrangement and understands the greater principles behind it, he will be a willing participant in waiting until marriage to have sex.

Once the groundwork has been set via initial correspondence with the father and indirectly through the mother, the suitor can be allowed to talk on the phone for a while with the daughter. This could continue for one to two weeks, at which point the daughter and the suitor could determine whether there is true chemistry between the two for a long-term friendship. If it seems that there is. Then the suitor should be invited to dinner or to simply come to the house to meet with the daughter and the family. This should be allowed for about two to three months. The suitor could come over for an hour or two on a Friday night or over the weekend. The daughter can also be allowed to visit the suitor's home and his parents as well if after the first few visits at the daughter's home seem to go well after this three month period of interacting with the entire family, the two can be allowed to spend time alone together, again with the idea of waiting until marriage to have sex. The two can then decide how to arrange their courtship to enjoy recreational activities and see how the other interacts with the world in different situations. At some point during the first three months of courting the mutual parents should meet each

other as well, to get a feel for each other and to learn more about one another.

The courtship should continue for at minimum an entire year, and during the time the couple should have serious discussions about all the things that go into making a strong household as they move through their courtship. It is important that the two of them get as much figured out before they decide to get married, so that they can better navigate the difficulties that can and do arise when people are married.

During this first year of courtship the couple can, with the help of their family, determine whether they are compatible. The couple can also deepen their friendship and confirm their soul unity before they decide to make a life together. So somewhere after the ninth month of courtship the suitor should propose marriage, planning a time within six months to a year to have the ceremony.

Nowhere at any point should the two cohabitate. Nor should they waiver in their commitment to save sex until marriage. Some people even recommend that the two should refrain from even touching each other before they get married in order to ensure that the love formed between the two is pure and is not based on sensuality (2).

Once the wedding has taken place and the couple has left their wedding party, on the first night of their honeymoon, then they are free to make love with each other for the first time. Will the sex be good? Who knows? Will the two be nervous? More than likely. Will the two of them have a better marriage because of their discipline and investment in friendship and soul unity? Yes, definitely. Again, whether the sex is good or not, the two can work on that aspect of their relationship to improve it (again I recommend you stay tuned for my next book, *The Sacred Bedroom*). They should enjoy the sex as much as possible and work on increasing the quality of it, within the protective bounds of their marriage. Since the two love and care for one another great care and effort will go into creating a strong and vibrant sex life.

Astrological Considerations

Before I go into this, I want to clarify that I am not promoting astrology as a means to know the future. I know that the Bible in several places warns against attempts at knowing the future. But I am definitely a supporter of people getting together with the right sort of people that will make good couples for the long term. I believe regular western astrology is a good

system for determining whether two people are a good fit for each other, and I do not think that there is anything evil or unrighteous about using astrology to promote good marriages and family life.

One other thing to note about astrology before we go into it more fully is that it can be fairly complex. I am going to give you the basics here so that you can have a general basis of knowledge to guide you through proper mate selection. Entire libraries exist on the topic of western astrology alone, so I will not attempt to cover it all. I will simply use it as a basis for consideration when looking for a spouse.

With that said, let us start with some basics, the four elements which are: Fire, Earth, Wind, and Water. There are three signs under each of those four elements to make for a total of 12 signs. As we move through a calendar year, we move through all 12 of the signs, which roughly last about a month each. In all of creation, those four elements mix in differing levels, guided by God, to create all the things that we can perceive in this physical plane. Fire can also be expressed as energy or electricity; earth is not simply dirt, but all the things that make up the plant and animal kingdom, and also the mineral world; wind is the state of gases and the breeze that moves seeds around for example; and lastly water is the purifier and great solvent that is so essential to man and other higher forms of life to power their blood flow. Water is essential for all life.

When we consider these four elements we also need to think about the masculine and the feminine. Classically the masculine elements are fire and wind, and the feminine elements are earth and water. This does not mean that men born under earth and water signs are not masculine or vice versa, but it gives a different energy to them then may be experienced if the same men were born under air or fire signs. It is also important here too to remember that there are no good or bad signs. Each sign in itself has positive traits and negative traits. The only bad that exists would be a bad pairing between signs that are not compatible. Understanding these principles will give people enough basic knowledge to prevent bad marital relationships from forming.

The signs are equally distributed between the four elements as follows: *Fire*: Aries, Leo, Sagittarius; *Earth*: Taurus, Virgo, Capricorn; *Air*: Gemini, Libra, Aquarius; *Water*: Cancer, Scorpio, Pisces. In general, it is best for earth to mix with water, when this happens, in the proper proportions, we get clay, which makes many useful things like plates, vases, and bricks. It's also good for wind to mix with fire. When we do this we get bonfires,

internal combustion, and other useful devices that power locomotion and provide heat.

From a vectoral perspective, we also need to think of the sun signs on the wheel of life, on a circle that is divided into twelve equal pieces. If you think of two people standing on a circle each holding a rope that is attached to a kettle bell directly in the center of that circle, you're beginning to see how the two can balance each other. In this example the only way the two can pull on their ends of the rope with equal force and keep the kettle bell in the center of the circle is by pulling at the exact opposite ends of the circle. When the two do this, they divide the circle in half and are on the exact opposite side of each other creating the greatest distance between two points that exist on that circle.

If you remember nothing else, remember this: In general, we need to pick someone who is on the opposite side of the circle from us. It is pretty simple to do, take your birthday in numeric form and add or subtract six months. For example, if you were born on December 10th, you would best be suited with someone who was born on June 10th ($12/10 - 6 \text{ months} = 6/10$, or June 10th, this is a fire and wind combination, Sagittarius and Gemini, respectively). Another example, someone born on May 3rd should find someone born on November 3rd ($5/3 + 6 = 11/3$, This is an earth and water combination with a Taurus coupling with a Scorpio). It's that simple. You will notice that when you strictly adhere to this rule, for the most part, a person always joins wind to fire, and earth to water respectively. That's the beauty of the astrological system, it creates balance and understanding if properly observed and applied to relationships. When people follow this principle (coupled with everything else in this book) they will have spectacular marriages.

If someone wants to go outside of this aforementioned system, they are more than welcome to. They may even seek the expertise of a professional astrologer, but if they simply want some basic down-to-earth advice, what was given previously is a very solid way to approach the science of proper mating.

Think of it this way, when one mixes water and fire that can potentially be dangerous to either the water or the fire. Yes of course fire in the form of electricity, when coupled with water containing electrolyte can create something amazing in the form of hydrogen and oxygen gas, but this is a very controlled setup and takes a lot of attention. What happens when we mix air and earth? Not too much. In agriculture, we often get wind erosion. But there are some amazing structures in the Grand Canyon of sandstone

cliffs that have been molded and sculpted by eons of wind pushing sand and pebbles around to mold the cliffs. Air and water can simply cause waves or evaporation, or humidity. They can work, but generally they are not the best fit.

If one wants to take this analysis deeper, I recommend Joost Elfers book, *The Secret Language of Relationships* that provides broader swath of signs to choose from in the search for a spouse.

Biblical Considerations

Regardless of the pains one takes in selecting a spouse, if the couple forgets God in their marriage and forgoes His principles for proper marital conduct, the relationship will not stand the test of time. God left many clues in the Bible to help people conduct themselves in married life.

One of the best and most direct biblical principles for women exists in Proverbs 25:24 which says, "It is better to dwell in the corner of the housetop, than with a brawling woman and in a wide house." Here God asks women to be kind and sweet, not contemptuous and argumentative. This is tough for many women who feel they need to exert their will in negative ways to get what they want from their husband. It is also important here to consider the term, bitch. Of course, we all know what a *bitch* is. A bitch is a female dog. But the term also means a woman who's selfish, argumentative, narcissistic and generally negative in all types of encounters. Also, notice the similarity between the word *bitch* and the word *witch*. As a reminder for some women Exodus 22:18 states, "thou shalt not suffer a witch to live." Now here I am certainly not recommending anyone do anything rash. But we need to be considerate of our conduct if we are women who are searching for a man to spend our life with.

In a more balanced sense of masculine and feminine interaction, the Apostle Paul recommends that women give their husbands unconditional respect, and men give their women unconditional love. These recommendations are better expressed in Ephesians Chapter 5 and Emerson Eggrichs points to this fact in his book entitled *Love and Respect*. In it, he recommends that men simply state to their wives when they say things that feel disrespectful, and women express to their husbands when men do things that seem unloving.

I also recommend that women regardless of their faith read Proverbs chapter 31 frequently until the idea firmly sets in their minds of how a good woman is to act. In addition, like Craig Hill, I affirm the belief that our society

should give greater respect and honor to women who chose to be full time mothers and wives, bestowing all their life energy on raising their children, beautifying their home, and supporting their husbands through cooking, cleaning, conversation and lovemaking. To many modern women raised in an environment of false-flag feminism, the idea of being a wife and mother sounds like a death sentence—but this should not be so. If a woman does all she can for her husband and her children, she should be exalted. Yes, I do believe that men need to develop the ability to earn healthy incomes to keep their wives at home during child-rearing, and that job becomes easier for those men if they have a woman at home who's providing support and nurturing through clean laundry, good meals, etc. As the woman adds her support in her way and the husband provides his support in his way the marriage will be strong and resilient.

Some other good Biblical principles, Ephesians 4:26, "Be ye angry, and sin not; let not the sun go down upon your wrath:" Any arguments that arise in a marriage should be handled and smoothed-over immediately so as not to let resentments and negativity take hold in the relationship. Also, Ephesians 4:32 says, "...be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you." So, we need to speak respectfully and hold our tongues when we are angry, so as not to sin. Anger is the offspring of ignorance, and with proper understanding anger diminishes from one's life. But in a marital situation especially, anger can cause psychic, spiritual, and physical damage to a marriage if not properly contained. So, it is helpful to say and do nothing whenever you feel angry or upset, knowing that it is a disease. My teacher, Paramahansa Yogananda, used to say that and oh how I wish I could have observed that advice more in my life. Those people who are unable to control their anger generally lead lives of loneliness because no one wants to be around that sort of negative energy for very long. Remember the old saying, "laugh and the world laughs with you, cry and you cry alone?" Always seek to understand the perspective of your husband or wife and see that everything that they do is in the best interest of you and your family. Do not disparage them or act in contempt toward them. If they have done something to upset you, let it sit for a while until your anger has passed and then bring up the point with them in a way that does not attack your partner's identity but goes after the behavior you found offensive. The best way to be a friend is to love the sinner and hate the sin. On that note, it's important to add that if one is saved, baptized and a member of the body of Christ they are forever saints, not sinners. The idea

of baptized believers identifying themselves with sin and calling themselves sinners is foolhardy, self-defeating and unbiblical. Let's not do that!

If we can remember these simple principles as we go through life with our spouse, our relationships will grow stronger and more miraculous as we move forward. By seeking to understand our spouse and improving our life and the lives of our family and beyond, we are doing what God wanted us to do, which is to practice unconditional love. It is difficult to practice unconditional love in this conditional world, but we must do our part to practice unconditional love because in so doing we become like our Creator who loves us unconditionally.

With the Bible as our guide we can create long-term sustained happy marriages when coupled with the other things I mentioned in this book.

Things to Discuss During Courtship

It may be difficult to discuss absolutely everything that you would like to agree on in marriage during your courtship. There may even be some parts of one's personality that one might want to keep secret so as not to scare-off or hurt the other person. A man might want to provide a little bit of mystery in the relationship at the outset as well, in order to spice things up a little bit. But in general, mystery is often a nice way of hiding skeletons and shame. A good marriage is based on trust and clarity. Mystery might be exciting at first, but it can often hide things that should be addressed or corrected in one's life.

Despite all of that, there are many things that should be discussed at some point during courtship and agreed upon in advance. The first thing is religion. The second is types of work each spouse will do and if the woman plans to stay home after the birth of her first child, etc. The couple should also discuss how they plan to handle child rearing. They should discuss what type of birth they want, and how to navigate that part of their relationship. They should also decide how many kids they want, where they want to live and what sort of lessons they would like to teach their kids.

Of course, the two should also discuss money and how to use it and what it means. The two should develop a strategy for using money and developing a nest egg for themselves, tithing, and creating wealth to pay for their kids' education and other items. All money, beside the tithe, that comes into the house belongs to the family and is shared. Both husband and wife should be given a private allotment of money that they can use to buy their own personal things with, and gifts for the other party without having to ask

for permission to spend on things like that. Of course, major purchases should be discussed, and the husband should have final say, as long as he has taken his wife's opinion into consideration.

Again Ephesians says that the husband is the head of the wife, I know that seems really scary for a lot of women, but if she can give her husband more power instead of undermining his power, or questioning it, she will see some amazing things happen in her marriage.

The two should also discuss mutual goals, bucket lists and things to do and see. The man should lead a lot of this discussion and stay true to his goals, remembering that he is to provide leadership for his wife and his household and that it is a great responsibility. He should also know that his prospective wife might not fully be in love with him but in love with his potential. Remember that women are cheerleaders not leaders. The Book of Genesis lays this out quite plainly (Genesis 2:18-23). So a woman should be able to relax into the idea that on major life directions and other important points her man has everything figured out or is doing his best to figure everything out.

~Section 2~

Preparing Yourself for Marriage

The first and most important thing anyone should do to prepare himself or herself for marriage is to pray, wholeheartedly, that they get it right, that they make the right choice and succeed long term with the spouse that they choose.

Those who seek to marry should also do their best to improve their health. They should improve their diet, eliminate vices that are holding them back, and start an exercise routine that is sustainable.

Those seeking to get married should strive to get their finances in order and their earning potential on track, especially if they are a man and want to raise kids and support a family. Those seeking marriage should also read books on understanding the opposite sex and remember that God is the only one that can truly love us in the way that we need to be loved; so it pays to realize that our good work in building strong marriages pales in comparison to our work at building a relationship with Him. The same ego blocks that befool the love of many mere mortals do not stymie God's love.

We should also strive to eliminate a lot of the stories of our past that we may hold dear about how we were victims or victors. We should strive to throw all old, unproductive thoughts out of our mind. We should forgive and make amends where we can—even to the point of writing letters of apology or making phone calls if appropriate.

We should get on to a plan of God-inspired self-improvement to help us be the best we can be. But at the same time, in our process of development, we must know that God loves us unconditionally and there is nothing that we need to do to win His love, because we already have it. But at the same time, we must strive to improve our relationship with God and make it stronger, remembering that our marriage should serve as a vehicle for helping us reach back toward our Creator.

So, we should feel that we have reached a great state of physical, mental, and even spiritual attainment prior to marrying. Of course, we know that our process will continue with our spouse, and we will not let things go to seed once we are on the other side of marriage, instead we should

continue to maintain our physical, psychological and spiritual well-being throughout our life, married or not.

In the following two sections I'm going to give premarital advice to young women and young men. If you do not fall into either of these two categories then you may want to skip the section entirely, partly because you might be bored, but you also might be offended. Remember that when God kicked Adam and Eve out of the Garden of Eden He said, "And I will put enmity between thee and the woman, and between thy seed and her seed (Genesis 3:15)." So naturally, there is some implied conflict between man and woman from nearly the beginning. With that enmity in mind, I may write things to the feminine audience that will be true and at the same time offensive to the masculine audience, and vice versa. Now with that said I am of course a man, which some may think would give me a bias, but my goal is to put peace between the sexes so that greater understanding and happiness can arise from inter-sexual relations. Furthermore, I want both men and women to be happy in their marriages, so I will not hold back in giving the proper information to each party.

Chapter 7: Premarital Advice for Young Women

From the beginning of time the greatest strength a woman has is her beauty. Now this does not mean that women are simply objects. But fair or unfair, a woman's primary strength lies in her beauty. Now beauty is subjective, and I am not telling you that you have to look like a super model (many super models have been digitally enhanced). But I am telling you that in the world of mating you should do all you can to make yourself as attractive as you can, in a way that you feel comfortable, so that you can attract the interest of men. I believe it was Coco Chanel who said, "There is no such thing as an ugly woman, just a lazy one." I like that statement because it means that any woman has the potential to be as pretty as she can be. We are all given strengths and weaknesses. We can promote the former and reduce the impact of the latter in order to improve our lives or attract the proper man into our life. Therefore, I recommend as a woman you get really creative in promoting your strengths and reducing your weaknesses. You may even be able to take your weaknesses and make them into strengths.

Let us also discuss weight. Much of the popular media has gone to make the case that overweight women are attractive. But in reality most men do not want a woman that is overweight, neither do women want men who are overweight (even though women fall in love through their ears and not their eyes, they still would like a man who's in shape over one who is not, all other things being equal.) At the same time, this does not mean that you should be a waif either. You do not have to starve yourself in order to get a spouse, nor should you. But you should take good care of your health so that you are not overweight. Sure, you can have some cushion here and there, but you should be as shapely as you can be and seek to maintain that shape throughout your marriage. During and post pregnancy you're allowed to have extra pounds, but you should not carry those extra baby pounds with you more than a year after giving birth; it is not right to carry that extra weight. Yes of course you should be loved unconditionally for who you are, but remember it is a woman's job to beautify the world and your body and face are the primary ways in which you do that; so do your best to keep your body-temple in good order.

On a more fundamental level your physical appearance should ideally mirror your inner appearance. The main purpose of being healthy and looking good is to be in shape for giving birth at some point. Of course, you

are not just a baby dispenser, your life has value far beyond that, but if you are like most women, you will want to have at least one child. That parental drive is something that is completely normal, and you should take part in that reproductive drive. As a woman who seeks to reproduce in the best way possible it is very important for you to keep your body temple in good order and only put into it things that are healthy and life affirming. Your physical beauty should reflect the beautiful care that you take of it. Smoking a pack of cigarettes a day because you are afraid of becoming fat if you stop is no way to stay thin. Eating a wealth of fresh fruits and vegetables along with high quality animal products (should you choose to consume them) will reflect in the totality of your physical being and men will naturally be attracted to you like bees to a flower.

I want to emphasize here again that you are not in any way an object. This is not an objectification of women, but you have to take into account the natural laws that our Creator put into place. Think of the movie *Beauty and the Beast*. In some distant decaying castle lives some angry prince who's become totally hideous physically, mentally and spiritually. Then Belle (French for Beautiful hint, hint!) comes along with her feminine wiles and charms the beast into becoming a true prince. Again, that is the purpose of women in the world, to nurture, beautify and smooth out the edges of the rough insensitive aspects of the masculine side of humanity.

What's more, think of the old saying, "Behind every great man is a great woman." Many observers from Napoleon Hill on down have noted that in the lives of many great men, some woman, somewhere in his life, served as an impetus for him to do more and become more. It is not to say that men cannot become great and wealthy without a woman or vice versa, but a good woman can be a great impetus for a man to righteously conquer the world and become successful.

Always remember though that your inner beauty is more important than your external beauty. In Shakespeare's *All's Well That Ends Well* the clown states:

*One good woman in ten, madam; which is a purifying
o' the song: would God would serve the world so all
the year! we'll find no fault with the tithe-woman,
if I were the parson. One in ten, quoth a'! An we
might have a good woman born but one every blazing
star, or at an earthquake, 'twould mend the lottery
well: a man may draw his heart out, ere a' pluck*

one.

My Stars! Shakespeare has the audacity to state that there is but one in ten women that are good. How could he? Well, I am a little more optimistic than the clown, I would say that about 30% of women in the world today are “good from the start” and perhaps another 20% can be saved and converted. If you are still reading beyond that last sentence, then you’re certainly within the one-in-ten portion of the clown’s estimation.

The reason why so many women seem bad or evil to many men is because feeling and emotion are the primary ways in which women present themselves to the world. Women can often be moody and say things in the moment based solely on their feelings—in that moment—and when this happens ignorant men assume that something a woman says is always how she feels or acts in the world. So, a man may try to apply masculine words like honor and fidelity onto a woman and believe what she says is truly what she means. That sort of always-on thinking is what gets men into trouble because when a woman does something completely opposite of what she said, he thinks that she lied to him. But to the woman it may not seem like lying, it was simply how she felt in the moment and the truth for her was different at point A then at point B.

In general, women do not want to hold power or go forth into the world to control and subdue it in the way that men do. For the most part, women want to be married to a powerful man. In that way a woman accesses power indirectly. This is not to say that women cannot be leaders, they certainly can. But in general, women hold preserving or managerial leadership positions in many institutions, not directional and transformational leadership positions. Again, we go back to nature. God gave women the ability to make and create a baby through their own bodies. He also gave them the ability to nurture and raise such a baby in a loving and nurturing way. So, it is clear in most cases that women are there to preserve their loved ones through nurturing and homemaking. This natural drive does not require the classical functions of leadership that we often attribute to men.

Different Paths

Today in the western world, women have been given a lot of freedom that most women in the rest of the world do not necessarily have. Women in the west can go into many work environments like men, and in some cases can go into combat like men. Women have also infiltrated many of the sports

that were for a longtime classically only men's sports: women in baseball, women in basketball, and even women in hockey.

As a woman in the west you have three choices. The first choice is you can choose to be fully female and take the once honorable path of being a wife, a mother and homemaker. The second choice is that you can fully shun that classical role, become a woman who functions in commerce, earns her own money, brings home her own bacon and fries it up in her own pan, and shuns the idea of being a classical mother. Or third, you can take a blended route, where you take education in some line or field of study, keep that as a back liner or side line interest as you raise and nurture your kids, until they reach the age of 12, at which point you can return to the working world and your business or career interests.

In general, I recommend the first path if a woman can do it (and her husband can pull off the earnings part of his role in the family) and the third path if the first seems too limiting. As for the second path, I do not fault a woman for taking it, and know that a woman can make great contributions to the world in such a role. But I would strongly advise that she stay away from rearing kids in such a path. Being a mother is a 100% fulltime job and a woman who tries to work and raise kids at the same time runs the risk of creating deep-seated waves of insecurity in her children. This is because at a very young age, well before the age of sufficient verbal communication and expression, kids who are not properly attended to by a loving and caring mother, run a greater risk of carrying feelings of neglect and abandonment into their adulthood.

What I am saying is that a woman has 12 years in which she must serve her children at minimum, then at that point she can spiritually and psychologically wean them. Or more correctly, a father will sever the chord through a rite of passage (I will discuss this more in a later section.). At this point the mother is free of answering to every little niggling thing that her kids need. Her kids, after the age of 12, become young men or young women. They have six remaining years in which to develop into good men and women, before they become legal adults, at the age of 18. From the age of 12 to 18 it is the father's job, not the mother's to be the primary director in his children's life. It is his job to guide his kids into properly leaving the nest. It is his job to give them wings to fly. Mom's job is largely done aside from prepping meals here and there and looking after her husband if he needs that sort of thing. At this point, mom can and should pursue her interests into making the world a better place however God intends for her to do

that. Furthermore, after the age of 12 a really solid woman will turn most of her attention back onto her husband, showing her love for him.

This may be a bitter pill for modern women to swallow, especially if a woman has been greatly exposed to the ideology of the popular culture that many would call “feminism”. We have come to a point where feminism has ruined many of the strong institutions that made America great (1). “Feminism” has destroyed much of marriage and has taken a huge negative toll on the classic family (2). It has created a lot of confusion and a generation of men and women who are confused about their role in the world. This feminism should not be called feminism, because it does not promote feminine qualities in women. Modern feminism promotes masculine qualities in women and is why I call it False-Flag Feminism (FFF). This “feminism” takes superior women and turns them into inferior men, via emasculation and other subtle forms of male bashing. This feminism also takes superior men and makes them into inferior men. This feminism is without a doubt a great form of evil that is seeking to destroy much of what God created as sacred institutions both in the West and the East.

A true feminism would promote and celebrate the truly divine feminine qualities of love, nurturing, nutrition, homemaking and of course conceiving, incubating, and birthing children. But instead FFF seeks to put women into competition with men by encouraging women to compete in the same sports as men, to become physically strong like men, and to earn money and provide like men.

Putting women into competition with men is a very unwise thing to do, because women should want men to be their protectors and champions not their competition. In the most rudimentary and base of competitions—wrestling, boxing, martial arts—even the strongest of women would not stand much of a chance against the strongest of men. Call it unfair; call it evil...but that is the truth. Men are physically stronger than women in most cases, and a good woman, a right woman, a real woman, knows how to access that strength and use it to for her own good purposes, and the good purposes of others.

Naturally, I promote true feminism and women using all of their beauty and charm to get what they want. This may sound manipulative, but it is not. If a woman knows how to treat the men in her life she will be able to get them to perform at their very best to impress her. This is real and true feminism. This type of feminism is at peace with the masculine and the two genders work together to move mountains. I will discuss this in greater detail, but an enjoyable work on the subject was written by Alison Armstrong entitled *The*

Queen's Code. In this book she lays out a solid blueprint for understanding male psychology and how a woman can and should, if interested, access that masculine power for good and positive ends.

Again, we have three paths for women, classical, revolutionary, and blended. Again, I believe the revolutionary path is not the way most women should go. The revolutionary path, for the most part, leads to loneliness and selfishness for most women. It is a path that blocks a lot of women from their true, natural instincts. The classical path is best because it is what God originally intended. But as a secondary path, I believe happiness and value can come from the blended path as well, as long as rules and boundaries are observed.

The Beauty of Making Them Wait

As discussed earlier in this book, I believe that the best course of action for any woman, who wants to marry, have healthy well-adjusted children, and enjoy an awesome marriage, is to make a man wait until marriage before she sleeps with him. This position should be your default stance, and if you are lucky enough to have a father in your life, he can help you select the best man from the list of potential suitors. As a young woman, it should not be your sole job to defend your own honor. If you have a father to help you with that job great! If not, no worries, you can still find success in defending your honor and getting the right man if you adhere to the principle of sex-only-inside-of-marriage.

A Woman's Role in Marriage

Earlier I touched on some of the important roles a woman takes when she decides to marry, but here I will try to unpack the idea of the sacred feminine, as it should best apply to married life. You have certainly seen the yin and yang symbol, the two halves of a circle swirling around each other in a perfectly complimentary manner.



Figure 7: Yin and Yang Symbol

This is what both men and women who decide to marry should strive to achieve in their marriage. I believe that the feminine half of the equation should do its best to support the masculine so that it can go out into the world to get resources (money) to support the feminine and the offspring that the couple have.

It sounds pretty simple but of course talk is cheap, and text (even my own text!) may not be worth much more than that; but it can at least represent ideals that we can all strive for, with good intention, to create the sort of marital relationships that we want to have. After all, a good marriage is made; it does not just happen. And believe it or not, it is your primary responsibility (as the woman in the marriage) to make it so. Even with the most cantankerous of husbands, your right efforts can make the marriage a success.

To make that black and white wheel spin most easily, a woman in a marriage should be kind, courteous, respectful and sweet. This does not mean that she's a doormat. She can assert herself. But if she does so, she does it in a sweet way.

In order to remain respectful to your husband, do your best to never interrupt him while he is talking, especially if he appears to be in a good mood and seems willing to wax poetic or philosophical. Your silence here does not constitute a tacit agreement; however, it does allow your husband the room he needs for verbal expression and share his knowledge with you. Many

times, your husband may have real gold he wants to share with you in his words of wisdom that will not come out of his mouth until he has been allowed a head of steam to build.

Always try to express your gratitude for the things he does and strive to notice things that he fixes or makes better in your home. Men play for points (Why do you think sports are so important to many men?) and you, as his loving bride, are one of the main points-providers for his life. It is you that he wants to please, so do your best to be appreciative of him and show him how proud you are of him for the work that he does.

Strive to never belittle his earning potential or scoff at his failures in business or his failures in general. You want to support him in all that he does. Your support during his failures or tough times can be most profitable and memorable for him.

I have a dirty little secret for you: men have feelings too. They have fears, insecurities and get terrified by some things too, just like women. Generally, the main difference between men and women is that men try not to show their fears and negative feelings to the women in their lives, or to anyone else for that matter (after all, most women simply want a man to act more like a man than they do. Much of this differentiation lies in a man's ability to act positively in spite of his fears). Men try to iron out these things in our own way in our own time, in our caves or our studies. These things may take time and it may be difficult for women to witness because the men in their life may seem weak at these times. But a good woman, a faithful woman, a one-in-ten woman, will stand by her man in these tough times.

During these times, the best a good woman can do is to assure her husband that she is there for him if he needs to talk and simply do her best to cheer him on when he is going up against whatever difficulty he is facing in the world. Simply think of a cheerleader who cheers on the team when it's 4th and long.

Also let us talk about power. Power is a funny thing; it can shift and move in seemingly unexpected ways. All power comes from God, and it is an important life lesson to remember that fact. Anyone who is trying to use power from any other source is practicing witchcraft. But when in a marriage, it is the wife's best interest to give more power over to her husband. I know this may sound harrowing or downright crazy talk, but men actually get happier the more powerful they have. Believe it or not, men are not at all like women. They do not need love and attention in the same way a woman does. Men are designed to go into some very dangerous situations (Wars,

coal mines, high rise construction sites, commercial fishing vessels, timber cutting, rock climbing, mountaineering, rocket launching, test piloting, high speed racing, etc.) and use their masculine resources to come back out the other side as intact as possible. Remember, since men are not supposed to give-in to their emotions like women are allowed to, they are therefore better at dealing with power, because as it has been classically stated, "With great power comes great responsibility." This means that if your husband, fiancé, boyfriend has a question for you about some sort of decision, say to him, "I don't know honey, I trust your judgment." After saying this, watch for the expression on his face. See if it does not light up. See if his countenance doesn't improve. He will likely be thinking, "Wow, she actually trusts my judgment. That's awesome, I'm the man!" Of course, the practice of transferring power to him is scary. You, and everyone else want to make sure he uses that power wisely. I believe part of the reason why it seems so scary for women to give power to the men in their lives is because they themselves feel somewhat intimidated and uncomfortable with power. This is normal, because a woman's primary function in God's natural world is breeding, incubating, birthing, nurturing, cheering, supporting and homemaking. These classical tasks do not require much in the way of physical direct power. However, designing and building a skyscraper, or a damn or some other monumental structure requires a lot of physical direct power, that's where men step in. None of this means that you cannot get your way, none of this means that it is his way or the highway, it simply means that within the realm of your relationship and your home, even if you decide to work outside the home at some point, your man should take the lead. He should exercise personal authority within his home. Even if he reports to people at his work, he should still be the leader of his own home. In order to keep his marriage viable, he should also take influence from his wife. Her opinion should have weight in his decision-making process.

Another good example of a way in which you can encourage him to lead is on a date-night. If he asks you what you feel like doing tonight you can simply say, "Spending time with you my dear. Why don't you decide on a place for us to go and see tonight—you're so good at planning adventures for us. You may not believe it, but you have a true knack for romance." Here you are saying, in a nice way, "Hey sir, it's not my role to lead this show, it is yours, so put your brain to work and cook up something fun for us to do tonight." Again, these are some of the ways of a queen who uses indirect communication to get her point across and does so in a way that supports her man and lets him know that she believes he is capable of being a leader.

She does this all with grace and gets her way while at the same time giving him a mission to accomplish.

If you take the route of frustration and aggression, if you brow-beat your husband, if you undermine his authority, question his authority, or practice behavior that saps God's power trying to flow through him, then you are practicing evil and malevolent ways that will come back to haunt you one day. It is important to note here that the vast majority of men do not practice infidelity simply out of the blue. These men cheat because they are not getting the love and support from the one source that is supposed to give it to him. That source is his wife.

One other important thing to talk about is sex. What we must know is that men have twenty times the amount of testosterone flowing through their bodies, as do women. This is solely why men generally feel the pressure of sexual expression far greater than do women. It is certainly advisable that any married woman not ever cut off her husband's access to sex. She should not deny him his need for release. In most cases, doing so is wrong. Again, this does not mean that as the wife you are a sexual Pez dispenser. Your satisfaction too must be considered, but you should allow your husband a release when he needs it. Of course, you should communicate your desires for sexual expression and be vocal about the things you need in the sex department as well. It goes beyond the scope of this work, but in my upcoming book *The Sacred Bedroom*, I will discuss ways that both men and women can get all of their sexual needs fulfilled. But in the absence of anything but your own mind and consciousness as a woman, you owe it to yourself to express to your man, again using the same indirect and assuaging form of communication, how and what you want and need in the bedroom and from your sex life in general. Here the old saying, "If mama's happy, everyone is happy," certainly applies.

One other thing to consider is that men really enjoy the company of a woman. Now this does not mean that you really have to do anything. Sometimes it's just good to hang out while he is working on things. There is some weird thing about men that gives them enjoyment by simply having their woman around while they work on stuff. Remember, men play for points, and they want to get points from the women in their lives, primarily from their girlfriends, fiancés, or wives. So just being in his presence silently while he works on things can sometimes be a great way to keep your relationship strong.

Some Words on Fashion

One of the classical allurements used to snag everything from fish on hooks to kittens on string is the concept of mystery, imagination and the niggling idea that something is slipping through your fingers. You can use this concept in your favor when you are thinking about your wardrobe and selections of dress throughout your life. What I will mention here is that I believe it is a good idea to use modesty and imagination to lure men into your life. Keep them guessing and they will always come running for more.

Don't believe me? Well, take into account one of the most successful actresses of all time, Julia Roberts. She has never posed nude in any magazine or bared any skin on camera in any of her films. Because of this "veiled" approach to her Hollywood career, she has managed to gross a lot of money as an actress because men have always had to guess what things are really like behind the kimono, so to speak (3).

I would like to see more women today applying some of those same techniques of stimulating the imagination. I believe one of the great ways to do that is to dress more conservatively and not bare all. Tight jeans, leggings, and spandex have saturated most places in America and the western world, leaving nothing to the imagination for a lot of men. Sure, it is fun to show off a thigh gap if you have one, and a nice bust if you have one of those as well--but what are you attracting when you use that part of your body as a primary attractor?

For the most part, my estimation is that using spandex and tight jeans is going to draw primarily the type of men who may not be interested in anything more than seducing you and then moving on to other sexual opportunities. Women who show off their goods are primarily attracting men that want nothing more than the goods themselves and nothing more. To combat this problem in attraction, I would like to see the return of more long dresses and a little more feminine covering.

I know this may seem really old-fashioned, but I think a woman who is of higher value; knows men; is superbly confident in her worth; and what she has to offer the world; does not need to rely on simple spandex to reel-in the suitors. Instead, I think a woman who is truly beautiful can cover her butt and her crotch without sacrificing any of her allure. In fact, if she knows how to use her face and her personality, she can really attract the man she wants.

Watching His Eyes

A man's eye movements are something important to consider during any courtship. Does he keep them on you, or is he looking around at other women? Now in the defense of men, they are visually driven. Testosterone makes men much more sexually driven, and that same hormone also makes them better at spatial and physical tasks. So naturally, men use their eyes more than women, and because of this, men feel attraction immediately. For men, attraction is an on-off switch, for women, attraction is like a volume knob. Her attraction must be slowly turned up.

But with all this said, a man should work on controlling his eyes. In the good book, Jesus tells us that any man who looks on a woman so as to lust after her commits adultery with her in his heart. Therefore, the practice of focusing his sexual attention solely on the woman he marries or plans to marry is extremely important. This practice of eye control can also help him greatly in the business world as he goes about making a living and building a family and a reputation.

When you are out with him pay close attention to where he puts his eyes. Is he focused on you? Has he created an energetic bubble of attention around you that nothing can pierce? Or does his attention dance from place to place? More importantly, when other women, specifically attractive women come into his visual field, does he give them a visual scan to check them out?

The point of this exercise is not to come down on him like Mother Inquisitor (or Nurse Ratched from *One Flew Over the Cuckoo's Nest*) but simply to watch how well he can focus on just you. Perhaps you can give him one scan, but if he scans the same woman again, and seemingly again as the two of you are spending time together that is not a good sign. It indicates that he is not in control of his sexual energy and may have a pornography addiction, or potentially a problem with fidelity later on in your marriage should you decide to marry him. But if for nothing else, it is somewhat rude and careless to look at other women when you are out with a woman whom you may have an interest in spending your life with or have indeed decided to spend your life with.

There are some writers in the realm of man-centered interests (often labeled the man-o-sphere) that recommend a man who is seeking to attract women show these women that he has other options, to stimulate their feminine competitive streak. But to do so, I believe simply stimulates the animalistic attraction triggers in women and causes them to go crazy later on

in a relationship or even during a dating/courtship phase. I believe if a young man has a plan and knows how to treat a woman, these things will go much farther than being able to manipulate multiple women in order to attract just one, or to seduce a collection of them. I would say that to practice this sort of hedonistic attraction is to act like an animal, but that is somewhat offensive to animals, which in many cases mate for life and have higher fidelity than do many men and women in the world today. A better way to explain that sort of hedonistic attraction is to deem it, EVIL.

Again, my goal is to create strong marriages, to reduce the pain and heartache that men and women experience in the marketplace of attraction and coupling. So, if you are able to watch a man's eyes, you can get a good idea of where his thoughts are. This can lead you to ask him some important questions about what his true intentions are.

I have heard a Rabbi explain that women should not take it too seriously when your man looks at another woman. The Rabbi's reasoning was that he did after all pick you, so the fact that he looks at other women is indeed indicative of his good taste in women, and since he chose you, you must also be a good-looking woman. But I greatly disagree with this sort of thinking. As many have mentioned, everything is created twice. In order for something to exist in the world of men and women (barring the natural world and God's direction of nature), someone first has to think about it. They first create the thing in their mind, then they set about to create the thing in the real world. So, if a man gives full license to his mind to look at and dwell upon the physical beauty of other women, that is very much a psychological slippery slope into having fantasies about such women, which could very easily lead to physical sex with those women in the real world. This is how adultery and fornication come into the world. This is what we are trying to prevent.

So, if you are out with a man and it seems that he cannot control his eyesight. You can simply ask him point blank, "I notice that you like to look at beautiful women. I realize that for many men it is seemingly impossible to resist. But, if you want to have a future with me in a strong marriage, if it comes to that, I would like you to start to practice taming your eyes to focus only on me. I would like you to place me on the pedestal of all your sexual desire, to have me and me alone as the one woman who can satisfy you. If you are unable or unwilling to do that, then we should part as friends. What are your thoughts on that?" Of course, you can word it as you like, but I think that pretty much hits any man right between the eyes and says, "Hey, if you

want me in your life, you better learn how to pay me respect by only looking at me.”

Sure, you might be thinking, well he can pretty much look at any other women when I am not around can't he? Yes, this is true, but guess what! At least for the times that he is with you, he understands that he should only have eyes for you and take control of where he lays his eyes. This practice of controlling his eyes with you will definitely spread to other parts of his life until he is sexually untouchable by other women. Again, this is not a prison sentence for him, but a practice in learning to focus, and learning to develop will power. This is the sort of practice that will help him scale great mountains in business, psychology, health, and in the world of spirit.

Peak Fertility and Premarital Pets

Another huge casualty of the war between the sexes and a lie that the false flag feminists foist upon the innocent masses of femininity is that you can postpone having babies until your late 20's and early thirties—even your 40's. For the most part this is not great advice, because conventionally women's fertility is maximized at around the age of 22 or 23 years of age (4). I think most women know this intuitively and this is why you see a lot of modern women, who are past this fertility peak, getting dogs to “mother” instead of having actual children to mother.

Again, the purpose of life is not to have a bunch of offspring. Having a bunch of offspring is not special per-se; animals do that too. But, if you can raise your offspring, (your children) properly, raising them with love and righteousness, you have created a great start for your kids, and have done something valuable for the larger community. Your proper parenting will send positive ripples into the world and into following generations.

But if you wind up never having any children of your own, you should not despair; there are many other positive ways you can contribute to the world outside of motherhood.

But let us return briefly to that little point of pets, specifically dogs. Before I go into this, let me say that I do like dogs. I think they are great. But I feel too many people in America do not keep their dogs properly, and many dogs run the house, not the man, or even the woman of the house. This is somewhat an abomination in my mind. I am not saying that you should not have a family pet, nor am I saying that dogs are bad. But if you have a dog, especially if you are a single woman, you should realize that dogs could be a turn-off for many men, myself in particular. Dogs represent

some other item that distracts a woman's attention from loving her husband and properly attending to him. There are some preachers and spiritual teachers that look at sharing a home with a pet tantamount to inviting evil into your home. Again, this is not to say that pets are bad, but for many pets there is a lack of self-control. Dogs and cats do not have the same level of self-control as do people. This serves as a way of disturbing the peace that can and should be the priority of any home. After all, what can evil be described as? In many cases, evil can be described as the inability to control one's self and the love of sense pleasures. If you have ever spent time with dogs, cats and other pets you will know that the senses of food and the tender caress of their owners is something they just cannot live without. Animals simply have a tough time controlling their impulses and desires. So, keep all that in mind if you are serious about finding a good man and creating a strong marriage and family.

Marriage is not a Panacea

I do not think it wise for any woman (or man) to think about marriage as this unassailable arrangement that will provide every last need that a person can have. Marriage will not immediately solve problems of the psyche. Marriage, although a very important institution, is not a cure-all and is not something that people can simply fall asleep at the wheel once practicing. Marriage is a protective spiritual and energetic shell (for husband, wife and children), and serves a huge positive force in the world, but like any living system it needs maintenance care and attention to stay vibrant and healthy.

Even though marriage is not a panacea, if practiced properly, it can take care of many of the problems of the married man and woman; raise strong children; help strengthen religious and state institutions, neighborhoods, towns, cities, states, countries; and please our Creator. You can see what great responsibility you and your husband will hold, or at least have the potential to hold, as husband and wife. Some of that may sound a little frightening, somewhat like looking up at a 400-foot cliff you plan to climb for the first time; but inch-by-inch, you can build an awesome, successful and healthy marriage that will stand the test of life's trials.

There is of course a large wedding industry and culture. Many young women have been programmed by western society to think that a wedding day must be perfect. Then there should be an amazing honeymoon after that and then the marital force field will make every single last minute of life

an effervescent joy...forever. But then, someone gets pregnant and the first child comes along. Then things jump to a whole new level of interest. At this point the marriage is put through its paces. Can it hold up under the stress and strain of sleep deprivation, balancing work, life, parenting, and other obligations? From what I recall of my marriage research over the years is that a great majority of divorces happen after children are born. This largely happens because there is not a foundation of friendship and soul unity in many marriages and many husbands and wives have never thought out and mutually planned how they were going to handle the raising of their own children. This leads to marital discord and potentially divorce. But again, if young people can plan out what they want and set a proper foundation like the one I layout in this book, then they can find greater success in their marriage, once children enter the home.

Chapter 8: Premarital Advice for Young Men

The majority of young men today will have to work to make something of their lives. That should not come as a shock or tragedy to you if you fall into that economic bucket devoid of trust funds. The fact of youthful poverty can be a real blessing to you. Some young men grow up with everything given to them. Depending on the way in which those gifts were received, such gifts may be benefits or obstacles. Many men who grow up in wealthy homes do not develop the necessary work habits and mindset to become successful members of society. So, if you are starting out poor, and nothing is being handed to you, do not despair. If you are a young man with means, take heart as well and do your best to develop your ability to create more wealth and protect what you have.

As a young man who is interested in marrying and having children, you need to get serious about making a living for yourself and creating enough surplus income to support a wife and children. If you really want to earn extra credit, you will also strive to earn enough to help out friends and family in need. So this means that getting rich is a good goal to have if you are young and starting out. But just remember, riches alone will not guarantee you happiness. But, if you can use your wealth to provide for other people in your life, family first, you will be much happier than a man who slaves away in a position that will never provide sufficient income to become wealthy and use that wealth to help others.

But if you are a man who loves a specific kind of work, say plumbing or HVAC work, you may think that it is impossible for you to become wealthy; but that is not the case. It is still possible to start in some line of business, even a simple mail clerk in a corporate setting can one day become CEO if he learns the rules and intricacies of his business and does his very best to earn the trust and respect of his colleagues, on all levels of his business, by providing fast, accurate and reliable work, delivered with an undercurrent of positivity and integrity. In fact, if nothing else, to become successful as a man, you should strive for Integrity, Intelligence and energy. These are the things that Warren Buffet looks for in an employee (1), and since he is one of the wealthiest men in the world, it would make sense that he knows a thing or two about what it takes to become successful in the world of business.

Integrity

Integrity is important, because without it, you leave yourself open to create difficulties in the world. Integrity means honesty, fair dealing, looking out for your customers, your employees, your shareholders (if you have them) and the larger community beyond the wellbeing of your business. Integrity means doing what you say you are going to do and being able to earn the trust of other people while at the same time acting in a trustworthy manner.

Trust is a very important skill to develop in all of your relationships, but in the venue of business, it can earn you a lot more than if you cannot build trust. If you can develop solid trust with people, like Warren Buffet has, you can walk down to a company you wish to buy with a check for millions of dollars, give it to the owner, and then walk out with nothing more than a handshake. This is exactly what Buffet has been able to do over the years with a few of the companies he owns, because he is so highly trusted by everyone in the world (1).

Along the lines of trust and Integrity, think of the example of Tiger Woods. He was given many gifts from childhood. He was given the opportunity to become very good at a sport that arguably has the longest viability window of any other professional sport out there (as far as the ability to play the sport at a professional level without being injured or needing to retire because of the physical demands of the sport, like players must do in other leagues like the NFL or NHL.). He really had everything, millions of dollars in sponsorships, a beautiful Norwegian wife, and full dominance of his sport. Most everyone looked up to him; they thought he was great. But what did Tiger do? He made the mistake of engaging in sexual intercourse with women outside of his marriage. He violated the seventh commandment, "Thou Shalt Not Commit Adultery." After his wife found out and the story got out, the media had a field day with it. Tiger lost quite a lot of what he had gained, he lost his marriage (his full access to his kids), he lost a lot of sponsorships, his game went into a tailspin, and he had to figure some things out.

Now to be clear, I am not in any way condemning Tiger. Being a professional sportsman puts men on a pedestal and makes them targets for gold-diggers, groupies and Star-f**ers (women who want to sleep with as many celebrity men as they can in order to cash-in on paternity payments.). In addition, Tiger's touring schedule likely took him away from home quite a bit. But, if Tiger was truly devoted to his family, he could have

very easily brought his wife and kids along with him on the road so that she could have kept him company.

Tiger's infidelity cost him millions of dollars (2) and his ex-wife is now pregnant with her third child with some other man (the first two children being Tiger's children) (3). Arguably from a financial perspective, Tiger's kids are set for life, but from a psychological and spiritual perspective, they may have some big challenges to face as they move into adulthood and find their own way in the world because of the divorce of their parents.

So here it makes sense to learn from the mistakes of others. Do your best to know yourself and be authentic--be honest, be trustworthy and live within your own sense of right and wrong. Hopefully your sense of right and wrong will pull from ancient, Biblical principles like the Ten Commandments, or some other valuable set of moral principles, but doing all of this will lead to a life of integrity for you and will protect you from many of the pot-holes of life.

Intelligence

Believe it or not, intelligence can be developed. No one is limited in his or her amount of intelligence. The brain is very plastic (4) and can grow and develop as it is properly stimulated. It is an amazing organism and can function in many amazing ways; and more importantly, brain cells can be developed and the IQ that you are said to have at one point in your life can be changed for the better if you care to develop it. Scientists are now discovering that brain cells can develop and can grow at any age (5). So if you care to improve your intelligence you can definitely do it. This all begins with belief. In his great book *The Biology of Belief*, Bruce Lipton shows people how what they believe can change their reality. So, if you have been told you are not good at something, or you are dumb, you can change that by telling yourself, "I am really smart." Of course, your prior programming will fight against that new positive thought, but if you keep at it that thought of being smart will become your new reality and all of those other negative thoughts of stupidity will go away.

What's more, there are many different ways to define intelligence. Intelligence is not simply book learning and memorization. There are men who work in the trades that know many more things about their specific line of work than would someone who is a physician. If the physician's toilet goes out, the wise use of another professional that is a "doctor of plumbing" would be a very wise use of his time, instead of rolling up his sleeves to fix the

problem himself. In this regard the intelligence of a plumber is far more important to the physician's home life than the physician's knowledge of the human anatomy.

Energy

How can you develop energy? Well, I believe it starts with doing something that you are passionate about. What do you love to do? Write it all down. Even if it seems like what you like to do has nothing to do with work, if it is a hobby you may very well be able to make that into a business. In the world of direct response marketing, there are four major markets: Getting laid (dating advice), getting paid (how to earn money), not dying (health), and hobbies. That last portion can very easily become a very lucrative line of work for you. Say for example you love to surf—you could try to go on the professional surfing circuit and get a sponsorship. But you could also take the less competitive route and simply start a YouTube Channel where you go around the world and find different surf places, interview surfers, and do instructional videos for people about how to surf. You could call the business: *Never Ending Summer*.

Even if you are currently a “lowly” laborer for a construction company, doing demolition work, or maybe you're a lowly ditch digger, believe it or not you could do YouTube videos on digging ditches, you could save your money and buy a ditch witch to help you dig ditches faster. You could then save up and buy a mini excavator and now you're really moving mountains! There is truly no end in sight to the opportunities that exist in America and many other western countries where there is little corruption and laws of equity are in place to protect the property rights of individuals.

By doing what you love, you get energy from it. People will notice how much better you are at this one thing than others, they will reward you for it, and you'll get even more energy. But in addition to work energy, it pays to work on your own personal energy—eating right, getting sufficient sleep and exercise will help to improve your energy levels as well. So, whether you dig ditches or dig in abdominal cavities with a scalpel, your work is important. Take care of your physical frame, your mental frame, and the spiritual concerns you have, and you will be able to do your work with zest and energy!

Provisioning

I have talked a lot here about being a provider. At the heart of each man is a provider (6). Nothing is as demoralizing and potentially heartbreaking for a man as to feel powerless to provide for his family. Men who consistently feel that they are not able to succeed in some sort of endeavor often run the risk of falling into some degree of depression, substance abuse, or suicide. Men need to have power. Power does not necessarily mean monetary power. Again, all power is God's power, and even the penniless can do amazing things when they hitch themselves to God's ever-existent power. Take Gandhi for example. He freed his country from British rule without one bullet, or penny in his coffers (7). He used what he termed Soul Power to drive out the English overlords with the power of peaceful disobedience.

So, you do not need to be a multi-millionaire by the age of 25 before you can settle down with a wife and have kids, although it certainly wouldn't hurt. During the early stages of the family, it is best for men to be the primary breadwinners in the home; and when kids are little Mom should be at home with her kids. I know that this classical paradigm has changed over the years in many parts of the world. But as a man, you should do your very best to figure out what your passion is and do your passion. It is important to remember that women do not necessarily fall in love with *you* as much as they do *your potential*. They want to be part of an adventure, helping you achieve great things. If you have dreams of becoming a CEO, a business owner, a famous college professor, a master carpenter, or whatever else there is for men to do, then you should do your level best to put together a plan to accomplish that goal.

The mistake you must not make is putting your wife as the center of your attention, making her your only focus in life. As important as she is to your success, you want to be the leader of the home and work towards your goals. You need to maintain your interests and your male friend base as you move through life. She is not to be put on a pedestal as some queen to be served in every single capacity. Now this does not mean that you should not love your wife and take care of her like you do your own body. But you need to have a plan for your life that she can take part in helping you achieve. No woman wants to be the sole object of a man's life; she does not want that kind of power. What she does want is to be a helper to a man with great ambition that will take her along for the ride. Remember from the Bible that

God created the woman as the helper of man (Genesis 2: 18-22). Men are the leaders; women are the cheerleaders.

Even if you are not a high-income millionaire and your wife either wants to or must work outside of the home for money, then you must be the leader of the household. You need to have personal authority. Personal authority means that you are powerful over your own life and your own household. If you have to report to work and serve a boss, you do that to the best of your abilities and your own household. If you never earn over \$60,000 a year that's all right too. You do not need to be a millionaire, but when you get home, you are the one who calls the shots for your home life, and you take influence from your wife. You give her the ability to voice her opinion, but you make the final decision (and you accept that responsibility in all situations).

You never ask her what she wants to do. You make plans of what you want to do and ask her if that sounds good to her. If she doesn't like the idea, then you come up with an alternative idea. Mainly, women want to show up, look pretty, socialize, have fun, and rear babies. This is how God made women. Sure, those aforementioned desires have commercial value and can be sold in the marketplace for money to provide for the family if she wants to do that. But when a woman has a baby of her own, that little boy or girl becomes her primary desire to spend time with and nurture. This totally natural instinct has been subdued and ignored by much of the feminist movement today. Deep down, a normal woman does not like to go against this natural instinct. Working in a job, away from her baby, is very hard for her.

One of the biggest mistakes I made in my first marriage was not adopting the mentality of a provider, I complained too much about my current job, but did nothing about it. Even worse, I complained to my wife about my job. My complaining put pressure on her and made it much more difficult for her to leave her job. In fact, she never did leave her job, because she did not trust me to be man enough to provide for our little family on my own.

As a man, you need to keep many things in your work life to yourself and not pull your wife into those stresses. You should not make your wife your psychologist. She is there to help you succeed by doing laundry, keeping up the house and looking after your children. That's the primary classical role of a wife. Yes, you can share things with her and reveal parts of yourself to her, but for really tough problems that solely reside in the world of men, you need to keep those problems to yourself and God. Yes, you can reach out for the help of other men if it seems that God is remaining silent on

whatever issue you are facing. But going to your wife and burdening her with your work troubles is not a wise thing to do.

If you find a good wife, like the one described in Proverbs Chapter 31 she can help you in other ways besides taking care of the kids, she can keep the books, she can handle the home's accounts payable. She can beautify the home, she can help edit your manuscripts, pick out ensembles for your wardrobe, and run errands for you. She can become your number one executive secretary. Of course, she can also console you when you're down, she can make suggestions that may help you positively alter the course of your career. But always remember that her console has its limits; do not make her your mother and let your work/career problems affect her and cause her concern. Believe me, as a mother, she has many concerns of her own.

Returning to my own experience of working when I was married. I have found that commerce, the corporate world, and the innate drive to earn a living are what is truly the *dragon* of classical lore. Today, corporate America is "the dragon". I believe a man has to fight to save his woman from the pervasive and insidious nature of corporate America and the societal programming of material aggrandizement. Of course, we should live abundant lives, but we all must do our part to save ourselves from excess in the physical world. Now today, many women, like men are expected to take part in commerce and earn a living just like men. I believe when women take part in commerce, they have to expend a lot of masculine energy and build up stress that in many cases goes to their hips and waist (8). These women, trapped in corporate America, become "little fatties"—two-hundred-pound-tyrants! In their mind many are thinking, "Man, this is not what I signed up for. I have to work, then, I have to come home and take care of the house and do all of the things that a mother should because my husband is not able to earn enough on his own."

That sounds like pretty cruel, selfish thinking doesn't it? Well, this is the sort of thinking a woman who does not feel loved and protected harbors in her mind. There is an old saying that courtship never ends. This may sound scary, but it should serve as a wake-up call for any man who thinks that when he gets married all will be well, and all of his work is done. He may be thinking that he has a woman in his life now, and if he can continue to show her that he loves and cherishes her throughout the relationship she will never doubt that her man truly loves her. It is when she has doubts about his love, if he does things that seem unloving to her, that she will test him. She tests when she feels unloved or unsafe. Since her greatest fear is un-

love, she must take steps to confirm that her husband loves her, if conditions in her marriage seem to be moving away from the love she wants and needs.

This feminine urge to test is what men perceive as crazy. A woman who is unloved can do some really goofy things. A woman, especially an extremely attractive one, will do things almost immediately to see if a man has what it takes to look after her. There is another old saying that if a man cannot stand up to a woman, he cannot stand up for a woman. No amount of money in his pocket can teach a man how to do this; this is a skill that he must develop if he truly wants to put a woman in his life. Money, although important, is just one attraction factor of many. If you currently do not have money, but have a plan to get it, she will hop on board if you have the drive and energy to do it. How exciting for her to be part of your adventure! That gives her the ability to live her own romance novel.

Lastly if money were this panacea, men like Warren Buffet, Elon Musk, Donald Trump, and yes Tiger Woods would have never experienced divorce. Most women that you would probably enjoy spending time with (Those we would describe as quality women), on average, would prefer a real man who is poor over a rich man who's really a wimp and uses money to cover up that fact.

All you need to do is be the man that God wants you to be and set out on the path you believe he has set for you and the right woman will stand up and say, "Hey this looks like it will be a fun ride! Where do I sign up?" In some circles, these women are what we would term a "ride-or-die" woman. I really like that term, ride or die woman. A ride-or-die woman is the type of woman the writer of Proverbs had in mind when he described her in chapter 31. That sort of woman always has her husband's back and will cheer him on through thick or thin. The ride-or-die Woman stands by her man. As her man, you must do your best to make the ride as fun and enjoyable as possible.

The True Meaning of Marriage

Up until this point, we have been laying a framework for what sort of things you should do in preparation for marriage. But what is marriage, and why should you care about it? Well, marriage is a safe spiritual and psychological vessel in which to raise happy and healthy children. It is also a safe vessel in which to practice sustainable sex. It is the chance to melt away all of the shadows and miseries of childhood that may haunt you in your adult life; to give the full love that your wife needs and wants and to get the

full love that you need and want back in return. This is what Harville Hendrix describes as finishing childhood (9). So, a good marriage serves as one way to finish childhood and to become fully an adult. A good marriage also serves as a strong institution through which you can serve God and the greater good of your local community, your state, your country and the world at large.

However, marriage is not a prison sentence. Marriage should not be a trap. Marriage is not a license or expectation of sexual gratification, although if practiced properly, a good marriage should satisfy the sexual needs of both the husband and the wife. Marriage is not a mere social arrangement or a meal ticket. The man or woman who marries simply for money is in for a long road of humiliation. Marriage is also not a master-servant arrangement. Neither man nor woman should become the servant of the other. Each participant in the marriage should know their role, do their role and watch the magic happen. In a good marriage, a wife is not a mere servant and sex object, nor is a husband a meal ticket, pack mule, and pool-boy extraordinaire. There needs to be friendship, trust, respect and unconditional love for a marriage to work.

How Sexual Continence Can Help You

Now you may recall if you read the earlier parts of this book that I do recommend men and women wait until marriage before they have sex. At the same time, I do not recommend people speed through a courtship in order to get married faster so that they can have sex sooner. Sex cannot be the primary factor in your relationship, or you will create troubles later on. Remember, marriage is somewhat a long shot. It's like a sniper shot from a mile away. Any miscalculation or maladjustment at the shooter's end can have large effects on the target's end. Sticking two young, sometimes-foolish, and sometimes-impoverished people together in the hopes that they will stick together for an entire lifetime is seemingly an impossible pipe dream. But whether it seems that way or not, you can plan your shot so that you are more than likely to hit the target and make a good marriage in the long run.

So how does all of this relate to continence? Well, if you are able to control your sexual urges in your youth, it will be easier to control them throughout your marriage, thus keeping you away from infidelity and sexual disagreements in your marriage. As a man, you have this hormone called Testosterone flowing through your body. You may have noticed already, but testosterone increases your sex drive exponentially compared to that of a

woman who does not have testosterone in her body at nearly the same level (10). Testosterone is what makes you a man and makes you different from women. It is not something to be ashamed of, but it is something that you must learn to harness and control, or it will make your life difficult. Paternity testing, break-ups, divorce courts, custody battles, and endangered children: all of these things stem from a man who cannot control himself sexually.

A man, who can control his sex force, can harness that power for many great things. He can plan, build, design, create; he can master his own world as it were. If a man can set aside his sex drive in the biological sense, he can harness his sex drive to work for him in every other avenue of his life.

A man who can go without sex for a prolonged time, who can rise above his desire to be with and be inside a woman (or women) becomes somewhat a super-hero. The ability to live above the sex force gives him huge power. He no longer has to worry about whether or not he will have sex ever again. He is free from the main leverage that women have used for centuries to seduce and undermine the great ideals of great and nearly great men: their vaginas.

In addition to becoming seduction-proof, men who do decide to commit to one woman in marriage, can use the ability to go without sex to help strengthen their marriage. This happens primarily when a woman is sick, tired, or pregnant. The reality is that sex cannot happen all the time in a marriage, boundaries to sexual intercourse must exist in marriage. Trying to have sex with your wife when she's asleep, or when she's too tired are misuses of sex that will hurt your marriage.

Also, when your wife becomes pregnant, there are some good reasons for the two of you to abstain from having sex for the time of her pregnancy. The main spiritual reason is because your wife at the time of her pregnancy is sharing her body with another soul. That soul is present and has enough understanding to feel the vibrations of its host mother and attendant father. When the mother and father have sex while that soul is still connected to the mother, it sets up waves deep within the subconscious that sex is something to be had all the time. Sex during pregnancy could therefore create a deep-seated subconscious predilection towards promiscuity in your unborn child, so it pays to set sex aside for the nine months that your wife is pregnant. Remember, friendship is the most important thing in your marriage, not sex. In addition to spiritual concerns, there is the potential to hurt the child and the womb while having sex during pregnancy. Therefore, it makes sense to put off sex during this time.

So, what do you do if you cannot have sex? Lots of things! You have to use the “hot water” that fills up your “kettle”. Exercise, write, plan, and take care of things, whatever you need to do to make your life and the life of your wife a good one. Convert your sex-drive into worldly creations to improve your life and the lives of others.

There is one other thing that controlling your sex drive will allow you to do. It will allow you to concentrate more fully. Being able to set the sex force aside and to control it will allow you to pour out your focus into your work or whatever else you face in your life that requires your attention. This focus will help you to devour your work so as to win promotions or whatever business and life success you are working towards.

How to Choose Your Wife

The best and first way you should go about selecting the proper wife to accompany you through life is by praying to God for guidance. If you have a meditation practice, a great way to ask God for guidance is by praying to Him after you have completed a period of meditation. Ask Him to guide you in the proper selection of a wife to maximize your spiritual growth, health and happiness. If you do not have a meditation practice, I recommend one, but until you have one, simply pray to God for proper guidance in the selection of a wife.

Also, I repeat these three tenets to selecting a proper spouse so that you may remember them when you search for your wife. First, you should consider friendship and a sense of soul unity; second you should have shared interests along with copacetic worldviews, spiritual views, and religious views. Then third and last, you should have sexual attraction for each other.

As a man, you will likely find that your sexual attraction will be your guide to meeting women, especially if you have not done any work on controlling your eye moments; but do not rely on simply your eyes. If you encounter a woman who is attractive, then you must go off and meet her and “see about her”. You need to see if there is a soul and mind on the inside of her physical package that lifts your spirits.

Also, I warn you NOT to let your imagination run rampant during these early stages. It is quite normal for a man to start having all these fantasies about a woman that he is smitten with and has just met. He will imagine what their kids will look like, all the places they will visit, the type of home they will live in, etc. He does all of this without knowing what her family upbringing

was like, whether she takes good care of herself and the people in her life, or if she's simply an empty vessel—pretty on the outside but lacking inner fiber. Surely imagination is a great thing, but do not get your hopes up too high until you know whether or not a potential wife truly has the characteristics you are looking for in a spouse.

This brings up an important topic, the topic of avatar. Avatar is a word that is used in marketing to describe the ideal person that a business owner would like to work with. An avatar is an overarching physical, mental and spiritual profile of the person that you are looking for to become your client or buy your product. In this purpose, our avatar is the most proper woman to spend our life with, so it pays to define what it is that you are searching for in your potential wife.

When you make an avatar, sit down and write out what you want in your wife. First, write down all the positive traits that you want her to have. Second, write down all the traits that you do not want in your wife. Third, define how you want your marriage relationship to be. Fourth, write down what things about yourself you may need to improve in order to attract this woman. Fifth, write down places where you believe you will find this woman. Lastly, go on the Internet and get samples of the type of woman you find beautiful and put them into a one-page vision board that you can review as well (Here, I should add that these are pictures of fully clothed women).

Remember, we are not looking for a soul mate here. Even though soul mates do exist (there are primary and secondary soul mates) (11). You are simply looking for a woman that has many of these desired characteristics you define as possible. An ideal woman may not have everything on your list, but you may be surprised of how many things she does have.

Once you have made your list, you should order the traits by their importance. After your list is ordered, a certain number of top traits on the plus and minus side will serve as must-haves or deal-breakers respectively. These will be the most important traits. All the remaining traits can either be forgone or accepted as you see fit. In addition, this is a living document; you can change it at any time. I recommend you read this document fairly often so as to know what you are looking for so you can easily spot her when you see her.

Doing this exercise will help you get clear on the type of woman you would like to spend your life with and will help you avoid wasting your time with women that do not meet your standards. Ideally, this practice will help reduce heartbreak because you will not half-heartedly let those women into

your life that do not meet your standards. It will help you avoid having to break-up with women that you really were not that happy with from the start and had reservations about. It will keep you from investing in the wrong woman or having to fix a woman who is too far away from your ideal.

Courtship

As mentioned earlier, the idea of testing out your friendship before you let things become physical makes the most sense. The reason is that if you have sex with a woman before marriage you are creating a bind to her. She may not be the right person to spend your life with, and by having sex with her, you are creating a bind to her and are putting the cart before the horse. Therefore, dating and cohabitation should be avoided because it brings living together and sex too far forward into a relationship and makes people forget the important elements of success in marriage: friendship and soul unity.

Courtship on the other hand allows two people to work on their friendship and soul-relationship without confusing the relationship with sex. Since sexual intercourse is “relationship glue,” it makes more sense for sex to take place after courtship and marriage, once the couple has had the time to really get to know one another and strengthen their friendship through courtship.

Another important thing to do during your courtship is to get your family involved in the process of selecting a wife. At some point, they should be enlisted to help you select your wife. You should plan interactions with your family and her family to get to know each other better. Both her family and yours should have both of your best interests in mind and should help you select the proper spouse to settle down with.

One thing you may discover during this time of courtship is that although your general desire to have sex with a woman is a strong driver, there are other enjoyable aspects of your relationship that are of more importance beyond sex. Simply spending time with a woman can be an enjoyable experience because having that feminine energy in your realm helps a great deal. As it is written in the Bible, God made them Male and Female (Genesis 5:2), so we are each half of a whole, and when finding that proper reciprocal we can become complete. That masculine and feminine energy come together to form something magical.

Single Mothers

The single mother is defined as a woman who has had her child out of wedlock or is divorced and has children from her marriage. If you are looking to build a strong and prosperous household, you should avoid single moms. The single mother is different from a widow whose husband died of natural causes, or an accident outside of the home. In this section I'm going to talk about single mothers, and not widows.

As you may have observed, the strong feminine presence that surrounds much of the popular media today likes to paint a picture of the heroine single mother. But the reality is something far removed from that story spun in movies and television programs. Single mothers are not heroes but are lost souls that tried to complete themselves or drown out their sense of emptiness through premarital sex which resulted in children that they have to take care of on their own. Or single mothers were married and did not know how to care for and love their men properly so as to keep the family strong. Instead of striving to be a good woman who uplifts her man and encourages him, she betrayed him and or abandoned him. (Remember that nearly 75% of all divorces in America are initiated by women).

I realize that the preceding paragraph might be a bitter red pill to swallow, but it is in many cases undoubtedly the truth. Now I realize that there may be some single mothers out there who were the heroines and did all they could for their man and he still deserted her, but those women are rare. It is more likely that the single mother uses a well-rehearsed story that she created to sell new men on the tenuous idea of marrying her (and her kids by proxy). The single mother spins a web of deception to capture a new man to provide for her and her offspring.

Exploring causes that may seem less judgmental toward the feminine side of humanity, we can also again look at the prevalence of fornication in our culture today and many young men and women coming together for reasons simply based on sexual attraction and not on wisdom and guidance. In that vein there are many attractive women who were indeed mesmerized by bad men. Perhaps these women did not have a father and mother to shield them from that sort of pillaging man. Many people have observed that many times beautiful women do fall for the jerk—the man who embodies the Dark Triad (Narcissism, Machiavellianism, and Psychopathy). Sadly, a lot of these women do not wake-up until late in their marriage after kids have come into the picture and their man's dark triad behavior hurts her children. At this

point she may begin to wake up to the reality that she married a monster, or someone “you just can’t reach.”

Even in the rare case of a good woman left behind you still need to maintain vigilance. Do not take this assignment. Pass, and find fairer ground. Let me ask you this question: when you see an accident on the freeway, do you ever stop to help out? I mean, if the accident happened prior to your arrival, and you are not legally obligated to stay put as a witness, do you ever stop to help out? I am not saying that you should not help out and be a good neighbor, but if it is apparent that help is already there, then you should steer clear.

A single mother represents a wrecked relationship and marriage. You can feel sorry for her, and pray for her, but by all means you do not have to let her inside the gates of your heart and become her white knight. If you are a single man, who has never had children and has never been married, I say leave single mothers to single fathers and the ignorant and uninitiated. Even if you are a single-father who has been left behind by a now ex-wife, hold strong, rebuild yourself, heal and find another woman when you’re ready—one who does not have kids. Again, I stress do not engage single mothers, do not spend time with them, and by all means Do Not have sex with them.

One commentator in the realm of men’s issues stated that single mothers are like fast food. They taste really good at first but leave you feeling not so good later on. A lot of single mothers resort to using their sexual attractiveness to reel in men. Unfortunately, a lot of these young men are like moths before a flame and know nothing about the greater implications of their sex force beyond simply wanting to get laid by a hot woman. Do not fall for any of this. You take the stance of the lead character in the old movie *Seven Brides for Seven Brothers*, who after amassing enough wealth in the wild frontier by trapping, goes into town to finally chose a wife. There’s a scene where he’s walking down the street and looking at different women and he sees one that seems pretty nice, she’s hanging up clothes, then all of a sudden a child runs out to talk to her, and the look on his face is one of revolt and disgust. He obviously keeps looking. You do the same thing—keep looking.

A lot of what I am saying here about single mothers is laid out in the Bible. In the Old Testament, the women of the losing side who were left over after a battle, and had kids or had previously known a man, were killed. Obviously, those were some pretty harsh and barbaric times, but in many of the Biblical stories there are many examples of women lacking impulse control and doing things just for whatever reason or none at all. Despite that

reality of uncontrolled women still playing out today, I am by no means promoting violent solutions for this age-old problem. I am simply pointing out the reality to young men who do not need to enter into the sacred vessel of marriage with a woman who does not have a good track record of marital success.

There are some other reasons why you want to stay away from single mothers. Their children, often, but not always, will come with some anger and abandonment issues among other psychological problems. They will have some suffering in their minds that revolve around the failed marriage of their parents. They will also often miss their father who obviously becomes less of a presence when divorce strikes the home.

Now if you step in and marry this woman, even though you may not have been the source of the previous marriage's demise, you are stepping into a position that naturally blocks hope of their parents ever reconciling. Also, since you are not their true father, they will resent you, or could resent you; thus, becoming truly rebellious towards you.

Also, many people have noted that the children of single mothers are often like monsters. Not because they are evil little people, but simply because women are not that good at establishing rules boundaries and limitations as are fathers. You are adopting all of that when you get involved with a single mother, especially if you marry one and take on the role of stepfather.

The last, and probably most important point to make on this subject, comes from the New Testament (Romans 7:3, Mark 10:12, and Luke 16:18), which essentially says if a man puts away his wife and marries another, he commits adultery, and any woman who puts away her husband and marries another man commits adultery. Do you want to be 50% of an adultery equation? I hope your answer is "no", because I have seen it myself, in numerous occasions, that those who do are setting themselves up for major and minor difficulties.

Ultimately, life is challenging enough, do you really want to add all of the complexities of a single mother's reality to your life? It's better to become a celibate monk in the high Himalayas than it is to marry a single mother. Case Closed!

Party Girls

A party girl is a female substance abuser. She spends a lot of time at bars or at parties (hence the name) having a high old time frolicking with other substance abusers.

One of my earlier teachers told me to stay out of bars and night-clubs when you're searching for a suitable wife or girlfriend; because when you spend time in these places you are exponentially increasing the odds of picking up a party girl. Focus your searching in places where healthy lifestyles and sustainability are the norm.

Party girls, for whatever reason use substances to fight negative feelings in their minds that persist because of their less than optimal upbringings. The reasons for their current choices are not for you to dissect and address but are those best left to a competent counselor. Again, we don't revel in the chance to jump into a bad situation because we want to be a hero, or worse, we think that we cannot do better than a woman who abuses her own cells with drugs, smoking and alcohol.

Remember, the point here is to find a good wife, and mother. A woman who's abused her body over many years with dangerous and harsh substances is somewhat like a superfund site. There's a lot of waste on the land, so you aren't going to go and plant an orchard on that site, are you? You're not going to plant a garden in the middle of a landfill, are you? No, you're not going to do that. Please, do not do that.

Party girls often become single mothers, because their addictions get in the way of healthy and sustainable practices in their marriage. When problems arise, they will often run back to the bar or start using again to solve their problems. Their using also comes at a huge price to their own nervous system and much of their brain function might be limited by their damaged cells inside of their brain and nervous system. Let us not even get started on fetal alcohol syndrome, or children who are born to mothers with active drug and alcohol addictions. These newborn babies automatically go through withdrawal symptoms immediately after they are born because they are no longer sharing a bloodstream with their addicted mothers. Thankfully, I have not witnessed this firsthand, but I have been told that it is a harrowing site. A newborn, so seemingly new and innocent, dealing with serious suffering from the misguided decisions of his or her mother is truly something only the devil would find enjoyable.

Alright, I believe this is fair treatment of both types of women, single mothers and party girls. If you have read all of this, please heed my advice

and stay far clear of them. Look for a healthy girl or woman to become your wife and the mother of your children.

Cohabitation

Cohabitation is when a man and a woman live together before they get married. Cohabitation is not a great thing to do if you are concerned about the long-term viability of your marriage. The reason for this is because cohabitation reduces the likelihood that the man and woman will wait until marriage before having sex.

Another reason that cohabitation is bad is because it shows that the man and woman cannot wait until they are married to share their life together. It's somewhat like opening your presents before Christmas. Cohabitation shows a lack of discipline and order and boundary.

As a man, it's your job to lead the relationship, and many times when you give in to a woman's overarching desire for connection by deciding to cohabit, you're giving up your power in order to have sex with her early.

Remember that the success of a marriage depends on the friendship and sense of soul unity, not on the physical aspect of the relationship. So, it is important to wait until you marry and not "play house" with your woman to see how things will go by cohabitating. Be willing to take the stand of marriage before you share a home and bed with your woman.

Chapter 9: Rites of Passage and Arranged Marriages

In many ways it seems like American Culture is somewhat of any oxymoron. We seem to have most of our culture tied to corporate and privately-owned entities that own the broadcasting companies that produce the forms of media and entertainment that most of us consume on a daily basis. What is also challenging or concerning is that many of us are not encouraged to grow up. By that I mean it seems that for many of us what seems cool and hip revolves around doing what's fun and exciting, not what is hard-work and challenging.

For many of us, we are never given recognition of the fact that we are no longer children. Therefore, many of us continue to act as children, not taking responsibility for anything in our life, but continuing to blame people or circumstances on our failure to execute in whatever area we find ourselves.

Women might have a sweet sixteen, but that does not really honor the child that much or recognize that she's an adult. In more cases the sweet sixteen is just a party and a societal message that there is another young woman soon to be entering the legal sexual marketplace when she turns 18.

I think this lack of a rite of passage is even worse for men, because it can potentially be more dangerous. For most men in our society, they believe that they must develop a lot of physical muscle, get drunk a lot with the guys (like they see on beer commercials), join a military service, or become a sports star. A lot of these young men who lack a strong father figure wind up signing up for military service in order to become a man. Sadly, many men find out that military service is not a sustainable life path. Military services are where many men learn about pornography, strip clubs, drugs, alcohol, and weapons of varying degrees of destructiveness. Nowhere in the military curriculum is there anything that teaches a young man how to develop his usefulness in business (unless of course there are skills that are useful for the war machine or military, i.e., major occupational specialty), or more importantly how to find a woman and develop a lifelong relationship with her that gets better year over year. In defense of the military, it is not really their job to teach men how to do those things, it's their job to protect their respective country, ideally.

Truly what is missing from most American homes today is a celebration and blessing of our children when they reach the age of puberty.

There is no celebration of them as individuals and a formal blessing to them and spiritual wishes of a bright future.

You do see this sort of rite of passage in the Jewish tradition with the Bat, and Bar Mitzvah. This among other traditions in the Jewish faith may explain the high proportion of Jewish success in the world at large. From the age of 12 most Jewish youth are officially recognized by their family as young men or women. This gives them a spiritual and psychological boost that helps them begin to prepare for adulthood 8 years before they are legally considered adults. Many Christians and pagans do not get such a head start.

Like Craig Hill, I believe more faiths, Christianity for example, need to start recognizing their children's coming of age and bless them and celebrate them for reaching this important milestone. In Craig's book, *The Power of a Parent's Blessing*, he recommends that non-Jewish people celebrate a Bar or Bat Barakah ceremony for their children. Bar means son in Yiddish, and bat means daughter. Barakah means blessing. So these services are essentially celebrations of the child's coming of age and a blessing for them during that time of transition. Craig also points out other important milestones in a child's life where they require blessing as well, but I recommend you check out his book if you want to dive deeper into learning how to bless your children if you have them or plan to have them one day.

A Bar/Bat Barakah should have the same importance as a wedding, in that the parents should spend some decent money on the event and invite friends and family to it. It should be a formal affair, where folks dress up and show up with some sort of dish if so desired. If it is not a potluck, it should then be catered. It should be held at a church or someplace nice and everyone should be on their best behavior.

Prior to the formal service there should be some time spent discussing many of the topics offered in this book that are gender appropriate. The father, if present, should sit down with his coming of age child and discuss with him or her the changes that are going to begin to occur in his or her body and in his or her mind. The father should give direction and encouragement letting his child know that these changes are normal occurrences and if his son or daughter has questions, they can ask him or their mother for guidance.

Parenting is a subject beyond the scope of this book, but it would be important for you to have formulated a good relationship with your son or daughter, years before this rite of passage, so that your child can feel that his father (or mother) will offer sound guidance and judgment throughout the child's life. This is done by never using physical punishments on your

children (essentially, you must differentiate between your child's identity and your child's actions/behavior. Discipline should be loss of privileges, etc. not public humiliations, yelling, spanking, etc. It is also important to know that children "act up" because they do not feel loved, or they feel overlooked. These misbehaviors are ways of asking for their parent or primary care giver to step back into their life to help out. Acting up is like a drooping houseplant that needs water.), always thinking of their best interest, and answering questions in a way that make sense to the child. In addition, when saying no to the child, a reason should be given so that the child can learn valuable lessons of life and understand the reasoning behind their father's wishes. You may of course have fun with your child, but you need to have a boundary in place where the child does recognize you as the parent, the leader, their primary teacher. As such, you must do your best to remember as their main teacher and leader, you are very much their servant. It is your job to do your best to instill proper thinking and behavior in them so that they can successfully navigate the waters of their life when they are no longer a child.

Initiation Ceremony

Another idea to add to this time of a child's life is the creation of an initiation ceremony. This particular event would not be as public of an event and would be something that has a more sacred feel to it. I will discuss this aspect for both young women and young men.

I like the idea of these initiations happening out of doors, if possible. I like the idea of fire being a part of the process, whether in a fire pit, or in a fireplace. Those two elements can help to add to the sacred nature of the entire event. The event should be a celebration but somber (and nurturing for both girls and boys too) at the same time. These ideas are just that, they are ideas, designed to spark your imagination so that you can make your child's rite of passage a special and memorable one.

Also, it is important to take note of the wording I used in each the following two sections. Notice how I say, "...girls becoming young women, and boys becoming young men." The reason I use that terminology is because at this very moment of the initiation the girl is no longer a girl, but a young woman—not a woman, but a *young* woman. Same for young men. This is an important distinction because it is important for the young woman or man to henceforth think of herself or himself as a young woman or man. They should refer to themselves as young men or women. Their parents and extended family should henceforth refer to them as young women or men as

well. Then of course when they reach their 18th birthday they can simply drop the young and refer to themselves as women or men.

These distinctions are important because they help to build identity. Identity is a very personal thing and it is important for the respective initiate to understand that things will never be the same henceforth and that they are now entering a world of greater freedom and responsibility. They should be grateful and humble at the same time.

Initiation for Girls Becoming Young Women.

Here there should be a time where the coming of age girl can gather with elder women in her life that can pass on their love and blessings to the young woman. The mother and grandmothers should be present, if possible in the latter case, and there should be a celebrated woman in the child's life, like an aunt or close member of the child's family that can be the main initiator if the mother does not want to take the reins of the event (the main initiator is the master of ceremonies). The women can gather together and read short written statements of blessing to the girl and they can pray over her and recommend books and resources to guide her along her way to becoming a woman, mother, and wife—as those aspirations seem appropriate to the young woman going through the initiation. The inclusion of holy scriptures appropriate with the girl's faith should also be part of the initiation and the bat barakah.

It is important to note that this feminine initiation is for girls and women only (if the initiate has younger sisters it may or may not be appropriate for them to be there since the drive of sibling rivalry may distract everyone from the honoring of the initiate—the parents should handle these decisions as they see fit.), no men should be present. The Bat Barakah is a co-ed function, but the initiation is not.

The order of the events around the girl's coming of age should be, talk with father (or mother), private initiation, and Bat Barakah. This could all take place over the course of a 6-month span of time or shorter. These events should take place when it seems appropriate, but I believe the best time is shortly after the girls 12th birthday, or six months before her 13th birthday. Preferably the rite of passage ceremonies should happen before the girl has her first period.

Initiation for Boys Becoming Young Men

While the initiation for the girl is nurturing and free of physical trials. The initiation ceremony for the boy will include physical trials, a greater sense of danger, and perhaps even the presence of violence. Now before we go running off to grab a baseball bat or paddle, there are other ways to test a young man than by using physical violence or ritual beatings. I believe we can infuse a sense of challenge and test for our initiate boys without the use of physical violence, and for the record, I support the peaceful route to manhood. Heaven knows there are still plenty of challenges in life without people punching you or shooting at you, so for our purposes here in the industrialized nations, I recommend we leave violence to the battlefield and not infect our sons with it.

In some other books that I have read, *Iron John* in particular, there are descriptions of initiators knocking out a tooth of the initiates. I have also read that in some tribes they have the initiate drink the blood of other men as a way to show the initiate that nutrition can come from men as well as women. But honestly, I think some of those ideas are pretty savage and un-Biblical. The Old Testament reminds us that the life is in the blood and it is a sin to drink it (Genesis 9:4).

There are ways to create a special event for our sons that leave a great spiritual and emotional mark in their lives without bloodshed or savagery. Let me give you an idea that might work for your sons.

Remember the word testosterone, the hormone that makes men, men? **Test**-tost-erone, the word implies that to be a man is a test. Many men who have been to war or taken part in other peacetime pursuits can attest to the fact that there are many tests for men—more so than for women. Surely, women go through tests as well, but spare child birthing, few of them have been life threatening. Anyone who has seen mortality statistics can easily see that being a man is much more physically dangerous than being a woman. Therefore, with all of that in mind, the masculine initiation should include some type of danger, hardship, and mystery.

Before the event, the mother of the initiate needs to be contacted and prepped for the day of her son's departure for initiation. What happens on the day of the initiation is that a trusted friend, or the father himself, takes the boy out into the wilderness for some important, dangerous and spiritually significant task. What that task is, I'll leave it up to you to design. But on the day of departure, the father, or a family member shows up and takes the boy

out of the house and takes him away for a time, maybe a weekend or a three to five-day timespan.

For maximal effect, the father and another man take the boy out of the house amidst the pleadings and protestations of the mother. Remember, the mother has been prepped for this day and she is a willing participant in this event. Her job is to put up such a flurry of wailings and protests and pleadings that the son really thinks, “man this is really something wild going on right now!”

Remember here that it is important for there to be a spiritual, psychological, and physical severing of the bond between the son and his mother. The mother should be aware of this need of separation, years before it actually happens. Although this will surely be an emotional time for her, she must know that by allowing this severance to occur, and being a willing participant in this severance, she is helping her son to fully develop into a man, in a healthy way, as God intended.

Young men who never get this holistic severance from their mothers run the risk of growing up as momma’s boys, or juvenile delinquents, or both. The latter develops because young men subconsciously try to make themselves as displeasing as possible so that their mothers will hopefully let them go. In either case, it is not a pretty site for boys to develop into men without the guidance and support of other men.

So back to the boy’s initiation narrative; on the day of the boy’s first brush with initiation, the father or an uncle take the boy out of the house and go on an important expedition. For the remainder of this description, let us assume the father is doing this work. The father tells his son that something important must be found and it is important to leave right away to go after it (“We have a short window to find it Son; but if we go now, we may be able to do it!”).

The boy will likely ask what he needs to bring, and the father should say, “Nothing, we have everything packed for you. I have been planning this for a while, but I didn’t want to tell you about it because I did not want to alarm you or your mother. We must go now though. It is very important!”

In this day and age, the boy might express the need to bring portable electronic devices. To that request the father should say, “No son, where we are going, that stuff won’t do us any good. Trust me.”

“But Dad...” the son might say, “Can’t you tell me where we are going?”

“Son.” Says the dad with a bit of indignation in his voice, “I’ll tell you more on the road; but right now, we have to go. You have five minutes to

pack up some extra stuff, if you think you need it, but trust me, everything you need will be provided along the way.”

The son says goodbye to his mother with tears in her eyes, and the son and father are off.

On the road the son can sleep if he wants to. It's important to note that this departure should be early in the morning, like at 4:30 AM. This first day should be a rude awakening for the boy.

The son and the father go somewhere far away, out in the woods, preferably to a mountain. There should be a lot of hiking involved with this event. As the son continues to ask questions about what they are looking for and what the mission is, the father should continue to dodge the questions and be secretive.

Since there is likely going to be a good sense of familiarity between the father and the son, and the son will feel more comfortable asking questions of his father, it may make sense for an uncle or close friend of the family to be the one to wrench the son from his bed and do the initial transport to the initiation area.

At some point along the way it should be expressed to the boy that for the first day, no food is allowed. It is important for the boy to realize that privation is part of the mission (and later he can realize that privation and sacrifice are part of what it means to be a man).

Once the initiate is on site, the hike should begin. Neither the boy nor the men involved in the initiation should eat for the first day. The boy should be marched for a long way through the woods to the place where the “thing” can be found (or where the initiation is to take place). Water and unsweetened warm beverages (caffeine free preferably) should be available on the hike, but no food.

Although the boy should be given some information so that he understands what's going on to some degree, mystery should be the hallmark of the first day of the event. He should know that his life is going to change dramatically after this test and that it is going to be a good thing for him.

The distance and difficulty of the hike should depend on the boy's physical abilities, but it should be taxing. Ten to twelve miles on nothing but water and unsweetened beverages should put the boy into a different state of mind. When the transporter and the boy reach the predetermined spot, they should set up camp. Camp should be set after dark and it should be done under the need of expediency. The boy should preferably sleep in his own tent, but that may not be necessary. The reasoning behind him sleeping

alone is to create in him the knowledge that whatever he may face in life, he can get through it and rely on his own resources to solve the problems he faces.

Now at this point, the boy could be kept up all night, or he could be allowed to sleep. If he is allowed to sleep, again he should be awoken before sunrise and brought out to the campfire. At this point, there should be a surprise of other men being present. These other men could be grandfathers, uncles, friends of the family—All men, no women. At this point the boy is sat down and the father or leader of the ceremony lets the boy in on what is happening, and what this has been all about.

The father explains to the boy that the quest, the thing that we are searching for is the boy's manhood. The father explains to the son that no one really knows yet what that manhood will be about, but the men present are there to help him get started on his path to defining his own manhood and from that day onward, the boy is no longer a boy, but a young man, and eventually will be a man.

I like the idea here of all the men taking the boy on another hike, perhaps up a mountain, or some other special place. If you are lucky enough to live near mountains, you can really have a good time setting up this event for your son. This can be a mini vacation for all the men involved and it will really be something memorable for the initiate. He will likely always remember the day he became a man and will know that he can call on the other men there for help if he needs it, if it seems that his challenges are greater than his perception of his own resources.

Again, like in the initiation for young women, this ceremony should be fun, and somber at the same time. This is like a mini retreat for not just the initiate, but also for the men involved.

The rest of the initiation ceremony should include stories told by the men and spiritual readings from the Bible or other religious texts of great spiritual value. There should be journaling and writing too. I like the idea of the boy writing down what things he wants to achieve in his life and sharing those things with the men present at the initiation. All of the men should support the young man's dreams and goals and help to share with him their own experiences, and teachings, and resources that might help the boy along his path through life.

Since the biological marker for men is not as pronounced as it is in women who experience their first period, it is important for the boy's parents to observe him. When either the father or the mother notices him *noticing*

the opposite sex in a way that seems sexually driven, the time for the boy's initiation has arrived.

In my initiation narrative, I did make the case for surprising the boy. But the element of surprise may not really be that necessary. Keeping the event, a secret may make it more difficult to fully and properly execute the initiation; and if there are other sons in the family, it may be difficult to pull off the same sort of surprise initiation with the younger sons. But whatever the case, marking the time when a boy becomes a man is important and should be observed much more in our society.

Initiation Summary

Whatever the case, having an initiation is better than not having one. Recognizing a young woman or man's coming of age will help them to reach maturity faster and be less prone to fall into the many childish distractions that plague many young people today. Initiations will infer blessings and confidence on your young men and women and help them go off into the world and raise healthy families and achieve great things.

Arranged Marriages

Earlier in this book we looked at the divorce rates across religious groups and countries and it seemed apparent that divorce rates were comparatively low in India, when compared to western countries; and the divorce rates for Hindus were also very low compared to other religious groups. So, there is obviously something going on in and around India; and the millions of Hindus that live there could teach the rest of us about creating long term success in marriage.

The first thing that distinguishes Indian (and other Southeast Asian countries) marriages, from their western counterparts is that a high percentage of Indian marriages are arranged. Now by arranged, I mean they are consensually entered by both the bride and the groom. Arranged marriage does not mean forced marriage, nor does it mean child-marriage. No one should be forced to marry if they decide that they do not want to take part in that social convention. Neither should children be forced into marriage who are not old-enough to take on such responsibilities of raising children of their own.

How arranged marriage typically works in India is that the parents of both the bride and groom speak with one another, if they think that there may

be a good fit between the bride and groom. Both sets of parents may even confer with a third-party agency, or professional matchmaker, to consider each candidate's astrological make-up and general nature. Once all these parties seem to agree that the man and woman would be good together, the mutual families might exchange photographs of each other to see if there is photographic attraction between the potential mates. If there is no interest, both families are quite polite and discreet about the matter and simply move on to other potential mates. There is very little heartbreak in this scenario because there is not the chance for attachment to form between the potential mates. They are just looking at photos of each other to see if they might want to spend the rest of their life looking at the face that appears in said photographs.

However, if there is interest on both parts, then things escalate: the groom's family comes for a visit to the bride's family. The whole family gets together and has a nice time socializing, and the potential bride and groom spend some time speaking with one another off to the side, or in a different sitting room for a time to see if the two have mutually harmonizing personalities, etc. If all seems good after this initial meeting, the wedding is scheduled, and the bride and groom may not see each other until the day of their wedding, or they may spend a little time speaking with one another beforehand or in social gatherings again as the families may arrange. But for the most part, the bride and groom do not really know each other that well prior to their wedding day.

This practice of arranged marriage to a westerner might seem like a prison sentence. Why on earth would anyone want someone else chose their husband or wife? What's more, how can a social convention that seems so old-fashioned and even backwards have such a high success rate?

In addition to those questions, some observers might say, "Well part of the reason that India has such a high success rate in marriage is because there is a lot of social pressure on the couple to stay together, since divorce is highly frowned upon in Indian culture." Well, that argument may have some merit, but that is not the only reason why arranged marriages are more successful. For what it's worth, divorce is frowned upon in the west as well. It just happens at a much higher frequency than it does in India.

Looking more closely at arranged marriage, at least the way I described it above, reveals some of the reasons why it is more successful than our liberal method of spouse selection in the west. The first thing that pops out is that marriage is, regardless of its geographical location, a social institution-bar none. Since it is a social institution, it makes sense that

numerous people should have some say in the marriages that mean something to them. The people that matter the most in this process are the mutual parents of the aspiring bride and groom. The parents know their children the best; they know their personalities; they know their hopes and aspirations. In addition to their knowledge of their children, the parents also bring in an outside professional who's versed in astrological principals that can help confirm the spouse selection made by the parents. Sometimes the family might rely on the knowledge of a local sage, or the wisdom of grandparents.

The social element in arranged marriages controls for the blind spots that can easily arise in western relationships when an unwed man and woman are allowed to date and hang out, eventually leading to premarital sex. As mentioned earlier, that biochemical sexual glue blinds a lot of premarital people from the incompatibilities of their long-term relationship with their sexual mate. Sex is not allowed into the picture in an arranged marriage until the mates are actually married. That core principal itself is one of the main reasons why arranged marriages are so successful.

This use of arranged marriage in India also reduces the amount of shame that many westerners go through in trying to arrange their own relationships (that may or may not turn into marriage.). Since it is clear to both the bride and groom that their mutual intentions are for marriage, there is no need to be any one other than themselves. There is no need to put on a show and compete for the affections of the opposite sex. It is a more peaceful way of creating unions. It also reduces the embarrassment that many young people in the west experience when they come of age and have to deal with their own hormones along with the hormones of other people.

In the traditional arranged marriage, there is much more wisdom brought to the decision than there is in the typical western marriage. There is a whole group of familial, professional, and community support that helps make the choice and relieve a lot of the pressure that westerners have to bear on their own when they seek to find a spouse.

Arranged Marriage in America (and The Western World)?

Could arranged marriages be the answer for people in America and the western world? Could Americans give up their national pride and individuality to let other people help them chose their husband or wife? It is certainly a possibility; especially if people here understand that they may not themselves be solely the best judge of who they should spend their life within

marriage. But if a couple understood the long-term and generational aspects of their marriage choices, then perhaps they might enlist the help of their families and their community at large.

Of course, there is a large media machine here that pushes people to explore their sexuality, cohabitate, and have a lot of casual sex. Westerners would have to turn away from this programming and admit how sacred the sex act is, thus, only having it with someone who is truly committed to them for the long-term, inside of marriage.

There is also the reality that families in the west are somewhat broken as compared to those in India. It is not as easy to rely on the help of family members since the family may have some abandonment and strife inside of it. If this is the case for you, I suggest you develop a spiritual family in whatever religious institution you can and enlist the help of professionals (like an astrologer or trusted spiritual advisor) to help make this all-important decision. One of the few positive things that have come from divorce is the realization that we are all brothers and sisters and that family can be broader than genetic relation.

One thing America has going for it is its ability to commercialize things. Our free market thinking could make starting such an arranged marriage service much more convenient and service oriented for a greater number of people. To a large degree, the internet could make this much easier, and there is arguably a lot of companies out there that are making money helping people to get connected. But unfortunately, these services often do not dive down deep into the spiritual and psychological make-up of each person, and simply turn into digital meat-markets where people are simply swiping left or right in order to find hookups and affairs. There are also match-making services out there too that try to connect professionals who have spent too long building their career in order to find a mate. I have spoken with a representative from one of these services, just to get an idea of their dynamic, and again I didn't see much in the way of deep premarital analysis and long-term concern about whether their matches stood the test of time. So, we are moving in the direction of strong, resilient marriages, built by arrangement (in America), but we have not fully reached the ideal yet.

Ultimately a lot of the topics I discuss in this book can help you to arrange your own marriage in a way that will increase your long-term odds of success. The techniques and mindsets described in this book can help people to avoid the pitfalls that many people experience when they go out to find a mate based primarily on sexual attraction.

Epilogue

In this book we have gone fairly deep into a topic that most people never really talk about; or if they do, they do not go to this level of spiritual and psychological depth. As we mentioned earlier, the use of the sex force is a sacred act. It should be used and shared with the right person under the protective shell of marriage. If people understood the total implications of their actions around sexual activity, they would have a greater impetus to wait until marriage before having sex.

This discipline and patience in the sexual practices of people would create stronger families and raise children with less physical, mental and spiritual strain. Those children would grow up and become healthy and productive members of society. There would be less crime and all communities would be safer and happier.

This is my dream for the future of America and the entire planet. Greater peace and happiness around the world will lead to fewer conflicts on all levels and create prosperity for all people.

If you have enjoyed this book and feel it would be of benefit to others, please mention it to them, or buy them a copy of it.

If you would like to follow more of my content, please search my name on Facebook or send me a message through Messenger. You may also email me at archeravelin@icloud.com.

I wish you the very best of success in your journey to find the right man or woman and will pray collectively that your marriage will get stronger and stronger year after year.

Blessings,
Archer Avelin

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About the Author

Archer Avelin witnessed two divorces in his life that greatly affected him. The first was the divorce of his parents when he was six years old, the second was his own divorce. Through those two events, he has sought to learn the deeper answers of what it takes to make marriage a success, and why some marriages fair better than others. He has devoted much of his life's study to this topic and hopes to greatly improve the institution of marriage so that fewer people will experience unhappy marriages, betrayals and divorces.

Archer lives in Rhode Island where he is blessed to be the father of an amazing daughter.