

# "ONE-POSITION" PERSON?

## SEERSGATE IS LEADING:

Don't be embarrassed by this brief note. The way of Yahweh is filled with great wisdom, and there is no shame in sexual dealings in the marriage bed. What some are thinking would be knowing that someone else is writing about something they tend to think about at least now and then. But there is no shame here, so let's talk freely.

Are you comfortable knowing that you can experience new things apart from the marriage bed with your spouse? So, why not consider the matter and see what your spouse would like? Why make sex a ritual? Shouldn't there be an allowance to ask your spouse if they would consider the idea of a new location to engage in or a sexual position to experience? Think about safety. Would what you request cause any form of harm to your spouse? Then, regroup and think of another plan that would bring pleasure to your spouse.

Before trying something new to bring your spouse into a relaxed plan (1), consider giving them a back rub or cuddling, and (2) hold each other and just be there, not trying to make something happen. Some people like candles or fragrances; others do not. So, be sensitive to the other in that regard.

Try being transparent with each other. Consider this: Some spouses are offended by you if your hair looks a certain way or if you don't clean up beforehand. Others do not want to deal with body odor or bad breath but are afraid to speak plainly with their spouse. These are some leading traits to bring forward when dealing with intimacy.

There should be no expectation to perform. Don't fake it. Tell your husband or wife if something doesn't feel good. But do not build intimacy on lies. Don't tell your spouse you liked that action when you hated being in the dominant position. Maybe your spouse wants to try having sex in the shower, but you are afraid your hair will get messed up.

How about keeping a shower cap under the sink, just in case there is that moment when your spouse is in the shower and you go in for a visit?

Healthy sex doesn't mean two or three times a day. It can mean even only once every few days or up to a week if there are other ways you two are intimate, for intimacy is not based on sexual intercourse but on how you connect emotionally. Some random actions are cuddling, talking, hugging, gentle touch on a body limb, playing with or twirling your spouse's hair, sending love notes, calling to say hi, making dinner, running an errand, or telling the woman that she looks pretty. These are just a few ways to break the mundane.

You don't have to wait until nighttime. You can be intimate throughout the day, in the middle of the night, after lunch, or whenever a quick connection is needed. But do not dishonor Yahweh and bring voyeurism to the marriage. Don't do sexual actions in a location where others can watch. No parked car sex actions. No random sex in the stranger's house unless you are staying in the guest bedroom. Do not have sex in the church building. Do not have sex in front of children. Mild displays of affection are accepted in public, but be careful of your environment and adhere to Yahweh's plan.

And even during one sexual engagement, try switching positions, and maybe even wear accessories (heels, jewelry, t-shirt, etc.) Dress up if you feel comfortable. And if your body is holding you back from experiencing something new, wear loose-fitting nightwear or even walk around with a bed sheet like a towel. Put the sheet over whatever "imperfections" you feel should be hidden during the sexual action.

Be vulnerable and tell your spouse if you feel nervous. Tell them that you need a moment to freshen up. Tell them when you want to stop. But don't use sex as a weapon. Tell them when you would like an encounter. And if the other person is not feeling well, don't take it personally. Different ways of showing love and affection will come forward when there is love. Be yourself, and know it's okay to let the one who joined you in the flesh know the real you.