

of covenant breaking, defrauding, and hatred to shortchange your spouse in any aspect of this dutiful privilege & honourable pleasure. God says: **“Your wives are your tilth. GO, then, unto your tilth as you may desire...”** A spiritual relationship between man & woman is postulated as the indispensable basis of sexual relations. Based on these verses & sayings, Muslim couples are encouraged to enjoy sexual relations in any manner the two prefer.

The only **prohibitions involve avoiding intercourse during menstruation & anal penetration**; this explains the verse above since it was revealed when a companion was concerned about having sexual intercourse from behind. He was worried that he had committed a sin. The Prophet (p) said that **any position was lawful** as long as **anal penetration did not occur**. Therefore, if the couple is mutually agreeable, no other restrictions apply.

Other verses that address sexuality focus on the **unlawfulness of extra-marital sex**. Learn about sexuality from God & His Prophet. Beware of Internet porn. It’s a descent into hell.

The Prophet (p) was known for his frankness in discussing all issues, including those related to sex & sexual development. He is asked by a woman if, when a woman has an orgasm while asleep, does she have to perform complete abluion (ghusl) prior to doing her prayers. He (p) answered that she does because such an experience is akin to the nocturnal emissions of men which require ghusl. The Prophet (p): “Let none of you come upon his wife like an animal. Let there be an emissary, kissing & sweet words, between you.” He says: One of the deficiencies of sexual conduct is that “a man approaches his wife & have sex before exchanging words & caresses. He fulfills his needs (orgasm) before she fulfills hers.” In this evocative description of romantic love, we learn that it means intimacy, connection, and intense emotional excitement.

Ghazali elaborates on the importance of a woman achieving orgasm by stating, “Congruence in attaining a climax is more gratifying to her because the man is **not** preoccupied with his own pleasure, but rather with hers.”

Let’s take a look at the Christian view of sex. Proverbs 5:19: Let her be as the loving hind and pleasant roe; let her breasts satisfy thee at all times; and be thou ravished always with her love. Contentment with your wife is essential for a happy marriage. Solomon advised his son to make three important choices: cherish his wife tenderly as a delicate object of affection, focus on her body & sexuality only, and let her affection & devotion consume him. This inspired proverb contains some of the most necessary marital advice for husbands.

If a man lets bitterness harden him toward his wife, desires the bodies of other women, or despises his wife’s efforts to be his lover, he will destroy his marriage, his sexuality, and his soul. **Discontentment, especially in marriage, has terrible consequences!** God formed Eve & all

details of her body that were so marvelous to Adam’s eyes & touch. Nothing has changed – men still marvel at a woman’s body. God made men to be attracted by a woman’s body; **within marriage**. It keeps the man coming back for more! Her body & lovemaking should be a constant source of delight, and a wise woman will know & use this for his & her happiness & pleasure.

In these modern days we have moved from Eve to Evil...evil women use their bodies & sex for money. Women know the power & influence they exercise over the thinking & actions of men by way of sexual attraction. In their desire to be attractive they buy into the **lies that immodesty is attractive**. Sex-enticing clothes that emphasize, enhance, or expose the size or shape of their (ass)ets have fictionalized women. The present state of public undress makes it hard for men to be satisfied husbands at home.

This proverb binds every husband to be content & satisfied with his wife’s body & her lovemaking. He must choose to focus on what he has, rather than bemoan his fate for what he does not have. If his wife is depriving him of sexual pleasure or has let her appearance go to the dogs, it is his duty and right to correct the situation by wise & loving management. To keep **monogamy** from becoming **monotony** the onus is on both partners to do their best.

Hollywood, Playboy & the current rage, Internet porn, makes you the viewer into abject losers when it comes to love & sex. Analyze the stars’ (porn & movies) empty lives, divorces, dysfunction & unhappiness. They know no genuine love. Ultimate love is only for obedient servants.

Wise men choose to be overcome by their wives’ affection, devotion & lovemaking. The rule here is not ravishing your wife, but rather being ravished by your wife! But since she is a responder, it includes your love of her! It is a choice to be spoiled by her affection, so the strange woman has no means of approach or seduction!

Porn is condemned by this proverb. Being satisfied with your wife’s breasts & body at all times does not allow even brief looks at the breasts or bodies of other women. **STARING** at tattoos on sexy parts of the female anatomy & being stimulated is a passport to an **unhappy marriage**.

Women destroy their marriages, sexuality & souls, when they wish their husbands were different. Do not desire the emotion, success, intelligence, personality, spirituality, or any other trait you see in other men. Your thoughts are the same as your husband wishing for the face, breasts, waist, or legs of another woman. Choose to be content with your husband, just as you want him to be content with you.

Romance novels (revenue \$1.5 billion), describing fantasy men, passionate seduction & unrealistic emotions in idealized settings, **are a woman’s porn**. Marriage therapists caution that women can become as **dangerously unbalanced** by these books’ entrancing but distorted messages as men can be by the distorted messages of porn. Such tales corrupting their imaginations & distorting their expectations

will lead a woman to be unhappy with her husband, for no man can ever measure up to such ridiculous ideas.

Contentment in marriage is a learned choice, as it is in other things. It is an attitude, not better circumstances. **There is no perfect spouse, and there never will be**. Neither is there a perfect job, business, house, car, or vacation. So the **key to success in marriage is to be content** – totally satisfied, even ravished – by the one you have married. Do not wait for the one you have to change, or wish you were with another. Great gain is godliness with contentment, and it certainly applies to marriage & its intimacies. Marital happiness, fulfilling love & satisfying sex are dependent on you! Consider & treat her delicately with tender affection. Focus on her devotion, love & loyalty. You will be immensely happy!

Sexual problems in a relationship are frequently the by-product of personal & relational conflicts & anxieties. For too many couples, sex has become a substitute for intimacy & a defense against closeness. **Poor sex stems from poor communication**, from misunderstandings of what one’s mate actually wants – not from unwillingness or inability to give it.

In the realm of sex as in other domains of the relationship, you cannot expect your partner to **guess** what pleases you. You are obligated to figure out for yourself what stimulates, delights & satisfies you & acknowledge it. It is not enough to give & receive, you also have to be able to speak up or reach out on your own behalf and take. Ideally, sexual love will be a flow of this give & take, but it has to go both ways to keep desire alive. Before sex can be rewarding for both partners, they have to first restore the ability to confide and reestablish emotional openness, to establish a sense of camaraderie. Then physical closeness has meaning, and the meaning serves only to heighten the pleasure of the physical experience even more. Intercourse is **not** the only avenue to physical pleasure. There is a whole range of intimate acts couples can learn to offer each other. Being together. Hugging. Holding each other. Caressing each other’s face. Massaging your partner’s body. Taking pleasure in each other is a habit that some couples actually have to acquire. But taking pleasure in your partner is the very thing your partner needs most.

Do not let another woman even encroach on these areas. Solomon’s words are valuable for promoting a great marriage, but they were given for warding off the temptations of the strange woman. By exalting your wife to her rightful place, you will be spared the **vexing draw of other women, who can only tantalize, frustrate & destroy you**. There is no true peace, pleasure, or prosperity for the adulterer. Wife, if your husband should be satisfied, even ravished, with you for a safe marriage, what are you doing to make it possible? Are you a delicate & gracious creature deserving affection. **Do you** diet & exercise to maintain your body? **Do you** use it boldly for his regular pleasure? **Do you** lavish affection & praise on him? **Do you** do it with passion? **Do you** over- or under-whelm him?

Affection inspires desire & complete appreciation for another. It’s true INTIMACY!

Your wives are your tilth... **Intimacy** *Marital sex is sacred, is healthy*

Those who have never known the deep intimacy & the intense companionship of mutual love have missed the best thing that life has to give. When **married lovers** who have been together a long time love one another, when they take their time, it is like they are deeply breathing. As they love, they sink with every gesture more deeply into one another, the possibility of heat grows deeper & more extravagantly layered than in the moment before. The nuance of delight is refined until the lovers lose all sense of there being a giver & a receiver of pleasure. The skin of one becomes the skin of the other, and the entwined mouths are **not** to be told apart.

The trust in such a moment is enormous. It must be: for without having been asked to, you have given your whole fragile self into the hands of another, and you have received into your hands the entire beloved, and in every beat of the two hearts, there is the **impulse of trust**, that the gift of self will **not** have been given in vain. Vulnerable heaped upon vulnerable, and there, on the inside of those two tendernesses coming together, there is the potential for such...what is the word for what happens there, for what comes to be? **Is it heat, is it release? It is...God**. But the most truly thrilling thing is that both lovers feel it as one, as a single organism, and both know this to be the case whilst it is happening. When they become distinct again & could pull apart, could look & see, could speak, get breath back, know their own skin then both lovers with stars twinkling in their eyes will quietly ask: What was that? What in the name of God just happened? **Only intimate lovers of God** can make sense of these things, to fasten words onto the amazements...“We became one.” If you have never experienced that, **even one time**, then all your experiences have been 100% pure animal. **Sex is Sacred Intimacy**.

Your wives are your tilth. GO, then, unto your tilth as you may desire, but first provide something for your souls & remain conscious of God.

The married are those who have taken the risk of intimacy and, having taken it, know life without intimacy to be impossible. No single theory explains the intricate dynamics of two individuals interacting over time to meet all their needs as individuals & as a couple. Knowing the **foundational principles of God** helps to **reduce anger & anxiety, two of the most actively subversive forces in relationships**. Learning the skills of intimacy – of emotional & physical closeness – has a truly powerful effect on people. In addition to improvement in many dimensions of the relationship, achieving intimacy bolsters the self-worth of both partners. **At the heart of intimacy is empathy, understanding & compassion**; these are the **humanizing feelings**.

Confiding – the ability to reveal yourself fully, honestly & directly – is the lifeblood of intimacy. To live together with satisfaction, couples need clear, regular communication.

Intimacy is **not** just a psychological fad, a rallying cry of contemporary couples. It is based on a deep biological need. Compounding the wide-scale deprivation of intimacy we actually experience, our cultural talent for commercialization has **separated** out sex from intimacy. In fact, intimacy involves both emotional & physical closeness & openness. But we wind up confusing the two & end up feeling betrayed or used when, as often happens, we fail to satisfy our need for closeness in sex.

Men & women have become the enemies of one another. A relationship that promises sublime intimacy, unequalled passion, amazing security & grace, degenerates to **exploitation & injuries in a myriad subtle ways**. With good men & women the world would be a better place: softer, kinder, more loving; calmer, quieter, humane. *Why has the tilth become stony ground?*

“I read standard feminist literature in the 70s & absorbed the principles of freedom for women. I couldn’t imagine a better life than **living alone, clubbing, drinking wine, dating men**. And in most respects I got just what I wanted: a youth filled with many affairs & loves. But **none** were lasting, **none** were truly romantic, **none** were deep & sustaining. **The fact is, no one really told me how a woman ought to behave in this world**. No one gave me solid pointers about the difference between men & women. And the differences are profound. You may decide that you

want something deeper & more reliable than **the instant sexual gratification that most of us have sold our souls for**. If you decide to opt to wait until marriage to have sex, you will be part of a minority, but a proud one. **You will retain your dignity & self-respect.**”

Bitter life experiences brought this woman to wisdom. What should she have been told? The Quran’s golden beams penetrates into the damp, dark caverns of pessimistic realism, as the woman suffered from. Human sexual development goes through several well-defined stages. The Quran (24:59): **“When the children among you become sex conscious...”** Throughout growth, opportunities exist to teach children about their bodies, to inculcate values & attitudes, and most importantly to foster self-esteem. The success or failure (as determined by a woman’s overall understanding & value of herself as well as her ability to maintain a satisfying relationship) can be determined by prevailing attitudes of the family & surrounding culture. The woes besetting the modern young woman are all expressions of a society which has lost its respect for female modesty...like the cruel lie told to young women – namely that they must be **“just like men, have many lovers, lose their virginity, give up modesty, and get over it.”** Loss of innocence has been made into a virtue by many cultures with disastrous results. Anorexia, bulimia, self-mutiliation are the results of girls being made to feel they are just sex objects.

Radical feminism has been no friend to modern woman. Radical feminism’s **idea of freedom** has led to women’s unhappiness in a world where she is not respected & made to feel left out & “weird” if she chooses **not** to take part in the sex roulette game.

As Marmie says in LITTLE WOMEN, **“To be loved by a good man is the best & sweetest thing which can happen to a woman. I sincerely hope my girls may know this beautiful experience.”** Too many girls in our culture have been denied this joy. Attraction & marriage generally occur for two wrong reasons. Men pursue women for their friendliness & pleasing actions or for their beauty.

Favour is the way a woman treats a man. Favour is doing what the man wants, treating him kindly with responsive affection, and obeying his wishes. Women are experts at being agreeable, cheerful, friendly, feminine, and even submissive, when they want to be. **Favour often includes sacrificing her virginity & making love before marriage to please him.** Favour is how a woman seduces a man. Favour is doing what he wants in order to win him.

Favour is deceitful; **it is a lie**. Anyone can treat another person nicely for a while to obtain something from them. Such women do **not** treat husbands the same once they are married, for the need to seduce is gone. She has her

husband, and now her true character will show. Deceitful favour is a shock – men cannot believe after the wedding to find that dating was a lie. She is **not** nearly as happy, kind, and loving as she was seducing him. As a matter of fact she shows her true nature – a vampire.

The man who married for her lying favours must now stare at the truth & often listen to it, as his wife (vampire) reveals what she was all along – **a whining tormentor!** An odious woman is only found after marriage! She was awesome on dates, remember? But thinking about it now is too late! The trap has been sprung; **her rusty iron claws have grasped & pierced your heart; and it will not let go! She has got you!**

Beauty is a woman’s physical attractiveness. Men desire beautiful women, for God made men to be visually stimulated. God designed every feature of a woman to attract the man’s sight. A beautiful woman has these features in abundance & perfection. The Quran (3:14) **“ALLURING unto man is the enjoyment of worldly desires, women...”** In an instant of time, a woman’s face, body, hair, or all three can smite a man. He is in love, **or so he thinks**. His limited vision says that **marital heaven is beneath the wedding veil & gown**...he will soon come to know.

Beauty is vain & worthless, without value or profit. It will **not** make a great marriage. It often **creates more problems than pleasure**. It does **not** indicate character. **A perfect body can house a deformed soul.** Beautiful women can be haughty, flirty, selfish, lazy & shoppers. Husbands are often jealous, forced to support extravagance, forced to beg for favours. Beauty also corrupts with time, distorts with sickness, and disappears with age, as **the decaying effect of sin takes it away**. The man who sets sail for marital heaven on the ship “Beauty” is in a vessel taking on water! The flower garden he chose for his life’s enjoyment is soon nothing but weeds! What will hold the marriage together when the beauty queen weighs 225 lbs., has gray hair, and things now sag! A beautiful woman **without character** is like a gold jewel in a pig’s nose.

The view of sexuality as taboo & shameful is by no means unique to any particular religious or ethnic group. The Victorian era in England & the US (**late 19th century**) was characterized by such a strong inhibition of sexuality that was subsequently blamed for psychological problems seen in women. Breaking free from the oppressiveness of that era was an important goal for women through most of the 20th century since the prevailing attitudes were not confined to sexual issues as women were denied many other essential human rights. Pity the Western woman.

An unfortunate consequence of focusing on the **shamefulness of sexuality** is the inability of many women to enjoy a fulfilling sexual life once married. If a woman is taught from childhood that her genitals are unclean, untouchable, and

basically an area off limits, and if **inadequate discussion** takes place to prepare her for her first sexual experience, then naturally she would be horrified on her wedding night.

Today the sexual pendulum has swung from Puritanism to Perversion. Flip on the computer and you can shop a wide assortment of pornography. Click on the TV and see sexual perversion. Scan a current magazine and read about the latest sex scandal or about some movie star’s shock gimmick designed to promote personal fame. Sadly, our culture is so perverted that the shock factor is all but gone.

The Islamic position since the **6th century** on sexual behaviour is explicit. **Both** men & women are required to be chaste & to seek fulfilling relationships in marriage. Therefore, **pre- & extra-marital relations are prohibited**.

While God & His Prophet (p) stressed the importance of mutual sexual satisfaction between marriage partners, **negative cultural factors can prevent** such an outcome. **By educating children & young adults properly about sexuality**, & by eliminating the features or habits which contribute to a negative self-image, and by focusing on the positive language found regarding these issues in Islamic literature women and men will be able to **enjoy a fulfilling sexual relationship in marriage that is each person’s right**.

In the following verse, men & women are referred to as the garments of one another, implying a sense of balance & mutual nurturing from one to the other. 1400 years ago this amazing piece of advice was sent to guide humanity: **“It is lawful for you to go into your wives during the night preceding the day’s fast: they are as a garment for you, and you are as a garment for them. God is aware that you would have deprived yourselves of this right, and so He has turned unto you in His mercy & removed this hardship from you. Lie with them skin to skin & avail yourselves to that which God has ordained for you.”** (2:187)

Also, by reviewing this & the verses below one appreciates the fact that **sexual relations are sanctioned by God**. They are viewed as part of the spiritual relationship that exists between a husband & wife. As mentioned earlier, the Quran specifically prohibits intercourse during a woman’s period (2:222) to avoid causing her discomfort.

The frequency, creativity, passion & variety of sexual lovemaking are **not** suggestions, possibilities, preferences; **they are commandments**. It is a horrible act

Marital sex alone is Sacred & Godly...& gives happiness

All other forms of sex is devilish...& gives emotional torment