

spiritual appetites of human beings. When pure lust is sought after, the venues for intellectual & spiritual pleasure are often blocked. **It is chastity which regulates one's sexual desire, enabling an exploration of the other necessary aspects of life that afford one a fully human experience.**

The virtue of chastity concerns the control of one's bodily appetites & sexual desires. It is in order to insure the self's subordination to its rational component so that its enjoyment or restraint is in accordance with one's intelligence. It is a moderate position between licentiousness & lack of desire. Wantonness is excessive sexual appetite & extreme pursuits of pleasure that the rational component rejects & forbids. Thus, it is necessary that a man is vigilant about his appetites, as **the majority of men err on the side of excessiveness, especially when it comes to the genitals & the stomach, not to mention money, power & fame.** Excess & deficiency are both blameworthy in regards to chastity. The desire for sexual intercourse is natural in order that the species is compelled to procreate & to ensure the survival of the species. Hence it is sought after for two reasons – to have children & to remain chaste in the marital bond – and **not** simply for pastime & pleasure. When one does seek enjoyment & sensual pleasure from the act, it is in order to ensure the maintenance of mutual love & affection to keep the bond of marriage strong.

Modesty is **not** the same as excessive shyness or prudery that prevents people from fully participating in life; it is a sense of shame in relation to blameworthy traits that are rationally discernable and not simply societal norms that pass themselves off as universal morality. Modesty concerning sexual matters is deeply natural to the human being, **but** it can be **stripped** off a person, and sinful films, visual media & the evil of porn on the Net are unprecedented means to that end.

We live in a visual culture; never before has humanity been threatened by the devastating effects of concupiscence of the eyes. It is an appetite that desires not to perceive, but simply to be excited. What this seeing strives for is not to attain knowledge and to become cognizant of the truth, but for possibilities of relinquishing oneself to the world. Chastity of the eyes concerning its lust is the single most difficult form. Far easier is it for a man to abstain from an illicit physical encounter with a woman than to lower his gaze from an exposed cleavage. Yet according to the teaching of the Prophets, this too is adultery of the heart; its perniciousness is perhaps of a lesser degree, but its effects on the soul are, over time, potentially devastating. Add to natural desire **the artificial exposure to pixilated images of naked forms on the**

computer & semi-clad pictures of men/women that bombard us from billboards & magazine covers on checkout-line shelves. You can hardly search the Internet without getting bombarded by solicitations for adult content sites. Such stimuli are so overwhelming that our culture's capacity to continue to generate real meaning is threatened.

Sexualized & sanitized images (deception) of the female body assault our eyes. Divorced from their humanity, airbrushed & presented in false & unnatural postures, with bee-stung lips, enhanced breasts & thighs, such pictures and films depicting the exploited model/porn star are a **serious threat** to every man's **realistic expectations** of a wife, mate, sister or mother, and women in general. Society's eyes are under lustful assault, and that means our hearts are as well.

Cricket's "dancing girls" in the skimpiest of outfits, gyrating as if in sexual heat, with men feasting their eyes on their young, juicy bodies. Is this not total lust masquerading as "entertainment?" Is it not beyond the boundaries of good taste? Lust is a wellspring of excessive sexual desire & is the disease of an empty & unconcerned heart. After all the time spent lusting...you are left with nothing but **regret.**

Avoid lust through the correct understanding of what a woman represents. The spiritual power of women is great, but so too is the power of their physical attraction. It is this power that causes vile men to want to dominate women & virtuous men to honour & protect them. But that physical power of the female form over men is a **sensory** power that veils men from her metaphysical meaning. Her sensual form prevents the man lost in carnality from knowing her spiritual reality – **that she is the source of mercy in the world.**

In degrading women, we degrade the highest qualities of our human nature; in elevating her, we elevate our highest nature. When her natural virtues – compassion, kindness, caring, selflessness & love – predominate in men, men are able to overcome their natural vices & realize their full humanity. When, however, those virtues are absent, men descend to the lowest of the low & are worse than beasts. In unveiling the outward beauty of a woman, we become veiled from her inward beauty. Girls need to understand who they are...they can stop the lust...they can make sex...go sacred!!! Girls Gone **MILD.** Reclaim your self-respect. Embrace your inner goodness. Stand up for decency...**the world needs a modesty revolution. Not more condom distribution.**

Lust is a sin driven by emptiness within!

Lustful women are the snares of Satan!

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SEX GONE WILD LUST

IS A SIN DRIVEN BY EMPTINESS WITHIN...

Purity of heart is a birthright. The innocence of children is celebrated everywhere & that is precisely why, of all the heinous & dark crimes of men, none elicits more **REVULSION** than pedophilia, which is the defilement of a child's innocence. Such men must face the wrath of society before facing the wrath of God. Children must not lose their sexual innocence. Every decent parent's desire is that it takes place in adulthood, within marriage, with mutual love & respect. The single most corrupting inroad into the heart is through the "concupiscence (lust) of the eye." It reaches the extremes of its destructive & eradicating power when it builds itself a world according to its own image & likeness – when it surrounds itself with the restlessness of a perpetual moving picture of **meaningless** shows & with the literally deafening noise of impressions & sensations breathlessly rushing past the windows of the senses. Behind the flimsy pomp of its façade **dwells absolute nothingness**; it is a world of, at most, ephemeral creations, which often within less than a quarter hour become **stale & discarded**; a world, which, to the piercing eye of the healthy mind untouched by its contagion, appears like the amusement park of a big city in the hard brightness of a winter morning: **desperately bare, disconsolate and ghostly.** The Net: So many wicked women & all so easy; a man tends to gorge. And once he's seen a thousand bare breasts & bottoms – no matter the variety of form & function – they start to look the same. It leads to **BOREDOM.** But lustful men pummel through woman after woman, plunging into an inevitable cycle of diminishing returns.

**LUST IS MERELY SELF-GRATIFICATION.
IT IS DEVOID OF ETHICAL
RESPONSIBILITIES
OR A COMMITMENT TO ANOTHER.**

“I love the forest. It is bad to live in the cities: **too many are in heat there**. And behold these men: their eyes say it – they know nothing better on earth than to lie with a woman. **Mud is at the bottom of their souls**; woe if their mud also has spirit! Would that you were as perfect as animals at least! But animals have innocence. Do I counsel you to slay your senses? I counsel the **innocence** of the senses. – *Nietzsche The Thrill of the Chase* (ends in disgrace). *The Thrill of the Chaste* (loving marital relationships).

What is desire? Socrates provides one answer, stating that hunger, thirst & such appetites fall under the realm of desire: When one becomes empty he desires the opposite of what he is experiencing; being emptied, he longs to be filled. From this perspective, desire is an attempt at filling a void within us. The desire may be profound, such as a desire to know why we are here when we confront a void **without** that knowledge. The desire may also be less than profound – the desire to own objects that preoccupy and entertain us so we do not have to confront those voids. The world by its nature is dazzling. Its myriad forms entice men & women who are seduced by its resplendent ornaments. Some seek power, some wealth, some love & some set their sights no higher than seeking physical pleasure. Each of these pursuits, however, is rooted in desire, in our craving directed at the ephemeral, which can become insatiable & destructive.

Desires are essential for human survival & happiness, but become destructive when they are perverted, excessive, or deficient. All wrong desires share the misperception of the true nature of the desire for one of three reasons: what is desired is a partial good, yet it is desired excessively as a sole good; it is a means to a good, but is taken as an end in itself; finally, it is something that appears to be a good but is only an illusive good. This last reason is most pernicious and particularly pronounced in carnal desire.

Shakespeare describes the state of one under the influence of illusive destructive desire: **The expense of spirit in a waste of shame is lust in action**. While Shakespeare refers to sensual lust, his words hold true for other types of lust – for power & wealth. For once lustful

craving takes hold of one's heart, one indeed becomes “mad in pursuit & in possession so.” The depths of human depravity are startling & once we lose our balance, the fall can be long and hard, causing pain for those who witness it, and despair – even death – for the one falling.

In the Islamic tradition, the root of such destructive tendencies in the pursuit of desire is the *nafs*, an Arabic word which can loosely be defined as the ego, but more appropriately is the **tainted soul**. This tainted soul resembles a wild animal. In Islam, the untamed *nafs* is both the single most destructive force in our world, and also the source of our special nature & distinction among other creatures; **when refined & tempered, it can soar with the angels**. The most stereotypical pursuits of the *nafs* involve pleasure, wealth, fame & power. It is the quest of pleasure that preoccupies most of us. The most base of these are sensual pleasures, including eating, drinking, resting & recreation. Both moral philosophy & religion recognize the dangers of the wanton pursuit of pleasure & both prescribe **temperance** as the key virtue that can contain pleasure so it remains a beneficial good and **not** a cause for destructive behavior.

Moral philosophers have recognized that man without virtue is worse than a brute. In Politics, Aristotle writes: “If he have not virtue, **man is the most unholy & the most savage of all animals & the most full of lust & gluttony**.” Virtue, for Aristotle, was not predicated upon a belief in some divine order but rather in the compelling argument that reason presents to the reflective person of how one should order one's life. Religious tradition, however, is not merely concerned with a person's psychological or rational well-being, but more importantly, with the supernatural element of man, otherwise known as the soul.

Whilst pleasures are **not** intrinsically negative, they become so with immoderate indulgence. Moderation is the route to an ethical life that results in happiness. Extremes on either side of the golden mean are physically, emotionally, mentally & spiritually harmful. Both moral philosophy & religion warn of the dangers of intemperance, as expressed in gluttony, drug abuse, sexuality & other wanton behavior. Sidi Ahmad Zarruq, the fifteenth century scholar said, “The self by its nature is inclined toward **extremism in both guidance & deviance**.” What passes for “religion” has too often been sexually repressive. Moreover, shame-based societal efforts that use religion as a means of restraining licentious behavior end up failing if the behaviour can be hidden from public view. The anonymity & privacy afforded by modern technology enables people to pursue their sinful “pleasures” without fear of exposure & subsequent shame. Both religion

& a commitment to an ethical life outside of religion, can effectively address the problem for many individuals struggling to keep their lust in check. From an ethical perspective, commitment is the ground of ethics. No man can respond virtuously without commitment. Chastity, which is too often conflated with prudery, is **not** abstinence from sex but the ethical regulation of it. As Saint Thomas Aquinas stated: “It belongs to chastity that man may make a moderate use of bodily members in accordance with the judgment of his reason & the choice of his will.”

Of profound importance for the well-being of men & women is the move beyond lust into the realm of love, which binds one person to another, as he or she is bound to oneself. **Love is the gravitational force that holds families together** & sustains even the common weal, for without some love of our fellow men & women, the common weal is without true defenders.

True love – not the bestial “love” of lust – is the desire to give pleasure to the other as well as receive it, the former being generally the stronger desire. But acts of betrayal can destroy love; it is chastity that enables one to ethically commit to another without the destructive element of betrayal. Marriage has been the foundation of not just advanced civilizations but aboriginal communities as well. It is intriguing that while many traditional cultures are seen as patriarchal in which marital taboos have maintained male dominance over the females, the reality is quite the opposite – **curtailing men's lust by commitment to the marriage bed is the victory of distinctly female virtue over male nature**. Marriage is the banquet of love that truly satisfies the hungers of the human heart.

The current sexual freedom has had a tragic side effect that victimizes women. The predominately male characteristics of sex without love, pleasure without commitment & desire for women without inhibitions have **overturned** the more communitarian female virtues of loving commitment, meaningful sex and modest social proprieties that engender respect of the opposite sex. Chastity, while far too often perceived as an antiquated “woman's virtue,” has been a steadfast guardian of human well-being & an effective restraint from falling into the potentially bottomless pit of lust & wantonness.

But human beings ultimately find more satisfaction from ethical, intellectual & spiritual awakenings than they do from sensual awakenings, especially when they are experienced within the nexus of moderation, virtue & love. We often associate appetites with base instincts & neglect the very real rational &

Tell the believing men to lower their gaze & guard their chastity; that is purer for their hearts
(QURAN 24:30)