

**GOOD SEXUAL HYGIENE**  
**and**  
**SPIRITUAL ATTITUDE**

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## Note to Reader

This book is a counseling aid on spiritual ethics, sexuality, and health with advice to improve your moral attitude. It packs the potential to benefit people of all ages and can help everyone develop a desire to live by good ethical values. I have included many true stories from my own experience to help illustrate some of the concepts.

I reserve the right to not answer any questions, clarify any statements, interpret or explain any of the feelings contained within these pages.

All thoughts, views, and life experiences expressed within are mine and mine alone and, as such, are accountable to no one, nor are they to be interpreted by anyone.



## Introduction

*Good Sexual Hygiene and Spiritual Attitude* was written to help adults, parents, and children gain a better understanding of each other. It was also written to help make your marriage work or, hopefully, restore your marriage.

In today's society, there are many concerns that both parents and teenagers encounter which seem to go unnoticed because of the generation gap between them. When people are aware of these concerns, those of different ages often have very different views on them. This book covers many areas where myths or idle preferences obscure the truth and the consequences of wrong choices.

This book also looks at some ridiculous ancient social customs related to sexuality that are still rigidly practiced by most societies today, creating a lot of unhealthy attitudes between parents and their children. There appears to be a great deal of respect and harmony between parents and teens where the

ancient social customs this book exposes are not practiced.

A number of dramatic and unique experiences have impacted my life, helping me to see what really is responsible for the generation gap frustrations. One was a lecture I received at the age of sixteen from a woman who overheard a remark I made to her son about using girls as casual sex toys. It infuriated her so much that she ended up lecturing us for over three hours about having a mature sexual attitude. It was an important lesson on how to live in purity of spirit and body instead of becoming a sexually irresponsible and immoral person destined for disappointment.

Our beliefs about our sexuality affect every other aspect of our lives. I have pondered observations many people don't seem to ever consider despite the profound impacts on their lives. This book explores subconscious natures that most never see about themselves, natures which can destroy their life's potential, their marriage, and other relationships.

I hope you will be deeply inspired when you read about the many benefits revealed here, which I believe can enrich your life. *Good Sexual Hygiene and Spiritual Attitude* is an excellent source of instruction for everyone. It is very useful in helping parents understand hidden stresses their children endure but don't know

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how to explain to adults. It emphasizes how the practice of good spiritual and sexual habits will greatly reduce the frustrating risk of becoming a victim of sex-related diseases, the regrets of sexual molestation, the risks associated with escaping to drugs or gangs, etc. This book exposes the guts of these problems and gives simple solutions to resolve the frustration.

It's never too late to change once you know what you need to do.

Some of the doctrine is very bluntly stated, as though it is giving you a serious talking to, and it is. Simple illustrations from true stories are used as well to express the importance of practicing good sexual hygiene and spiritual attitudes.

One last thought to leave with you: when you fly over a country, you learn very little about it. However, if you walk through that country, you learn far more. Speed-reading this material will result in little (if any) benefit to you. So read *Good Sexual Hygiene and Spiritual Attitude* with a concern to get a thorough understanding of its relevance.



## What Is Sex?

*The laws of nature can't be changed to suit anyone's personal desired preferences. Nature can't be bribed. And nature is indifferent to the cost of ignorance. Therefore, no matter how much you think you know about sexuality, it is important to read this chapter because it sets a mood for the following chapters to help you understand the purpose of their content.*

Even the most honest and confident parents can feel uneasy about discussing sex with their children, in part, because pagan taboos have created shame about human sexuality. When a child asks, "Where did I come from?" many parents talk around or completely change the subject because they don't want to discuss it with their children. This leaves our children confused and having to find out for themselves.

By providing our children with open, honest, and realistic communication from birth, we encourage them to also be open and honest with us. Even when they bring up difficult subjects such as sex, encourage

them to ask questions and try to provide satisfactory answers. This will provide them with a good, strong foundation.

After reading this chapter, you can decide whether or not it conflicts with your ideas on teaching your child about sex.

### *So You Want to Know Where You Came From*

The short answer to that is: from your parents, but that does not answer your question properly at all. To understand where you came from and what sex has to do with where you came from, first you need to know something about how your body works.

All body parts are the same in boys and girls except their sex organs. The sex organs determine whether you are of the male gender (boys) or the female gender (girls). Both male and female people have legs, arms, a head, a chest cavity, and a stomach area. Also, both genders have vital life-supporting organs that are the same and are essential for life, like your heart and lungs, your liver, and kidneys.

Most organs work in a specialized system. One example is the respiratory system. It consists of your nose, mouth, throat, windpipe, and lungs, which work

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together to get oxygen from the air for the body. The respiratory system cooperates with the circulatory system, which carries the oxygen from the lungs to every one of the billions of cells of your body.

Another example is your digestive system, which begins with your mouth to take in and chew your food. Your esophagus carries that food to your stomach, which further breaks down the food to get the nutrients ready to be absorbed through your small intestine and large intestines and into the circulatory system, which carries nutrients (along with oxygen) to all the cells of your body. And finally, your rectum gets rid of the waste, the leftover material not absorbed to feed your body.

All the required organ systems for your body to live are complete in your body.

The sex organs form the reproduction system, which produces babies. Unlike the other systems, the sexual organ systems of a male and female are different and *incomplete* in either gender and must work together to perform their function. In other words, to produce babies, the reproductive system of one person must depend on an association with organs from a person of the other gender.

The reproductive system also must grow up, or mature, before it can produce life. (Similarly, babies

must grow up to become young men and women before they are mature enough to look after themselves and others.)

When a female baby is born, she carries all of her ova or egg cells that can produce babies in her ovaries. (One of the eggs, or ova, by itself is called an ovum.) However, none of these ova can produce babies until after she reaches her adolescent years, when her menstrual cycles begin (usually between age ten to sixteen); and they will not produce babies unless they are fertilized.

When a male reaches adolescence, his body is capable of producing sperm cells that can stimulate the ova in a female to grow into babies. This stimulating process is called fertilization.

We can think of fertilization as adding the missing part (ingredient) that is needed to start it growing or working. It is somewhat like adding water to a seed to make it grow. Or we can think of it as a car which needs fuel to energize it and a key to start it. In each example, something must be added to make it grow or start.

Normally, in each female, one ovum each month becomes ready for fertilization. The female's body prepares a place for the fertilized egg to grow by using nutrient-rich blood to create a special lining in

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the uterus, which is also called a womb. If the egg is not fertilized, the lining and the egg are shed from her body in a process called menstrual flow.

This monthly cycle repeats itself until an ovum is fertilized, resulting in pregnancy. (After pregnancy, the cycle resumes until the female reaches menopause, which varies from age thirty-five to fifty-eight. When menopause is completely finished, the woman can no longer become pregnant.)

Sexual fertilization starts the growth of a baby and gives the child features that look somewhat like their fathering parent and somewhat like their mother. The baby's genes come from the combined genes they inherit from their birth parents. The sexual organ systems of a man's and a woman's bodies must work together to make one complete sexual organ system to produce their offspring.

The cycle of birth begins in the testicles of the fathering parent. The testicles are glands which produce millions of tiny sperm cells. These are the father's reproductive cells. The sperm cells mix with fluids from the prostate and bulbourethral (bəl-(,) bō-yu-'rē-thrəl) glands to make a thick, milky-looking secretion called semen. The sperm cells look like tadpoles swimming around in this solution. However,

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they are so small that a microscope is needed to see them.

The male sexual organ system is stimulated in much the same way as the saliva glands in your mouth are stimulated. When you think of food that is delicious to eat, it causes an increased flow of saliva; your mouth waters.

When the male is thinking of a female he feels affectionate love for, his sexual organs are stimulated. This causes the artery blood vessels in his penis to dilate. The dilated arteries cause an increased volume of blood to flow into the muscular tissues of his penis. This pressure buildup is assisted by the veins, restricting their drainage flow back toward the heart. Thus, the penis's muscular tissue becomes engorged with blood, which causes it to inflate and lengthen (somewhat like a balloon filling with air) to become a firm shaft. When a male's penis is stimulated in this way, it is called an erection.

The penis of the fathering parent and the vagina of the mothering parent are the indicating difference between a male and a female and are designed to fit together. To do this, the male must become stimulated to produce an erection. This is necessary so a male can penetrate his penis into the vault of his female partner's vagina. This process is called copulation or

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sexual intercourse. By this connected passage, the semen solution carrying sperm cells is safely transferred from his body to hers.

However, this does not usually happen automatically upon sexual contact of the connected sexual organs. A reciprocating action of the male's erection sliding in and out in a somewhat repetitive motion further arouses stimulation until involuntary muscle contractions start in the male's reproductive system. (An example of involuntary contractions is hiccups. You can't control when they will happen.) The involuntary contractions of the male's sex organs work like a pump, safely injecting semen deep into the female's vagina. This muscle contraction of the male's sexual organs is called ejaculation.

The transferred sperm cells in the semen solution swim to the womb of the female's body. To further assist the sperm cells to reach their destination, the female's sexual organs also are stimulated. The reciprocating action of the connected sexual organs induces sensations in her body to secrete fluid into the vaginal vault to dilute the thick semen solution. This makes it easier for the sperm cells to swim to the ovum (or egg cell), which is waiting near the ovary. Only one out of these thousands of sperm cells will unite with the ovum to produce a fertile embryo.

The embryo travels from the fallopian tube to the female's uterus, where it develops into a baby.

In the latter stages of development, when the embryo starts to take on the look of a baby, it is called a fetus. However, from the time of inception/pregnancy, it is a live human that is developing into a baby.

Sometimes, more than one ovum is ready for fertilization, and sometimes a single embryo develops into more than one baby, resulting in twins or even more babies all developing at the same time.

Since babies develop in the female's body, there are more extensively developed sex organs in her body than there are in the male's body. However, neither a man nor a woman can produce a baby without the assistance of the other one because both must work together to make one complete sex organ system.

The mother's uterus provides nourishment, warmth, and protection while the baby develops over the next nine months. At the time the baby no longer needs its mother's internal assistance to live and grow, the baby is ready to be born.

To be born means to come out after being developed. An example of this is a car factory. All that is required to make the cars and support the factory is brought to it as material and energy supplies that

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feed the system. With the materials, energy is used to assemble the cars.

However, the cars can't go on their own while being assembled because they are not fully developed yet. After the cars are assembled, they are ready to come out and go on their own without the support of the factory. In much the same way, a mother takes in nourishment to support her own energy needs and the energy needs of the baby that is developing inside her body.

The interaction when a male and female are together is called coitus, but it is better known as sexual intercourse. The function of sexual intercourse is not spontaneous. It is the result of a mental decision of cooperation between a man and a woman. Thus, the interaction of sexual intercourse only happens when they want it to happen. That is the way God designed us so all children would have a father and a mother as parents to look after them.

### *The Importance of a Good Beginning*

When the baby is ready to be born, it is a very exciting time for the parents, especially if it is their first child because it is the beginning of the biggest step of their lives. The parents of a child are the

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woman who is the mother and the man who fathered the baby by providing sperm to fertilize the ovum. This is a shared responsibility of the love they hopefully have for each other. It is the priceless gift of a new life from their own bodies for them to invest their future into. It is their gift to each other.

Parents are supposed to care for and look after their children until they are grown up into mature adults, until they can take care of themselves and any children they may have. However, all too often, those who have reached adolescence and are able to have children do not take proper care of them. And yet everyone *knows* they should by the guilt that they feel deep inside when they consider escaping the responsibility of looking after their children.

Sexual intercourse is also known as making love or having sexual pleasure with another person of the opposite sex. This is the main reason men and women are attracted to each other: to become married partners and live the rest of their lives together before and after becoming parents

However, to really be making love to another person requires far more than consenting to share sexual pleasure. It demands a lifetime of commitment to being a clean, responsible, and honorable person for your spouse (marriage partner) and any children you

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may have. The biblical law from the Almighty Creator of the universe indicates that when a man and woman live together they should be as husband and wife. They should commit themselves to looking after each other and their children.

The privilege of sexual relationship is a very serious responsibility. It is not to be considered lightly, just as being in control of a car or an airplane is a serious responsibility. You can see the joy of being able to drive a car or fly a plane long before you can drive or fly. This is so because first you must qualify for a license. To qualify, you must prove to an examiner that you are mature enough and skilled enough to handle the vehicle safely. Similarly, it takes time training to manage the responsibilities that go with the license of marriage and with raising children.

To train yourself for marriage, you must want to develop a mature attitude. That means taking a stand to be obedient to good and responsible advice from your parents and teachers. You also need to finish your schooling, *grow to wisely appreciate the value of constructive criticism*, and learn how to work.

Also, you should learn the responsibilities of living such as controlling yourself and being able to get along with other people in all types of situations.

Then will come the biggest test of all. You need to experience standing alone for what is right when your peers are trying to convince you to do wrong. Only then will you be a well-seasoned mature individual able to manage the responsibilities of marriage and appreciate its rewards.

### *The Most Rewarding Choice*

A good rewarding marriage demands a lot of hard work, dedication, and having a caring heart for others.

Shirking the responsibilities that should go along with sexual intimacy will cause grief that far outweighs the short-lived pleasures from coitus. Sincere companionship, security, and trust are values we all long for more than gold. Live together with a sworn vow to live for each other. Otherwise, you will want to leave yourself a convenient and irresponsible way out.

Is your love sincere, or is it something fleeting that is here today and gone tomorrow when problems come up as they will?

There is a good spiritual way to live as a male or female that bestows blessed sexuality in our lives. This way will make your life the happy one the Creator of the universe wants us to enjoy. This we know from

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the tranquility of natural beauty we experience when we are out in any unspoiled wilderness area of nature.

Other choices take us in a different direction where we can live an irresponsible dirty life, the type of life that the evil influences of immoral sexuality try to lure us to desire. By the corruption around us, we can see man has promoted a lot of indecent adulterous attitudes as the way to enjoy life. However, the inner spirit in us knows it is wrong. Consider with sensible judgment the tempting insane stress associated with pornography and prostitution. Tempting illusions are put before us to shatter our good moral spirit. We face their enticing stress every day in the polluted world that man has made for himself. The stress to indulge in evil encourages us to give up our good moral beliefs. The commercialized overbearing influential traits of the society we live in make the good appear to be undesirable and the bad to look appealing.

Haters of loving kindness and goodness will try to make the bad look good and desirable. They try to persuade us to think the wrong time for sexual relations is the right time. However, capitulating to this temptation always causes unhappiness and regret and often emotional and medical problems as well. Immoral sex at any time, or passionate love

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at the wrong time, has shattered many young adults' futures—sometimes beyond hope of recovery.

Because the Bible contains many wise statements that have been medically proven to be preventive advice and protection against becoming a victim of bad choices, I like to think of it as an operating manual from the Creator. By staying loyal to its instructions, we can avoid the painful results of impulsive temptation-driven behavior.

One of the instructions says, "If you really sincerely love someone and desire to have sexual intercourse with that person, then marry him or her first." We can say we believe this or that about sex before marriage. However, because of our deep down sense of the truth and what's right, we feel uneasy about the rightfulness of sexual intimacy without first being married.

After some time of indulging in sex before marriage, some of those practicing this become calloused against the sensed immorality of it. We *forget* the sensed guilt feeling when we repeatedly indulge in any form of immorality; we shut it out as though we are ignorant of it being wrong. As we become comfortable with the practice of an immoral habit, we develop a more accepting attitude toward experiencing more degenerate sexual conduct. With this in

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mind, we should try to avoid all immoral practices because it always ends up destroying happiness in a relationship.

Those who prepare themselves throughout their youth to be well-seasoned mature individuals who understand their moral responsibilities live much happier lives. In marriage, they survive and recover from hardships much better, especially if they are with a mature responsible mate because they are a united front. Therefore, everyone should go through all the prerequisites of maturing before marriage. Discipline yourself to abstain from engaging in sexual intercourse before a sincere and responsible marriage to prevent insecure tension. Sincere and responsible people who love one another will dedicate their lives to each other through marriage because they both naturally want to. With this type of dedication, long-term faith becomes established, and the sensed threat of unhappiness is removed.

Sex is a factor of the good and bad outcome to practically everything we do in life. Therefore, it is very important for everyone to try and do what is best for all concerned. This is important because sexual intimacy produces babies that need parents to love them for the rest of their lives. That also includes not

being a hypocrite or ashamed of discussing the subject of sex with your children.

Explaining sex to your child can be a great bonding experience. The subject of sexuality and where babies come from usually leads to technical questions, theirs and yours. It is a very good idea to have a medical dictionary on hand to refer to as these questions arise.

## What Science Knows About Where We Came From

Some of you may feel a need to put up a resistance to terms like Creator and biblical law. However, I find it impossible to describe our beginning in any other way because of the overwhelming amount of solid scientific evidence that supports the existence of a creator. I find it ludicrous that some scientists still give evolutionary theories any credibility since experiments to prove the authenticity of the evolutionists' evidence have discovered the opposite: not one shred of evidence presented to support evolutionary theory hasn't been exposed to be a fraudulent lie. (Some of the evidence discussed here reflect what I learned from the recorded lectures, "Creation in Symphony" by Dr. Carl Baugh, PhD.).

## *Creatures of Bone and Tooth*

Two powerful pieces of evidence presented to support evolution were the Piltdown Man and the Nebraska Man. Here is a summarized history of their legitimacy:

In 1912, *amateur* archaeologist announced the discovery near Piltdown, East Sussex, England, of a skull which clearly linked man's origin to apes. Although the find met with some controversy at the time, it wasn't until forty-one years later that advanced techniques proved conclusively the Piltdown Man skull was a hoax. New technical forensic equipment revealed that plaster and artificially aged human skull bones had been molded together with the lower jawbone and teeth bones of an ape.

The first reported evidence of an anthropoid primate in America, *Hesperopithecus* (commonly known as the Nebraska Man), consisted of a mere tooth found by rancher Harold Cook in 1917. Cook thought it looked somewhat like a human tooth and something like an ape's tooth and eventually submitted it for scientific examination. Declared in 1922 as evidence of an ape graduating to a man, it was used in 1925 to help win the famous Scopes Trial in Dayton,

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Tennessee, and to introduce evolution into the education curriculum that spread worldwide.

But in 1926, Harold Cook went back to the site and dug up the rest of the skeleton, including the jaws. It was found to be an extinct species of pig called *Prosthennops serus*, and in 1927, the earlier identification as an ape was retracted in the journal *Science*. However, the evolutionary concept has continued to be taught in schools and universities around the world, while any education involving God and the Holy Bible was gradually removed and eventually outlawed from being taught in public schools. Why? It's all salesmanship to promote lies as the truth.

My question is, what is the motive behind governments worldwide dogmatically forcing these blatant lies to be taught to students from then until now? It doesn't matter whether the government is fascist, strong right or left-wing or any political group between them. The clear majority of them have continued to teach evolution in their curriculum.

### *Creatures of Fire and Flame*

Evolutionists argue that the Holy Bible is nothing more than fables. They refer to the statements about a fire-breathing creature named Leviathan in the Bible