

Dr. Masuda's Talks
(in Prague on 3 Sept 2007)

*True Love and Heavenly Sex
in the Age after the Coming of Heaven.*



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Since 2004 I always give lectures on this topic to the 40 Day Workshop in Chyeong Pyeong to members who started their family. It usually lasts for three hours; 3 sessions of 60 minutes, and then people ask for personal questions for 20 or 30 minutes during the each break and after the lecture.

Today I'm not sure how long I'm supposed to speak, but I can speak for many hours. I'd like to speak for 2 or 3 hours all together.

This is my first lecture on this topic delivered in English. I began to give these lectures to Japanese women participants at the 40 Days Workshop. There are many Japanese participants, and Hoon Mo Nim asked me to give them this lecture. It became very popular, and so now all nationalities hear it through translation. They have themed education – singles, married and pregnant women groups – and I speak to the married group who have started their family life.

[Note: Now, because of the difficulty of translation, once again I deliver special lectures only to Japanese participants of 40 Day workshop. I promised to deliver lectures directly in English after I translated my book into English.]

The title has been given by Rev. Compton of Westchester County, NY. I gave lectures in New York and New Jersey in August this year when I went back to New York where my wife and children live. Rev. Compton made an exciting title so that many people would attend my lecture.

Dae Mo Nim emphasised the importance of knowing the moral standard of making decisions; whether certain actions are right or wrong, and that is the field of ethics. Today we will deal with those ethical issues in our married life. Also, what should we do to become a happy couple? What kind of actions are the practices of true love? We always pledge ‘centring on true love’, but what action is the practice of true love? So I’d like to present “How should I love my husband or my wife?”

True Parents say that there are three topics we need to know to attain happiness.

They are “God”, “Spirit World” and “Concave and Convex; the significance of and how to use our sexual organs, and how to relate as husband and wife.” It’s very important for us to know this to be able to attain happiness in the Age after the Coming of Heaven .

Our True Parents are the greatest teachers of all these three topics, and they began to speak a lot about the third topic, our sexual organs in the mid-’90s after the FFWPU was founded. Since then, it has become quite common for members to be Blessed, but before that it was very difficult to reach the Blessing. In my case, for example, although I joined our movement in 1965, I was Blessed in 1977. It took me 12 years to join the Blessing. In recent years it happens much more easily without such difficult conditions, and even being Blessed first and receiving education afterwards. And so now almost all members in the Church are Blessed if they are old enough. That is why True Parent’s speeches about husband and wife have increased since the mid-’90’s. Some of the important speeches were given in Japanese at a series of workshops in Korea to educate 160,000 Japanese women. So I am

very fortunate to be able to understand them directly. Many of these speeches were not translated into English yet. o, I have been collecting them and translated some of them. The book of translation will be available next year thanks to financial support from the American H.Q.

Have you ever heard of oxytocin, which is the hormone produced by the brain when men and women experience orgasm? It makes women more motherly and gentle. So in that sense it's very important for women to have complete sexual satisfaction. Many books and research papers explain that if the parents have sexual problems, the children will tend to have problems – character wise and mentally, partly due to their parents' lack of oxytocin. When husband and wife have a good sexual relationship, the wife is enabled to function well as a mother, due to the production of oxytocin. Scientific studies show that its levels dramatically increase after orgasm.

Whether women should love husband or children more is questioned, but Father said in 2003, “In the last stage of life, husband and wife should love each other more than a mother loves her son or daughter. So the

conclusion of our life is the perfection of the husband and wife relationship.” Thus, before we go to the spirit world we should perfect our conjugal love relationship.

Father said, “Blessed Couples in the Unification Church should practise the horizontal love centring on the vertical love.” Vertical love means love to and from God and True Parents, so in that sense if we really want to have a good relationship in our marriage we need to practice attendance to God and True Parents. So when Husband and Wife become closer to God, they will also become closer and closer to each other. So what is the life of attendance?

1. Pledge Service on church holidays, beginning of the month and AnShiIl.
2. Study True Parents language (Korean), as their sons and daughters
3. Reading True Parents speeches
4. Reporting to God in prayer
5. Carrying True Parents' pictures with us, and displaying them in your home

And many others.... But these are basics of the life of attendance.

The term ‘absolute sex’ was coined by True Father in 1996 in the USA. In the secular world they may speak about ‘absolute sex’ or ‘heavenly sex’, but the meaning is different from our understanding. The concept of ‘absolute sex’ means the opposite of free sex, and homosexual, and polygamous sex, and also living alone without marriage all your life. Absolute sex means sex between unique, unchanging, eternal husband and wife. “Absolute sex is the sexual act between absolute, unique, eternal and unchanging husband and wife.”

I can introduce some of True Parents’ speeches about absolute sex. “Our sexual organs must be liberated. The opposite of free sex is absolute sex, unique sex, unchanging sex and eternal sex. These concepts are very, very precious, and we can be very proud of them. Absolute sex is the root of true love.” “What is the mission of the Messiah? He will bring the absolute sex to the fallen world. He will come to perfect the absolute, unique, unchanging and eternal sex.” These speeches are quoted from the book: *The Origin of the Universe* published in Japanese in 2002 and now in Cheon Seong Gyeong.

What’s the purpose of ‘absolute sex’ or making love as a Blessed Couple?

The purpose of the sexual act has been argued and discussed for nearly two thousand years among Christian leaders. Christian moral theologians generally discerned two purposes: unity purpose and procreative purpose, but the question is what’s the relation between the two in the act of sexual intercourse? According to the Roman Catholic Church, the procreative purpose is traditionally more primary. But for the Protestant churches the unity purpose is primary. Nonetheless, that is only the unity between husband and wife. For Blessed Couples our attitude is different. Our unity purpose in lovemaking is not only the unity of husband and wife, but also to become one with God. For us to become one with God, we have to make love. Our teaching is that through the sexual organs we can become one with God. Also our teaching is that making love is not just for the procreative purpose. The meaning of procreation is also different from other Christian churches. Unlike other churches, we say that our purpose of making love is to give birth to children without original sin: with the heavenly lineage. That is the difference between us and the established churches.

In the case of the Blessed Families, which purpose is primary and which is secondary, unity or procreation?

According to the Tradition book, unity is primary. So theoretically in the Unification Church in the Blessed Marriage, sexual relations between husband and wife are sacred, without purpose of the child-birth. True Father said, *“Can man leap like a dog? Can man’s eyes see like an eagle’s eyes? Can man fly? Can man run like a deer? Compared with animals, human beings are inferior in many points. What is our superior point? People can make love anytime during the four seasons. That is the privilege of human beings. Animals make love only at the time suitable for producing offspring.”* *“God Blessed us – his sons and daughters, as the Lord of all Creation - to enjoy unlimited joy of love-making”* ‘The act of True Parents, True Children and the CTA’, Nov 14th 1993

“God exists in the settling point of love – that is the sexual organ.” *“Through the sexual organ we can become one with God.”* *“God dwells in the place of the absolutely unchanging love; God dwells in the sexual organs.”* There are so many words of Father’s explaining that we can become one with God through the sexual organs. For example,

“We must love and attend our spouse’s sexual organ more than we love and attend God. In that way God can feel delighted and feel great joy. When a husband worships his wife’s sexual organ as more precious than the totality of all creation and loves it more than he loves all the sum of all the creation, God can come to his home.” So this is somewhat controversial; husbands are encouraged to worship his wife’s sexual organ more than he loves God.

I’d like to speak about the ideal number of children we should have.

In the 1960’s Father spoke to the early Korean members – 36 and 72 couples – our elders, that Blessed Couples should have more than 10 children. But in Japan some members thought that all the words of True Parents are the eternal heavenly law, with eternal effect, but that’s not true. So we have to pay attention to the date of the speech. That’s why at the time of publishing Cheon Seong Gyeong, Father said that the date of the speech has to be included with each quotation. Rev Zin Moon Kim explained that there are two kinds of Father’s words. One kind relates to ‘purpose’ and the other to ‘method’. So, those that relate with ‘method’ don’t have eternal effect. So we should understand when the

words were given. The most recent speeches have the highest authority. The most recent speech about the number of children was in 2003 when he said, on True Children's Day that we have to give birth to 3 children, and if you can't give birth to three you should ideally adopt three children. Adoption is an option. Raising at least 3 children is the heavenly standard; the Blessed Family's duty. As for the ideal number of children, before 2003, Father stated that four or more would be ideal, four representing the four seasons: spring, summer, winter and autumn, and the four corners of the earth: north, south, east and west. If you can afford to, you should strive to have four or more. Also if you can give birth to many children you should offer for adoption because many families are waiting for adoption.

How many times did True Mother give birth to babies? 14 times, including Hee Jin Nim who passed away several days after her birth, and including 4 times through caesarean operation. Usually it is recommended that caesarean birth should only be allowed three times due to risk to the life of the mother, but True Mother's last 4 children were all through caesarean section. So I admire True Mother very much for her willingness to give birth to

so many children at the risk of her life, and especially since coming to know Hyung Jin Nim, the last son who has such a wonderful character. I have become acquainted with him since I have been teaching him Japanese. He really loves True Parents and has an ideal character. So thanks to True Mother we have those wonderful True Children.

The Issue of Birth Control.

(from an email clarifying some questions from us after listening to his talk in Prague)

I discourage the use of condoms for all couples because of Dae Mo Nim's speech, where she explained that God clearly hates condoms because he can't fully participate in the love making, can't fully feel the delight of the joy and unity between husband and wife.

For young healthy women in their 20s, I recommend the use of contraceptive pills as many medical doctors in this world have strongly recommended it; its safety is proven by the use of tens of millions of women in the West, and it also prevents ovarian cancer.

For the Blessed Couples in their 30s or 40s, I recommend "symptothermal method" that helps identify the woman's fertile phase by

measuring her temperature and observing cervical secretions. European researcher recently reported its success rate (99.6%) was as good as contraceptive pills based on recent experiments. The success rate of the checking cervical secretion alone is over 98%.

For the Blessed Couples in their 30s or 40s, if the natural methods fail and they become pregnant, they should be encouraged to give birth to a baby and to offer the baby for adoption. The Blessed Family Department has a very crucial and extremely important role to organize the waiting list of the couples who are willing to offer the next baby and who want to adopt a baby. There must be a screening process (faith and financial situations) of the couples who want to adopt so that productive couples can offer without worry.

I would like to research more on contraception. My English book on True Love, Sex, and Health will include more explanation on contraception, but I may add more pages. I will be very happy to help European couples as well as American couples.

Every couple should have “The Tradition Book” which – although it is a bit old, is still

valid on the issue of birth control. But True Father’s direct speech is very critical of birth control, more so than the tone of the tradition book. But in reality many Blessed Families practice birth control. More natural methods are recommended in the Tradition book.

Hoon Mo Nim said, *“God spoke to me, regarding the use of condoms, ‘If you eat something covering your tongue with a veneer, can you taste the food? I feel displeased when I see the Blessed Couples using a condom. I don’t want to see that.’ That is because the wife’s sexual organ symbolises all creation, and when the husband enters it he must experience the full taste of it, such as sweet, bitter, sour and so forth. If he doesn’t he will not know God’s creative power and God’s heart.”*

In December 1967 Father spoke about natural birth control at a 72 Couples Blessed wives meeting. By knowing the fertile period, you can avoid pregnancy. “If you avoid sexual relations between the 10th day and the 19th day from the beginning day of the last menstruation, that is a few days before and after the egg releasing day when the body temperature is ‘to hit the button’, you can avoid pregnancy. Birth control is because

of the special situation of the strategy for the restoration work.” This is the most natural method.

The Issue of Artificial Insemination - Right or Wrong?

The Blessed Couples are not allowed to do artificial insemination, using a donor’s sperm. But in the case of using the husband’s sperm it is allowed to facilitate pregnancy or in the case of choosing the sex of the baby in special cases of disease, for example, when only male babies would inherit the disease. But without medical reasons, the selection of the sex is not allowed in the medical associations in society. In Vitro Fertilisation (IVF) is allowed for Blessed Couples as long as the husband’s sperm and the wife’s eggs are used. Already quite a few second generation children have been conceived and born in that way.

The Issue of Abortion

You should read the Tradition Book to see on what conditions abortion is allowed and not allowed.

Father says that we should make a conjugal life like a piece of art-work which is very artistic and beautiful, to keep our heavenly lineage. *“It is necessary to make our marriage life*

exciting and beautiful. Do not live a boring married life.” He explained various things about how to make married life more exciting during the Japanese Women’s Workshops with Father in Korea (160,000 Japanese Blessed Wives attended, although some did so 2 or 3 times to fulfil the numerical goal.) *“Wear seven kinds and seven colours of underwear.”* And so forth...to send a signal through the colour, but most recently Father encouraged us to sleep completely naked in the Age after the Coming of Heaven.

Our Internal Attitude at the time of making Love

Love-making is not for myself, but to give the greatest joy to my wife or husband. That kind of attitude is necessary for both husband and wife, according to Dae Mo Nim’s speech. *“At the time of making love a husband may make love only for himself. To make love only for his own joy is wrong; a man should think about the joy of his wife – to give the greatest joy to his wife.”* Dae-Mo Nim spoke to wife also, *“Loving heartistic relations emerges at the time of love-making. Some women reject their husband’s approach, thinking ‘I don’t have enough heart and love for him’, but through making love deeper heartistic relations will emerge, so don’t*

refuse your husband.” Father’s advice is that Blessed Couples should make love without wearing any clothes, with a completely naked body. He spoke about this repeatedly over many years. “Among all the mammals, only human-beings as the Lord of Creation can make love in the position of face to face, breast to breast.” In the Age after the Coming of Heaven, since the spring of 2004, we are advised to sleep naked. Father spoke to use, “*To make love with a naked body is an act of liberating God’s painful heart.*” “*God wished to watch the pure and naked Adam and Eve make love in a beautiful way, but because of the fall God could not see such a scene.*” So Blessed Couples can make love naked as an act of liberating God’s painful heart.

Dae Mo Nim spoke about the wife’s attitude at the time of making love. This is mainly for Japanese wives, because Japanese women are very conservative and shy.

“At the time of making love if a wife responds quietly without moving, just lying down and letting the husband do whatever he wants, this is wrong. God told me that kind of woman is very unwise. The female sexual organ is like beautiful part of nature; a symbol of the whole created world. All the beauty of the created

world exists there in the female sexual organ; there’s water, rocks, pebbles, flowers, bamboo tree, pine tree, mountains, clean heaven etc. The husband should be able to visit all this created world and should appreciate it all. He should see it face to face, and feel it, in order to appreciate the created world. That’s woman’s responsibility. But some women do not make husband appreciate their sexual organ. They should do that – help their husband to ‘enjoy the view’ of the created world. God’s creative power and investment of love should be appreciated by the husband seeing and enjoying his wife’s sexual organ. Taking off all clothes and letting the owner of the create world [woman’s sexual organ] come to the created world and play; that’s the female responsibility.

So you have to change, and stop saying that you cannot do that for such and such a reason. Some women make those kinds of excuses. If you have that attitude you would be ignoring God’s creative power, and God’s heart. Ones’ sexual organ is not ones own, but ones spouse’s. So if you do not give that to your spouse there will be problems in the relationship.

Father explained these things to us. God told me that for Blessed Couples to become a true family, this kind of conjugal sex education is necessary.”

What should be women’s attitude when making love? A wife should let her husband appreciate the view of the female sexual organ. Father also spoke about this at the Jardim 40 Day Workshop in Brazil. He said, “Husband and wife are in the position to reveal all the secrets, and let the spouse see each other’s secrets, even those private parts you would not show to other people, you have to show everything to your loving husband.”

Dae Mo Nim spoke this way at the 8th 21 Day Registration Workshop. Dae Mo Nim repeatedly spoke about this. Also don’t be quiet or like, as the Japanese saying goes ‘a dead tuna’ just lying there passively; be active. Rev. Tim LaHaye, (*The Act of Love; The Beauty of Sexual Love* by Tim and Beverley LaHaye) the marriage counsellor, also emphasised how important it is for a wife to be actively responsive. You can be expressive, and make loud noises; it’s OK!

In one speech Father jokingly says, he’d like to put a ‘mike’ with all couples and have a competition to see who will make the most noise! Don’t be afraid to make lots of noise, even if your mother-in-law is sleeping close by! You are blessed by God and free to make lots of noise; it’s not an illicit affair!

On April 19th 2004 on True Parents Day in New York, Father spoke about two important topics. One was the declaration of Ahn Shi Il – a revolutionary idea. The second was “*from now on the couples should sleep without wearing any clothes.*” “*Do you feel happy when you sleep naked skin to skin? Or do you feel happy when you sleep with 5 or 6 layers of clothes being unable to feel anything from the touch of your spouse?*” Some Japanese wives have even made the excuse that in case of earth-quake they have to be prepared with layers of clothing. A nightgown may be needed, but it’s now a new Age after the Coming of Heaven, and we have gone past the age of paying indemnity.

Father long ago said, “*In the future after restoration is completed, we will have to live naked as the 1st Adam and Eve before the fall.*”

Does he mean that Unificationists become nudists? I wondered at that time. It means in your private bedroom you are free to be naked like Adam and Eve before the fall. I began to practice this since the summer of 2004 and it's very good! The Korean Medical Association this year announced that it's good to sleep together naked. I'm sure that it is encouraged in the West as well as being 'providentially required'.

Positions for making Love

Some of you may have attended the workshops with 'Black Heung Jin Nim'. In 1987 he taught us that we should not make love like dogs and cats, but in 1996 Father gave a new instruction. May 1st and July 1st 1996 he said *"From now on study the way animals make love; it's not a sin to make love like that."* And, more interestingly *"On this earth there are so many different kinds of animals such as rabbits. As we are the Lord of the Creation, in making love, we have to become the great king of making love. When women reach menopause you can say 'this week we can have 'rabbit love', or let's make love like a tiger, and roar like a tiger! Or 'let's make love like snakes' and by moving this way and that way...using the love style of the fly, ant, bee or butterfly!"*

So we have been liberated from the prohibitions of 'black Heung Jin Nim'. Father's speech has higher authority; a new norm. In August 1997, however, Father said "When we want to have children it's common sense to make love in the missionary position (husband on top of wife) so the seed flows down, and are face to face so that all senses are united and focused on each other." (So, we are recommended to make love in the missionary position at least at the time of husband's ejaculation, if we want to have a better child.) In the Islamic tradition it is not encouraged to make love like a dog or cat. Hadith says that you will have 'cross-eyed' child if you do that; recommending the missionary position to have a wonderful child.

So if there's no possibility of pregnancy, you can use any position or style, according to Father. Also, if you are pregnant you can adopt any position which is comfortable.

What about Anal Sex? It's wrong. It's prohibited because it's not healthy. It's liable to cause inflammation of the anus. So called 'Oral sex' (fellatio and cunnilingus) as foreplay or without ejaculation, is allowed but husbands should never demand it or force

his wife to do it. According to Rev LaHaye, 50% of wives do not like to do fellatio to their husband, so he should never demand it, although it is allowed. Cunnilingus means a kiss and lick to the female sexual organ. It is recommended for Blessed Couples, even if the wife reaches an orgasm in this way it is not a problem according to our ethics. Females can reach multiple orgasms in one act of love. Women are different from men physiologically in this way. Men's sexual interest after ejaculation drops sharply, but if a man keep stimulating his wife, she can reach another orgasm after insertion. So foreplay – cunnilingus - for women is encouraged by True Parents. Father spoke about it on Nov.3rd 1998, *“Do you like the male sexual organ best? Do you like the female sexual organ best? Do you kiss each other's? How did you find its taste? Its taste is unlimitedly exquisite; you cannot forget its taste even after a thousand years' dream. There is not better taste than that.”* So, Father clearly encourages it. I'm not sure if wives feel the same.

In 2005 June 7th Father said, *“A kiss to your husband's penis...what kind of kiss do you like best? Tongue, mouth, teeth or the hole of the throat?”*

What about ejaculation outside the wife's body, to her hand or mouth? Is that right or wrong?

It is allowed during menstruation, after child-birth or during health problems. “To recover from child-birth it is good to drink her husband's sperm.” Father said at the talks to Japanese wives. Immediately after child-birth insertion is not allowed because it can be painful, so you can use a different method. Semen is not poisonous.

Dae Mo Nim also said that women should learn to give the kiss to the hole of the throat, but husbands should never demand it.

Frequency of love making

Over the life course, male interest in making love reaches its peak in the late teens and early 20's, and then gradually declines, because of the decline in testosterone. But women are different. The highest peak of sexual interest for women is the late 30's and early 40's, according to scientific research and many women's experience. Father's instruction is that when men ask for sex a lot when wife's desire is not so strong, the wife should accept and be understanding as much as possible. When wife's desire has become very strong, but husband's has declined, wife may need to let her desire subside, but he should try to

maintain good health to be able to respond. Father encouraged, *“Live a life by making love more frequently than men and women in this world.”* In a recent UPF Tokyo University Alumni Seminar, Rev Otsuka gave a lecture and explained that Father had once spoken to him and said. *“You are young, and so you can make love 1000 times a night!”*

Frequency of making love during pregnancy...

Father was very concerned about women who did not have any children, and asked all of them to stand up, and encouraged the other women to do everything they could to help them. He sighted three reasons why people may not be able to have their own children:

1. Due to ill health.
2. If she has been overly devoted to the Providential work
3. Some disadvantageous ancestral influence

Father said to all the participants to make every possible effort to have children, and help those who hadn't had children yet. He suggested to them *“If you have been making love once a month, go home and make love every other day in order to become pregnant”* (because the sperm can live for 2 or 3 days).

There's a day to avoid making love. Have you ever heard about that? That's a day when we are recommended to avoid making love. That's the night before the pledge service. This is not heavenly law. It is Japanese mentality to be legalistic, but it is suggested, not law. Rev. Chung Soo Won (36 couples) used to speak to Japanese members, *“If you want to have excellent babies, make love after reading the Divine Principle.”* Basically by reading Father's speeches, and the D.P., or listening to Sunday Service and you are uplifted and moved in your heart, then when you make love you can have an excellent child, due to the help of good spiritual world, and good true-love energy. Making love before Pledge Service is not a sin! It will not be accused by Satan. Father never said 'don't make love before Pledge Service'. For example, one 2nd Gen church leader gave a testimony to True Father, *“After making love very passionately twice, then I can give an excellent sermon.”* Father smiled to hear that. Father never ever said, 'Why did you make love on Saturday night (or the night before the first day of the month, church holy-days and Ahn Shi Il in this age)?' No, Father's emphasis is 'Don't miss Pledge Service.' The point is to avoid being accused and feeling guilty by missing Pledge Service. So make

sure you have enough sleep and prepare well before Pledge Service. Falling asleep during Pledge or missing it must be avoided.

[Several times recently, True Parents held Pledge at 8 am to accommodate a large number of Ambassadors for Peace from Seoul, because it is a bit far away. Basically Pledge is at 7 am on Holy Days.]

How long are we supposed to make love? And what's the importance of foreplay?

Father and Mother both emphasised the importance of foreplay. Scientifically it is proven that it takes more than 20 minutes for women to reach an orgasm including the foreplay time. Husbands should be aware that it takes women a long time to reach orgasm. So, it's important for the sake of women to have a long time of foreplay. It means kissing and caressing. True Parents have emphasised the importance of foreplay for women as a serious matter. I would like to include True Mother's counselling advice. In the 1980's one Korean woman asked True Mother "*I never felt the joy of orgasm during love making; what can I do?*" True Mother's advice was that True Parents themselves make love for 2 hours (including foreplay). I was

surprised!...and she said "*Ask your husband to make love for a long time; including long hours of foreplay.*" That is True Mother's advice. True Father also emphasised the importance of foreplay for the sake of the wife. "*At the time of sexual excitement, there's a difference between men and women. Women are slower than men by five times.* (Some times he said three times.)

Therefore some wives pass away without knowing the real taste of sexual love. That's men's fault. It's up to the man to understand that. "If he doesn't take responsibility to help his wife experience the real joy of love making, that can effect her for a whole day, or a whole month. That influence lasts a long time." And "*For the sake of women's health, it's absolutely important and necessary for women to experience orgasm.*"

If women cannot reach that feeling she should ask her husband to extend the time of love-making; ask her husband to do foreplay for a longer time. This was one of the important topics Father spoke about at the Japanese wives' workshop. For the sake of women's health and happiness, it's important for her husband to practice long hours of foreplay – kissing, caressing, touching!

Father said on May 1st 1996, “*When you go to the spirit world there’ll be a competition for who made love the longest time (the total accumulated time) while on earth!*” “*If it’s 40 days or several months you can become the champion!*” “*If you make love a lot, separation is beyond the imagination and there will be no divorce.*”

Reaching Orgasm Together

Male and female sexual excitement is different. Male’s is like the Matterhorn in Switzerland (a sharp rise and steep drop) and he can be stimulated by simply seeing his wife’s beautiful nakedness. Also after ejaculation it goes down very sharply. As for the female sexual excitement I use the Halla Mountain in Jeju island for example – it looks like a woman lying on her back. That mountain is actually higher than Seorak Mountain, but very undulating, rather than steep. Halla is the highest Mountain in South Korea, and there’s small lake at the summit. Women can reach their peak, and then a second or third peak if husband continues to stimulate well; this is the unique feature of women’s response which God created. It’s a gradual rise and fall. How can these peaks be connected? Through a long time of foreplay before insertion. Husband doesn’t need

to panic if his wife reaches orgasm before him, because she can have a second or third orgasm.

I was very impressed by Jewish teachings. As the first Israel they have a lot of wisdom. The way to help husband and wife to have orgasm together is to let the wife experience orgasm first. According to their wisdom, giving birth to children is absolutely important, and is the great beauty in Jewish tradition where there’s no encouragement for the single life. The 3 Blessings are Jewish scripture “*Multiply and fill the earth.*” They teach that if the woman reaches orgasm it is more likely that she will become pregnant. God’s commandment was to have many children, in their tradition it becomes the commandment to let the wife experience orgasm.

How is it possible? The answer “let her experience orgasm first; refrain from ejaculation, and let her reach orgasm first.”

If women reach orgasm first it will last a long time, but men’s will drop very quickly after ejaculation. Of course there’s a wide variation between different women, but generally women’s orgasm lasts longer – 10 seconds, 20 or 30 seconds (often including the 2nd

orgasm when it lasts longer), so if husband keeps stimulating, they can experience it together. That's Jewish wisdom and we can learn from it.

The Issue of Privacy

According to Father you don't need to worry about privacy – you can make as much noise as you want. Be natural. Don't worry, you are Blessed by God; enjoy! Actually there is actually no privacy in your bedroom because of the presence of ancestors! So be very open; God and grandpa and grandma are watching and enjoying with you. When you go to the spiritual world you will be able to see the scene of a beautiful Blessed Couple making love, and so if you are ashamed of making love there's something to improve on. Dr. Sang Hun Lee explained from the Spiritual World that that's one of the differences between heaven and hell. In heaven husband and wife are making love very beautifully, and everyone admires and adores it in a beautiful way. So, you can prepare for making love in heaven by practicing more openly, making love here on earth in your bedroom without muffling your voice, and being expressive.

How to give birth to wonderful children

Father said, "Unless the wife feels the great joy in love making, you cannot have a healthy child." And also "If parents devote themselves and live a very devotional life, the children's fortune will be decided by that."

About Kissing

Advice about kissing using the tongue - so called deep kiss or 'French' kiss. Father said, "Do the artistic kiss by using your tongue." So, Father's instructions are that the Blessed Couples should kiss by using the deep kiss. And at what kind of time should we kiss in this way? During foreplay, if you kiss using the tongue, the wife can reach more sexual excitement in a shorter period of time. Also during making love if you kiss more frequently and longer, then you can keep the erection longer. Premature ejaculation is a problem especially for young men, so if you kiss with a deep kiss more frequently and longer then you can make love for longer, because the excitement can spread to the man's upper body. Otherwise the stimulation is concentrated in the penis and you cannot keep the erection for a long period of time. Then after entering the vagina, if you stop thrusting, and do deep kissing, you can keep

the erection for longer and the excitement can spread throughout the whole body. Father said he experimented, and said that you can experience more joy this way. This way you can last for two hours!

Average love making time according to research is about 7 minutes and 30 seconds. So, if you last that long it's not premature ejaculation; it is considered premature if it last less than 2 minutes. But by using deep kissing you can avoid premature ejaculation. Try if you have this problem, and your wife is not satisfied.

Dae Mo Nim also says that husband should use foreplay like a fermenting process, which takes a long time. Father says the husband should do everything that the wife demands. Yes, the wife can demand. Don't be afraid, don't hesitate; the wife should ask the husband. That is because the wife needs time and foreplay and certain stimuli to reach orgasm. For the husband it's very easy; ejaculation is the orgasm; so there's no problem for men. But women's experience is a different story, so husband should ask the desire of the wife, and he should do everything which the wife desires. That is Father's advice. After making love, husband

– don't fall asleep immediately afterwards. This is more important for women. Take time to hug, hold hands, appreciating, and thanking your spouse. Also for women, it's recommended not to stand up and walk around straight away if you are trying to conceive. She should stay lying down.

If husband does certain kinds of abnormal actions which his wife doesn't want, the solution is for her to say "I don't like." or "I don't want it." She should speak out. Only we human beings can make love by speaking, so we should make love also using the gift of language and exchanging words. The husband should respect his wife's wishes and desires about love-making also using words. Father says we should respect and make love beautifully.

The issue of the use of vibrators

It's not recommended for husbands to use them because if women get used to the very strong stimulation of the electrical vibrator then the male's organ cannot compete with that. The wife can feel that a husband is not necessary, if she is accustomed to that. She may be tempted towards masturbation and lesbian acts. That's why the use of the vibrator is not desirable.

The issue of masturbation

If husband and wife are living together, husband should refrain from masturbation. Dae Mo Nim strongly scolded some Japanese husbands for watching ‘adult’ videos and neglecting his wife. Black Heung Jin Nim said that if you make love after masturbating it leaves a low vibration in the body, and good child will not be born. In the case when husband and wife are living together, God’s wish is for them to make love beautifully, so the husband should not satisfy himself, by himself, by resorting to masturbation. But as an exception, in 2001, True Father said during a workshop in Hawaii, that if husband and wife must live separately for a long time, if the husband thinks adoringly 100% purely, and yearning for his wife, then masturbation is allowed.

Rev. Chung Soo Won advised, now in the days of digital cameras, you can take a picture of your naked wife, and her sexual organ and carry it with you, if you have to live separately for a long time.

Teenage Masturbation

Q: When children are teenagers, they start to masturbate, and many secular authorities encourage them to know their own body through this. Is it right or wrong for teenagers?

A: There’s a difference between male and female. Males experience orgasm through wet-dreams sometimes. Once that happens it’s difficult to forget that exciting feeling; so it’s more prevalent for young men, and difficult to stop completely. However we should not encourage masturbation for men or women, but we cannot say completely stop, because they may find it impossible to stop because the brain is addicted to it, like a drug. We should discourage it, but create an environment where it is easier to not do it.

Wife’s Attitude in Lovemaking and Kegel Exercises

As much as the husband should use a long time of foreplay, wives should not be passive in love making, but should be responsive and active to enhance the joy for her husband. In a speech about reaching orgasm, Father repeatedly emphasised how important that is for women. “By reaching that kind of excitement, women can feel the

glory and value of being born as a woman. By experiencing orgasm, women can also understand the preciousness of men. If a husband can reach complete unity with his wife in the sexual life, then he can never leave his wife; he can feel that whether his wife's face is ugly or beautiful is beyond question."

I recommend the book *The Act of Love; The Beauty of Sexual Love* by Tim and Beverley LaHaye, which is also recommended by the Family Department. I have quoted them in my talk. That book encourages women to be active in love-making. Amongst those women who always or nearly always reach the orgasm, no one said that they were passive and quiet whilst making love. So for the sake for both, women should also be very active.

In the book, Rev and Mrs LaHaye have earnestly encouraged the use of Kegel exercises. An American Doctor Arnold Kegel discovered the importance of them. Originally developed to prevent the leak of urine for women after childbirth due to muscle weakness. Dr Kegel also found that the use of the exercises heightened sexual sensitivity; many women reported to him that after doing the exercises they experienced orgasm for the first time.

Many such stories came to his attention and so he realised that the exercises also heightened sexual feelings. In my book I also explain how to do them.

In the 1970's our True Father recommended these exercises (not by mentioning the name of Kegel), in a talk to some Japanese women who visited Korea. One young Japanese Christian lady was surprised that although she expected to hear a very spiritually high topic, Father spoke about such an earthly topic. She almost lost her faith in Father as the Messiah – he's so practical! [Thanks to her testimony printed in Japanese Church magazine, I found out that Father already recommend such exercises in the early 1970s.] Most recently these exercises are recommended by many specialists. Rev.LaHaye is very enthusiastic about them for men and women. Find out how to do them; there are many sources. You should tighten and release the pelvic floor muscles at the rhythm of 4-5 seconds, but, in addition, make sure to tighten and release the pelvic floor muscles at the rhythm of 0.8 seconds. The rhythm of 0.8 seconds is the interval time of involuntary contraction of these muscles when you reach orgasm. Kegel exercises of the pelvic floor muscles can give the great benefit to the sexual feeling.

After husband or wife passes away...

You can make love even after your spouse has gone to the spirit world. Can you believe this? There are many testimonies about that happening. I was very moved by the story of Mrs. Chieko Sasamoto whose husband passed away in Africa in the 1970's. They received a special award from True Parents; he is considered as an official martyr in our Church. After 14 years they are able to make love transcending the barrier of the spiritual world and physical world, and for the first time she experienced the joy of the sexual act. She gave a very moving testimony.

According to the testimony of Dr. Sang Hun Lee, we can make love even after both husband and wife go to the spiritual world.

The period of gestation

I have a question. If you have a honeymoon baby, when is the due date? How long is the pregnancy period? There was a rumour that one second Gen. couple had a baby before 9 months after the Blessing, and so they must have had a relationship before the Blessing; because it should be 10 months. The question was, "Is that possible to have a baby before 9 months after wedding?" Yes, it is possible. We should be careful when translating Father's

speeches – "16 years old" in Korean means "15 years old" in Western counting. Father's Peace Message mentions "10 months of life in the womb." It is actually 40 weeks, and 4 weeks are counted as a month in counting a pregnancy period. The problem is many don't know the beginning date of the 40 weeks. It's calculated, not from the love-making, but from the time of the beginning date of the last menstruation. So it's 40 weeks or 280 days. Usually the release of the egg is 2 weeks after the beginning of the last menstruation, so 38 weeks for a honeymoon baby. That is clearly shorter than calendar 10 months. So you don't need to spread a scandalous rumour.

After Menopause

The problem is the reduction of the 'love-juice'. We are encouraged to use 'KY jelly' or another kind of lubricating jelly. It is approved for Blessed Couples for older women, but not the spermicidal jelly. So we are encouraged to keep making love after menopause even up until our 80's, as long as we want.

How to Increase the Sperm Count

Sperm are produced 3 or 4 degrees below normal body temperature. If the temperature of the testicles is the same as body temperature, the production of sperm will stop. So they are

located outside of the body, so they can cool down. If you wear boxer-style underwear you can increase the sperm production. Brief style may raise the temperature and reduce the function of the testicle. By changing the underwear some couples became pregnant. It sounds unbelievable, but there are many testimonies to this fact. If you sit for many hours in an office, or are a taxi or truck driver, sitting for many hours, then the number of sperm can be lowered. Walking is encouraged to solve this problem with loose pants which allow the testicles to move around.

Father also encourages walking. He said, *“If you walk for 30 or 40 minutes it’s very good for the health.”*

Daily Life Ethics

We should copy the life-style of our True Parents. Dae Mo Nim closely observed them and recommends:

True Parents hold hands whilst walking together or watching TV, or listening to music.

Sleep in the same bed (especially for the Japanese couples whose style is to sleep separately; Korea style is more heartistic under the same blanket)

Hold hands and talk intimately in bed before falling asleep. Hold hands whilst sleeping too.

What if ‘my husband snores so loudly that I cannot sleep together’?

Use ear plugs – there are excellent ear plugs created for astronauts which are cheap to buy.

Husband and wife should experience symbolically the Four Great Realms of Heart. Through the husband and wife relationship it is possible to experience the Four Great Realms of Heart symbolically. That means that the conjugal love is the representative love, so the wife is not only wife, but mother,

sister, and daughter. Also husband is not only husband, but father, brother and son. Through the husband's experience with his wife, he can have the taste of mother's love, sister's love and daughter's love, as well as wife's love, whereas wife also can feel father's love, brother's love and son's love, as well as husband's love. We can symbolically experience these realms and then substantially give birth to children, and throughout life we are expected to keep on experiencing the 4 realms. So wife can have the heart of a mother, but also play the role of the cute daughter, or younger sister, for the happy conjugal relationship.

Conclusion – Ten Point Check-List

Q: You presented the “10-point checklist” for us to become an “A+ pure love couple” in our daily life.

1. We should always walk hand in hand, when we go out with our spouse.
2. We should always hold our spouse's hand when we watch TV together - put his/her hand in your lap.

3. We should always hold hands in bed and have a peaceful pillow-talk before falling into sleep.
4. We should take off all our clothes and sleep naked in one bed every night.
5. We should call each other at least once a day in a daytime and always keep in touch. Although my wife lives in New York, she calls every morning and evening; it's possible now that phone calls have become very cheap – her call to Korea is cheaper than a domestic call. Close and frequent communication is encouraged.
6. We should bow down to the picture of True Parents, recite the Family Pledge, report to God facing each other and holding our spouse's hands, and bow down to each other at the end, every morning and night. Face each other with your right hands on top (as True Parents do now). Because God is not transcendent any more, but very intimate, that's why we should face each other, rather than facing the picture of True Parents.

7. We should send off and welcome home husband (wife), always by holding his (her) hand, kissing, and/or hugging at the front door when he (she) goes out for work and comes back from work.
8. We should talk to each other politely with respect. (this is especially important for Japanese husbands who can be very rough.)
9. We should do Hoon Dok Hae (i.e., reading True Parents speeches) together everyday.
10. We should make love twice or more a week and make an effort to give birth to 3 or more children.

These 10 points of advice are not my personal advice, but True Parents' and Dae Mo Nim's. Therefore, readers must not mention these 10 points as Dr. Masuda's. I merely gathered these 10 points together as a "list of the 10-point checklist" from their guidance about our daily life of a husband and wife.

From my experience, I am sure that even if we practice only 50 % - 5 points - out of these 10 points, our conjugal relationship will tremendously improve and ride on the strong ascending wind current. If you don't practice these points yet, I will strongly recommend you to have a try in practicing these without hesitation.

So True Parents are the 'happiness makers' not only peace-makers and unifiers. So if we practice True Parents' speeches, we can become a very happy husband and wife. So I hope that you will become a very happy husband and wife, and make a happy home and family.

Thank you very much for your patience in listening.

Dear Heavenly Father,

Thank you very much for your love and guidance. Today Sept. 3rd 2007, I'm here in Prague, and I delivered a special lecture. I'm so inadequate and I could not explain all the speeches by True Parents, because of my limitation in language; I'm so sorry for my shortcomings. Heavenly Father please guide each one of the Blessed Members here in the Prague HQ, and please guide each and every one of the Blessed members here so that each couple can become very happy husband and wife who can return great joy and beauty to you. HF, now we live in the Age after the Coming of Heaven, when you can dwell in us. Heavenly Father, please let us become a pure and healthy instrument of peace and love, and let us become a husband and wife who are one, completely one, and return great joy and beauty to you HF. We are asking for your guidance and blessing with deep gratitude for this hour.

ITNBCF, Aju!

This is the first English presentation I have given.

The listeners: *Thank you!*

For more accurate translation of True Parent's and Dae Mo Nim's speeches and their sources, please see:

Yoshihiko Masuda,
*True Love, Sex, and Health Guided
by Advice of True Parents*

(CheongShim GST University
Press, forthcoming).

Note from Susan Crosthwaite:

I discussed several points with Dr. Masuda by email and we have added some clarifications in the text. Another point is explained here:

I asked:

“Many couples suffer from psychological and emotional barriers which make a fulfilling sexual relationship difficult. An example is childhood sexual abuse. What is your advice to couples in such a situation?”

He answered:

“As for the influence of childhood sexual abuse, I am sorry, but I cannot now give good advice because my specialization is not counseling, but sexual ethics and studies of True Parents’ and Dae Mo Nim’s speeches.”
Sincerely,
Y. Masuda

So I would like to encourage you who need extra help to reach out for it. Be prayerful, and seek the help you need to heal and become happy. Sexual addictions and the effects of sexual or psychological trauma need care and loving treatment as much any physical ailment. You are created with the inherent potential to become happy, and please so not settle for anything less than God’s ideal in your life.

If you have any further questions or comments, please send them to us at:

a.crosthwaite@virgin.net

or by calling: +44 208 715 5621

With love from Ashley and me,



