

12.21.20 – Proper Conditioning

We decided that we would do a short article based on a quote from Christopher West's book Theology of the Body: *Only the person who is free of the compulsion of lust is capable of being a true "gift" to another. The freedom of the gift, then, is the freedom of the heart to **ble**ss, which is freedom from the compulsion to **grasp** and **poss**ess. It is this freedom that allowed the first couple to be naked without shame.*

This quote got us thinking...what grants people the freedom from the compulsion of lust? Is the only time that human beings were free from the compulsion of lust before original sin or are human beings capable of being free from the compulsion to lust now in the post fall world? The definition of lust is that I must have it, I must have it now and I must have it now no matter the cost. Well, the truth is that people can lust for anything...they can lust for a new car or a new house or a new dress or a new iPhone, etc. For the sake of this article we will concentrate mainly on the sexual side of lust. Can a post fall person, born with a sin nature be free from the compulsion of lust?

We believe they can be, and we will attempt to be brief in our answer as to how.

Compulsions many times are created by conditioning. For instance, if you research the Pavlov experiment with ringing a bell when feeding dogs. His experiment proved that you could make a dog come running to a food bowl, even an empty bowl simply by ringing a bell. For a long time, Pavlov would ring a bell every time he fed the dogs. Thus, creating an association with the pleasure of eating and the sound of a bell ringing. Ring the bell, the dog would come running, mouth-watering.

Lust at the site of a naked person has been conditioned into our society by creating an environment where the only time we typically see a naked person is for sex. Society has so trained people to be dressed for every activity, every day, all day and naked only for sex that the conditioning is if a person is naked it triggers a sexual response.

Naturism is about changing the way people think about the naked body. Again, the textile way of life conditions the individual to see nakedness as being about sex since that is the only time most people are naked. The naturist way of life conditions the individual to see being naked as a natural condition for everyday life

and everyday activities. As mentioned earlier, you can lust for a car or a house or a boat, the key is that we do not lust for a person...we lust for objects. With improper conditioning our minds objectify that person turning them into a possession, a sex toy, a fantasy, etc. and we lust for that. The compulsion to grasp and possess is what makes objects out of people with negative effects to both. We did not buy our mates, we married them. We do not own them...we share life with them. God treats us as people not as puppets or robots. We must be free to love God not programmed to love Him. The naturist way of life conditions us to see each other as God intended...as His creation, made in His image, as special creations and as beautiful even with all of our perfect imperfections. People stop being sexual objects to grasp and possess because naturism and the commonplace of nonsexual nudity desexualizes us.

The answer to the Freedom quote comes down to the which came first, the chicken or the egg discussion. Does naturism create a "free from the compulsion of lust" situation or does the free from lust situation have to come first. I would make the case that naturism creates a free from the compulsion of lust situation, otherwise no unsaved person could enjoy naturism without lust being involved. It would mean that the naturist resorts and campgrounds would be full of men walking around with erections on everyone who is not saved. This is obviously not the case. What we observe instead is that even unsaved families today can enjoy the clothes-free life without shame and without lust due to the proper conditioning they get from the commonplace of nonsexual nudity. God's way works for both the righteous and the unrighteous...the saved and the unsaved, it rains on the just and the unjust.

Naturist venues such as resorts/campgrounds, etc. have created rules that are there to help weed out those who are not allowing the new conditioning to take effect, but the rules will not change the heart condition of the individual. The proper conditioning eliminates the compulsion because it changes the way the individual thinks.

If you want to virtually eliminate the compulsion to lust in society at large we believe that one of the best ways to do that is to condition society to see being naked as normal. We may not be able to affect society at large in this manner quickly, but we believe that you can affect this change in your homes and in the lives of your husbands, wives and children and forever reduce or eliminate the compulsion to lust in their lives simply by normalizing nonsexual nudity. Start with the simple things, like walk to your bedroom after a shower without covering

up. Leave the bedroom doors open when you are getting dressed for work or church. Vacuum the house, do the dishes, watch a movie, etc. and stay naked while completing these routine tasks. Make nudity common for everyday activities and nudity will cease being a novelty, and it will for sure stop being sexual. In this way, you will porn proof your family and you will have much more well-adjusted and happier family members at the same time.