

7.5.21 - Naturist vs Nudist

In the world of nude recreation there are at least two names for the groups of people participating. They are often used interchangeably and are mostly considered to be the same group. This can be a problem when doing research or trying to have a conversation with someone about biblical nonsexual nakedness. To avoid a long description whenever we say something that fits one group or the other, we will give them names. Obviously, the one group is naturists...the other should be easy to guess based on the title of this article. Maybe you guessed both names from the title lol. Do you know the difference? We believe it is important that you know so that you are not deceived by people who misrepresent naturists as just another name for nudists. Naked and nude both mean without clothing. Naked comes from an Old English word and nude comes from a Latin word. We are following what other authors do by using nudist instead of nakedist for those who only want to be without clothing with few other rules. It is the behavior that is the important difference not the name.

The naturist is looking for a family friendly environment where he or she can bring the whole family...spouse, children and maybe even the dog. The naturist does not want to worry about behaviors that inappropriate for children to witness like drunkenness or sexual activities. He or she want to do normal recreational activities they simply want to do them without the unnecessary restrictions of clothing...activities like hiking, sunbathing, swimming, picnicking and bicycling. They view nakedness as a health benefit. The body was designed to be exposed to sunlight for vitamin D production, to keep the biological clock set correctly, to cool the body and prevent the growth of harmful bacteria and fungus.

On the spiritual side...naturists are also hoping to desexualize their lives, families, and society by living as God intended from the beginning. When people are regularly doing normal everyday activities in the naked condition that they were born in around other naked people doing similar nonsexual activities then nudity becomes nonsexual and addictions such as pornography lose their grip on the mind. Women who are among others who are naked for nonsexual activities soon lose their insecurities about body image. Currently we have a society where for the most part naked equals sex, when that programming is broken by seeing lots of nonsexual activities done naked then the mind and society is desexualized. Porn loses its appeal and takes much less effort to resist. If a wife sees that her husband is not aroused by the younger and "better looking" women, she quickly learns that it is not her body that keeps their relationship strong, but their friendship and their love. Their relationship is suddenly much deeper and more intimate than it has

ever been and insecurities diminish and have much less control over her than before. Children are much more well-adjusted and do not become overly curious about what the clothing is hiding. They avoid becoming sexualized at an early age which is exactly what happens when they are told to hide certain parts. They learn that clothing is needed for warmth or protection from the elements rather than because of an arbitrary law or because their bodies are obscene and need to be covered at all times.

This may seem like we are splitting hairs, but here are a few differences with the group that we are calling “nudists”. Nudists are usually not concerned with how God views nakedness or what the Bible says regarding the subject, they simply enjoy being naked and that is enough reason to look for ways to enjoy being naked. Nudists as a group may or may not see a need to separate nakedness and sex. Nudists may or may not be concerned with whether a facility is family friendly or not. Nudist may or may not see voyeurism as a problem for them. They may or may not see a problem with sexual activity in the open or with swinging. For the naturist these activities and thought processes are very important, they may or may not be for the nudist.

It should be clear that a facility cannot accommodate both groups at the same time. The naturist will not be back or come the first time if the facility is not family friendly. The nudist will not care if the facility is family friendly or not they can enjoy either depending on the mood. A facility that is trying to please both of these groups could end up losing the naturist in place of the nudist. In some cases a facility that is trying to walk the line could end up causing both groups to look for some other venue to visit.

The activities of the nudists are much more newsworthy and typically get more press. A person who has not been informed about the differences will assume the news stories regarding nudists apply to all naked people in a social setting. If you are attempting to inform a person that the Bible is not opposed to social nakedness, they may think that you are trying to say that the activities of some in the nudist group are approved of God. They may conclude that you are wrong or at a minimum very confused and not worth listening to...or they may think that you're a pervert...all because of the lack of an understand of the two groups.

I saw a meme recently with a quote from Frantz Fanon which points out another problem with the uninformed. “Sometimes people hold a core belief that is very strong. When they are presented with evidence that works against that belief, the new evidence cannot be accepted. It would create a feeling that is extremely

uncomfortable, called cognitive dissonance. And because it is so important to protect the core belief, they will rationalize, ignore and even deny anything that doesn't fit in with the core belief.” The textile belief is a “core belief” and needs a lot of clear evidence to change the belief. Grouping all socially naked people together into one group will not give any clear evidence that God approves of nakedness or that it is a wholesome activity...

Not only is mixing the two groups a problem when trying to explain what the Bible says about living as God intended, but it is also very important in choosing a venue to attend. If the venue advertises a setting that appeals to the family friendly naturist, but does not enforce those rules, a naturist can have a disappointing visit. Reviews help, but we are learning that good reviews can be bought like politicians or fake news. Probably a phone call to the office and a brief in person visit would give a firsthand look at how the rules are enforced, who attends, and how nice the facility is before committing to a longer visit with the whole family.