

Based on a conversation Mona S. Toubian had with the Rebbetzin.

Lecturer - Rebbetzin Rivka Katz

WOV Event - "Heavenly Sex: Strengthening the Family Unit Through Marital Intimacy"

Following please find an excerpt from the lecture the Rebbetzin would give.

Concepts come from Torah and Gemara however; they will be presented in a more "secular" fashion.

- I. The lecture will focus on the ideology before the practical (i.e. thoughts and emotions in dealing with marriage).
 - A. Marital intimacy is the corner stone to family unity and it is through this act that all other areas are built (i.e. good children, peace in the home, financial success, etc.).
 - B. It is only during marital intimacy that the goal of married life can be fully crystallized. A couple must fuse together to feel as one (bodies are created to merge and even look like one during intimacy).
 - C. Intimacy is a time of spiritual closeness where two half souls come back together toward completion.
- II. During time of intimacy three essential ingredients must exist.
 - A. LOVE = not self love of course or the act would resemble the same scenario as that of a man going to a prostitute – both engage in the act for their own personal gain.
 1. It must be ideally a fully selfless love where each spouse is totally focused on giving themselves wholly to the other and fulfilling the other completely.
 - B. HAPPINESS / PLEASURE = this ingredient must exist. It is against halacha to engage intimately if you are angry with your spouse, for example. A sense of desire must be there. This is the only way that a soul connection will take place. The soul is ignited through desire!
 - C. UNITY = the body, soul and intellect must be present and connect.
- III. Every woman must accept the responsibility to accept the love that their husband wants to give.
 - A. Different woman create the atmosphere which will put them in a place where they can give and receive this love in different ways. Some need to go to an aerobics class; others may need quiet time in a bubble bath. It is crucial to do whatever it takes to get yourself there.