



# THE PRINCIPLES OF HEALTHY SEXUALITY

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## NUMBER 1: LOVE THY SEXUALITY

Loving one's sexuality is more than simply recognizing its existence and sating its hunger. To truly love your sexuality, you must embrace it and hold it tight. You must accept it for what it is and love it despite its rebellion from social norms. You must be willing to stand up for your sexuality fight against the barrage of attacks from those who hate themselves and want you to be miserable too.

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## NUMBER 2: HONESTY

Never should you hide your needs and desires out of fear or shame. There is no person on this earth with sexuality quite like yours.

If you deny it or try to hide it from the light, it won't die and it won't cower. It will, however, continue to fight back until you come to your senses.

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## NUMBER 3: GIVE UNSELFISHLY

When you decide to allow others to take temporary refuge inside the warm envelope of your sexuality, you should not do so with ego. If you deem them worthy, then they are worthy. Therefore, they deserve all of the accoutrement that comes with it.

The sexuality you are born with has no limits to the amount of pleasure, happiness and human connections it can create. We are taught that we should hoard our sexuality like we're in a sexual depression. That is blatantly untrue.

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## NUMBER 4: RECIEVE GRACIOUSLY

Although one's sexuality is essentially limitless, it is still a remarkable gift. It takes a lot of courage to share it, even if it's just for a moment. Never lose sight of the worth or importance of the gesture.

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## NUMBER 5: KNOWLEDGE IS SEXY

Knowledge is powerful. Unfortunately, we rarely spend time gaining the knowledge we need about our own sexuality, bodies and health. To remain healthy, one must know what's going on with all three.

If you are unsure, seek the wisdom of those who know. Their wisdom is bountiful; it surpasses anything you can glean through a guess. Do not let fear stand between you and the confirmation of the health believe you possess.



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## NUMBER 6: SEX IS NOT A WEAPON

With great genitalia comes great responsibility. Sex equals power; acknowledging and fairly using the power you hold between other people's legs is a very important part of appreciating your own sexuality.

It is perfectly fine to use your sexuality in the same way you use your physical strength or mental prowess - as the means to an end that is mutually beneficial and sometimes selfish. But under no circumstances should it be used as a tool to hurt others.

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## NUMBER 7: SPREAD THE WORD

As one of the enlightened few, it is your responsibility to continue to preach that which you have learned. It



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## NUMBER 8: SEX v. LOVE

Remember the separation of lust and love. It is possible to have sex without love and love without sex. Unfortunately, the current standards of our culture require that we feign the attachment of love and deny the existence and prevalence of lust and infatuation.

We must remember that, no matter how hard we deny it, we are only animals with delusions of civilization. Our sexual drive and desire has as much to do with love as marriage has to do with happiness.

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## NUMBER 9: BE PREPAAAAAARED!

Our species has evolved with the help of our unique skills of forethought and planning. That skill is what took us from Homo erectus to erect and moist Homo sapiens.

Today, that skill is just as important as it once was, especially when it comes to sex. A responsible person should always include their sexuality when taking precautions and planning ahead. You are not invulnerable, nor impenetrable.

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## NUMBER 10: DON'T JUDGE, JUDY

As you would want for yourself, so should you treat others. Everyone's experience is simply a different side of biology's infinitely sided die. With the mutation of a single gene, you could have easily become the "deviant" you condemn.

Devoting a second's thought to that sort of close-minded fodder simply means you are human. To devote your life to it simply means hate is more important to you than love. We will let that speak for itself.

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