

WHY ABSTINENCE IS AN EXCELLENT CHOICE DURING COURTSHIP
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There are many single Black women who are not married. They are just fine with being single and have decided to remain unmarried in this season of their life. This article is not for you! However, then, there are Black women who are single, who really do not choose to be and deep down want to be married and have not figured out why they are not meeting that special someone or why that someone presently in their life doesn't seem to be ready to take the relationship to the next level. Listen up!

In this article I want to address the whole abstinence or celibacy issue to hopefully bring about clarity as to why it is a critical step in the process of building a healthy relationship moving toward marriage. One of the first things I share with women who want to be in a relationship leading to marriage is to abstain from sex during the process. Often, people who misunderstand the science of this, automatically think that I say this for some religious purpose. This is not an accurate assumption.

When I discuss the issue of abstaining from sex in the process of building a relationship leading toward marriage, I'm coming from a metaphysical perspective.

In life, people have many types of relationships where energetic cords of attachments are created. When those cords are rooted in love, a positive connection is created. However, when the cords are rooted in pain or trauma, a negative cord of attachment is created and it is in this way toxic relationships are established.

One of the most powerful energies that can be shared between people is sexual energy. When two people share in sexual energy they create deep energetic cords that have a profound impact emotionally, spiritually, mentally, and physically. Energetic cords are lines of light which connect one

person's energy center to another's. Cords allow for communication between two bodies and the sharing of energy. While sometimes cords can be positive and beneficial, often they are negative, counterproductive and draining. Sex links aural energies together. Regardless of how meaningless or casual the connection appears to be, on an energetic level there is a profound occurrence happening, especially when sex is involved; and the more you engage in sexual activity with a person the deeper that connection becomes and the more the two auras become linked or intertwined. This is not to say that sex is "bad" outside of the context of marriage. It comes with consequences.

When people seek relationships that lead to marriage, during the process they may meet many different types of people. Sometimes sex takes place, other times it does not. After spending time with a person, some may decide that the person they have been interacting with on an intimate level may not be "the one" or the person that they can foresee themselves spending their life with, so they ultimately break off the relationship. I encourage people who are seeking marriage, to abstain from sex so that they can explore the relationship without creating deep cords of attachment. If you do not have the intentions of creating a lasting relationship with the person, then it is important not to engage in that type of intimacy because to do so makes it possible for you to do exactly what you did not intend to do—create a lasting connection. Although a physical relationship with someone may end, there is still dross that is left behind. This dross is the energetic cords. In other words, whatever is in the energetic field or aura of the other person becomes entangled with your aura or energetic field. This includes unresolved emotions, thoughts, vibrations, etc.

Some symptoms of cords of attachments are:

- Toxic relationships
- Financial or career blocks
- Unclear purpose
- Low energy or energy drain
- Negative thoughts and emotions
- Attracting the same type of negative characteristics in a person
- Depression
- Trauma

When working with people to help them create more positive intimate connections, I recommend the cutting of those negative cords of attachments that may exist, particularly cords from past sexual encounters. Removing sex from the equation during the courting process, helps to prevent deeper cords of attachments from being established so when they actually do meet "the one," they have a greater chance of not carrying unresolved issues or unnecessary drama into their marriage. The clearer a person is when arriving to the relationship table, the healthier their relationship may be.

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