

EP_86 overcoming shame of female sexuality

Part_B_Bauman

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SUMMARY KEYWORDS

female sexuality, overcoming shame, trauma impact, invisible scars, body mapping, healthy sexuality, spiritual abuse, emotional abuse, defiant creativity, safe church, church response, trauma recovery, intentional living, body blessings, voice heard

SPEAKERS

Speaker 1, Speaker 3, Speaker 5, Speaker 2, Speaker 6, Speaker 4

S Speaker 1 06:59:06
Music. Hi. I'm Pam Blizzard from recovered peace, and I'm Michelle Burke, it with hope redefine

S Speaker 2 06:59:11
and I'm Bonnie burns of strong wives. We're so glad you're joining us. Welcome back to another episode of hopeful wives. Today. We are continuing our discussion with Dr Christy Bauman, and we're going to join that conversation where it left off last week. I know one of your passions is helping women find wholeness in their sexuality, and this is, you know, almost separate and apart from betrayal. So I would just love for you to free free form on overcoming shame in our female sexuality.

S Speaker 3 06:59:51
Oh, the female sexuality is all about creating and most commonly, it's about creating life. Now we've, you know, sort of deduced that to just creating physical life, but her sexuality is about creating joy and pleasure and orgasm and longing and invitation. And it's, it's the Garden of Eden. It's the fruit that comes on the vine. It's, it's, it's tasting and picking some fruit from a tree and actually putting your mouth into it like there is something about the female body that longs for creating all the sensations and we cannot keep ourselves from the truth that trauma and evil and the curse have been there from the beginning, marking those places where we create and so what I talk about A lot is even physiologically in our body, the vaginal canal and the esophagus the throat are the two passageways that the female has, that she creates from and in the last 18 years of sitting with women, I will say that trauma and evil target those two passageways more than any other place on her body. And so you will see a lot of women in their minds, because that's the only way they can survive and stay alive. And so they have to think their way into safety, and they have to think their way into creating. But it divorces them

from the rest of their body, which was made they were supposed to create from their entire bodies. But if those places as vulnerable as they are, right passageways are vulnerable, and if they have been marked and if they have been scarred, when we create, we don't create freely. We don't create like we were in the Garden of Eden, we the scars that our bodies hold. So even if I took my physical body, the scar of a C section scar, you can see it, so you can know that when I was creating I was in war and I was marked, and I bear a physical scar. What's true for women and sexuality is there are invisible scars all over our bodies that we have not been able to name or taught how to explain. And so then when we try to go and create with another, we have to be able to articulate those to be known. If sexuality is about knowing and being known. We have to have a sense of giving those invisible scars to the person we're co creating with, or if we're creating with our in our own stories, we have to be able to understand those and embody those. And I don't know about you all, but I wasn't told the way out. I wasn't told how to be in my sexuality without feeling shame for those scars that I didn't even know were there. I didn't even know I could call them scars, right? I mean, we have only been allowed to name trauma or spiritual abuse or sexual abuse in the very recent decades, yeah, and particularly spiritual abuse or emotional abuse, again, invisible abuses we are. We are so behind in the research and and so all I have that I'm going to bring out of my client is your body. Your body is going to show me the way your body is the most honest thing that we're working with. So you teach me. Me. You teach me the stuff, this story, you teach me where you've been scarred, and then we figure out how to embody that in your everyday of living. And that is our way back to healthy sexuality. That's our way back to healthy spirituality. But yes, will shame show up 100% but shame just becomes a compass. Because just like the way evil marks us and and scars us, those scars are a road map, and if we are body mapping the client's body or the listener's body, so that we know the way to her holistic and healthy self. Shame is going to be an indicator. It's actually helpful, but we have to get shame out of our body, just like we have to get rage and resentment and contempt because it all wants to kill us. It doesn't belong in our bodies. It doesn't belong there. It's not healthy for us. If we need to delineate between guilt and shame, right? That's my dissertation and all of Brene Brown's dissertation like, Sure, guilt is it's there's something wrong with what's what is going on? There's something wrong with this situation, and I feel guilty about it. Shame is there's something wrong with me, and that's where we have been conditioned. And the female body in particular has been conditioned from the very first moment that there's something wrong with her. Something is abnormal, something is not right. And I would actually say it's completely the opposite. We actually have to follow your body and the female body and what she's telling us, and that's our way back.

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Speaker 4 07:06:00

This is so good. Christy, I think for me, personally, I'm just, like, just drinking it in and appreciating the like Bonnie said, the language that you're bringing to this, the the it's a there's so much awakening, right, that you are charged with. I hear that, and God's calling on you is like that. I imagine that that particular scripture about a wake of sleeper and see, and I thought that has to be connected to your story somewhere, because you just hear it just flowing from you. But so thank you. It's, it's not that we don't have questions. We're all, I think we're all just kind of like in awe, like, this is fantastic information. And I think it takes that conversation of the body keeping the score, which we talk about quite often, but it just takes it even to a more feminine level, which is so, so helpful, so helpful. Thank you. Thank you,

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Speaker 3 07:07:02

of course, thank you for having me. I mean, again, I'm so desperate for this conversation to be one of many, many conversations. And so there is my gratitude for you all bringing your voice to these microphones again and again. I mean, that is all of you and your most creative self, and that is your way back out of trauma into a hope. And we know that trauma targets hope. And so the beautiful part of even your podcast being called hope for wives, I mean it. It is your defiant creativity, all three of you, that is so beautiful and breathtaking. So like, keep speaking, Keep creating. There's so much gratitude for that here. Oh,

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Speaker 2 07:07:58

we received that my, my old unhealed self says, no, no, I'm none of those things,

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Speaker 3 07:08:06

but I receive it, and that's why I would even say good women like what I'm what I'm certain of, is even what came alive in all of us listening, because I am a person who defaults in hope, but I have been marked, and it's because I know the places I've been wounded, but I also know the need to anoint them. And so I would even say, like, whenever you feel that fear, like, would you bless your throats? Would you pray over them? Would you anoint them? And both, would you protect all that wants to be created coming out of this space, and so I just that's what I hope for that. Wow.

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Speaker 5 07:08:50

Thank you. I am so excited and inspired by this conversation and and the excitement in me wants to as soon as we disconnect. Go do something. What can you give us some ideas like, what is for anyone listening to this and saying, Yes, finally, this makes so much sense. What's the first thing that I can do I can actually do. What would you recommend?

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Speaker 3 07:09:25

This is what I love, is that it's just a little bit of intention to everything you do. That is what matters. So meaning, like before I sat down here, I just got my little oil right, and I blessed myself before I spoke right when you leave, you're when you leave the computer screen, even it's to take a moment, because everything is a threshold, right in transition, and so we as women are in charge of those places. Again, talk about that forever. But what I'm saying is intention, like Pam, put intention to your move and your moment and slow it down, and you're just telling your body in this moment, okay, how do you want to engage this? And so for me, it was, oh, I'm going to go speak. So I'm going to bless my throat, because she's been through a lot, and she's had to say hard things and good things and holy things, and she's had to pay for it, and so I bless this part of my body, right? So there it could be this simple act of you just blessing a part of your body. It also could be taking your feet, and as you put them in your shoes, or you take your shoes off, you say, like, what is my rooted place? Feet I was just teaching on this, and I'm going to try and keep it together. But we have two, six bones in our body, 52 of them are in our feet. And so so much of the work of the women is keeping their bones from going dry. So much of trauma, of domestication and abuse is dry bones in women,

and there's a dryness that, you know, we we are, as we age, as we move towards it, there's a dryness that can come over us, and particularly when you've been harmed, or you live in a culture where there's harm, and so in transition, The idea of rootedness and even intention is to bring back to those dry bones, in a sense, care and tenderness. And so I would even say, like, when you put your shoes on, or put your socks on, or take your shoes off, or step out of your home, like, bless your feet, be in your feet, feel them for a moment when you respond to the next person you talk to. Just wiggle your toes inside of your shoes and say, like I'm going to respond from my whole body, like she gets to speak all of her so those are some ideas I can have ideas so good.

S Speaker 4 07:12:06

I uh, well, um, Christy, I want to give you just a few minutes. Would you speak to your book and also to the safe church conference and just kind of let our listeners know how they can keep engaging and absorbing things that you've shared today?

S Speaker 3 07:12:22

Yes. So my husband and I both love to write, which is incredible and and we write books to save ourselves, and then, if it cares for anyone else, after we're grateful. And I would say the new book that I just had come out is called her rights. It's the six rites of passage in every female life. And so I take you through basically a year of therapy. I start with understanding your first breath so that you can understand your last breath. And we start in right of birth, and we end in right of legacy. So that is just if you are a woman who wants to do story work and wants to do psychological and spiritual work around knowing your story and embodying your story, I would say that book's a great one. Safe church is so exciting because it's my husband's book that's coming out in January, and he researched so many women's stories around what it's been like to work for or be a part of a church setting. And I'm so grateful for women's voices and his voice to be coming out in this way, and the conference is an idea of, could we revolutionize the understanding of church, and if husbands were meant to lay down their lives as Christ did for the church, what does it mean for us to be in the work of creating a safe church, a place where there is brokenness, where there is care and attunement, where there is honesty, where deception is not involved. And what does that mean? That means that probably women have been really angry, and is it a safe place for us to bring our complaint? And our anger and then our invitation to creating something new. Could we see churches as a place of safety, as they were meant to and as they were erected to be from the very beginning, right and and instead of what happens in so many people's bodies that gets triggered when they walk into a place that was supposed to be safe and was supposed to be kind and it was supposed to be broken up open on their behalf, and it wasn't, and it was twisted and it was hurtful and it was harmed, and the undoing of that, oh, is going to be the work that we all need to participate in. So what's exciting is, I will get to be there speaking. My husband's there speaking, actually, Jay Stringer, who wrote unwanted, just said he was coming. His wife, Heather, who works a lot, I work with her a lot, she's going to be there speaking. So we're really excited about the people who are showing up and who actually have it like faith and hope that it can be different now, can have revolutionized experiences of a church that does feel safe, and what does that mean of a marriage that feels safe, of a relationship that feels safe, of intimacy, that feels safe. Oh, that's the world I want to live in. But, but the but the way is long, the way back is long, and recovery is not easy, and it's not for the faint of heart.



07:15:40

So it will be brave



07:15:42

that come,



Speaker 4 07:15:43

yeah, when is the state church conference? Oh, gosh, great



07:15:47

question. Spring March?



07:15:52

Yes, I'm



Speaker 6 07:15:54

going to have to come back to you on it. Well, we'll have the link in the show notes. Oh my gosh, you guys, I'm so sorry.



Speaker 2 07:15:59

That's okay. That's all right, it's in Brevard, North Carolina, right?



Speaker 3 07:16:04

That's right. It is, which is actually really sweet, because with the devastation that we've just had in Asheville, it will be a very kind place to see how resilience is part of this story and is part of the churches around what the biggest response to the flooding and to all that happened for us locally in in our area after Hurricane Helene, was the church's response, and the the church's response to aid and care is something we all know, and now I would love to see it grow into a safe place for couples and for places of abuse and harm to have a voice. So I'm like, that feels incredible to me, actually, on many levels. So



07:16:50



read March. I'm pretty sure March,

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Speaker 4 07:16:56

yeah, I'm pretty sure it's March. We're going to be an exhibitor. Hope redefines coming in as an exhibitor. So yeah, and so hopeful wives will be on the table. It'll be part of our Yeah, so amazing. Alright, so we probably should wrap up, just for the sake of we could literally sit here all day, all day. But one of the things that we love to do for our audience, Christy and I would just love to let you do this for us today is what hope could you leave with our audience today,

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Speaker 3 07:17:30

the hope that your voice will be heard again, and even if it comes out cracked or angry or still a little broken, that if you continue to speak, you will be heard, I hope. And the hope I leave is that you will be heard.

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Speaker 4 07:17:57

Thanks. Christy, so listeners, we hope that we have been a bright spot in your recovery journey today, and we just want to remind you to please consider leaving a five star review or positive rating on whatever platform you listen to us on, or sharing us with a friend who's discovered the trail. Thank you again for being such amazing listeners, and we will see you next time bye, bye. You