
Physical Closeness: What is Appropriate?

1. Prior to the Commitment Ceremony

From the introduction phase until a clear Commitment Ceremony, two individuals in a matching process together are getting to know each other as brother and sister; friends, and deciding if they want to have a future together. While there may be the hope of that future, this is the time for the individuals to learn about themselves and each other, and about their goals and aspirations. **This relationship-building is not dating.** As they come to know each other's character and personality, and begin to establish trust, openness and respect, there should be **no physical or sexual contact at all.**

2. After the Commitment Ceremony

After the Commitment Ceremony, a matched couple should develop the trust and closeness of best friends. Premature physical intimacy can undermine or short-circuit the development of genuine emotional intimacy and trust. A matched couple should continue to learn about each other and begin to make decisions together. As with any brother and sister, it is natural to hold hands and greet each other with a warm hug. **However, matched couples should not kiss, lie down together or take any action that begins the process of sexual stimulation.** Physical intimacy will be deeper and more meaningful when it is based upon knowing and trusting each other, in the freedom of God's Blessing.

3. After Receiving the Blessing

For Blessed Children

After receiving the Blessing, or after any additional period of offering established by True Parents, Blessed Child couples, may naturally kiss, cuddle and develop a loving intimacy, based upon the respect and trust they have developed. They are completely free to develop an intimate, loving relationship in the realm of God's Blessing.

For First Generation and Those Who Joined with Their Parents

After the Blessing Ceremony First Generation couples begin the 40-day Separation period of offering established by True Parents. As a newly Blessed Couple, they offer their married life to God first by abstaining from sexual intimacy during the first 40 days of their marriage, and instead focus upon developing the inner aspects of their relationship through love, trust, commitment and spiritual intimacy.

After the 40-day period has concluded, the couple can begin their sexual relationship with a special Three-Day Ceremony. After the Three-Day Ceremony, the couple is completely free to develop an intimate, loving relationship in the realm of God's Blessing based upon the respect, trust and love they have developed.