The Prostitute Within ©

By Ma'at Seba SUN COLUMNIST

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When you think about a prostitute, typically it is a woman or man that has sex in exchange for money, drugs, a place to sleep, food etc. It is a profession, lifestyle or existence that if given better options and/or choices or

opportunities, that woman or man might chose differently. Generally a person prostitutes for what they feel is for their financial and/or physical survival. However, there is another kind of prostitute, and you have been, are now, or might become this kind of prostitute; it is the prostitute that lies within your own mind. This prostitute lives comfortably within you and subtly comes out when you feel your survival or what you deem as your security (financial, emotional, spiritual, mental, physical) security is threatened.

**Prostitute - to negotiate ones integrity or spirit due to financial or physical survival or for financial gain; to sell (oneself, one's services, one's artistic or moral integrity etc.) for low or unworthy purposes.

Here are several examples of how you could prostitute yourself:

1) Working at a job that you hate, 2) staying in an unhappy, toxic, inharmonious relationship (personal or business), 3) doing things to always please someone else, especially when it is not reciprocated, 4) not pursuing what you love (hobby, career, etc.) 5) being involved with/or in any person, group, or organization, behavior or acts that are against your morals, beliefs, or integrity, 6) not living your divine calling or life's purpose. There are however many very subtle ways that your inner prostitute reveals itself, and those are when you do things that you really do not want to do but they are for someone that you love or are close to such as: babysitting, repairing something, making loans (money or items), using your car, moving into your home temporarily, etc.

Your inner prostitute is a very strong personality and it is fueled by your selflove and self-esteem. Self-love and selfesteem is also the foundation for your integrity, morality, character and self-respect. A person with self-love and high self-esteem will render their inner prostitute powerless. A person with self-hatred and low self-esteem virtually gives all their power over to their inner prostitute. For instance: a person with self-love and high self-esteem will not: 1) accept a higher paying job that asks you to "turn your head" and look the other way while

the company engages in illegal or immoral activity, 2) be in a relationship where they are being disrespected, lied to, cheated on, misused, taken for granted or abused, 3) be in a relationship for financial reasons or "security", 4) being the flunky, fall-guy or lackey of a person, job or group.

The easiest way to dis-empower your inner prostitute is to honor your truth. That means to not to do anything that in your heart you really do not want to do. You usually can tell if you are honoring your truth by paying close attention to how you feel after you have made a decision. If you feel good, free or like a burden has been lifted off of your shoulders, more than likely you have made the right choice. If you feel angry, resentment, fear, regret, uncertainty, or if you keep pondering about the issue in your mind, you probably made the wrong choice. You are not honoring your truth; therefore you have just prostituted yourself.

It is important to be clear about who you are, what you do and do not want and what you will and will not stand for, which in turn assists in establishing your integrity and character. Once you have done that, then you can determine and set your personal boundaries, which is the line that your inner prostitute nor anyone else can cross.

Ask yourself these questions: 1) Where is your inner prostitute? (** reread the definition of a prostitute) 2) What is your negotiating price? 3) What are your personal boundaries or the rules that you have for interactions with others (i.e. morality, relationships, sexual matters, your personal possessions, your talents or services etc.)? 4) Who have you let violate your personal boundaries?

5) How did you allow them to violate it? 6) Why did you allow them to violate it?

Once you honestly answer these questions you will begin to unveil parts of yourself that need to be acknowledged, dissected, healed and then released. You might reveal deep-seeded emotions, which are the true motivating factors for the choices that you have made (i.e. needing love, attention, acceptance, encouragement, approval etc.). There is a wonderful YOU waiting to be birthed, a YOU that Loves, honors and respects itself hereby receiving it from others, and then you will no longer solicit the services of the Prostitute Within.

Goddess Ma'at Seba is the founder and facilitator of RELATIONSHIP FIRST AID. a program which uses spiritual principles as the tools to identify and resolve the causes of unhealthy, toxic relationships. relationshipfirstaid@yahoo.com.

Mom on the Rebound We could tell that Sister Girl's brother

By D. L. Gibson SUN LIFESTYLE COLUMNIST

Love beyond lockdown: How infidelity is rising during pandemic 95% of mem-



PRNewswire/ - It's no surprise that COVID-19 has been grueling on married couples, especially those with families all living under the same roof. Reports of increased divorce filings, as a result of governmentmandated lockdowns, began in March 2020

Shortly after the lockdowns began, Ashley Madison, the world's leading married dating site1, began to see an uptick in signups, signifying a heightened interest in extramarital affairs. The vast majority of Ashley Madison members, who were surveyed, have said that having affairs keeps them married. So, in an effort to understand the motivations behind choosing infidelity over divorce during a pandemic and how marriage will be impacted in the future, the company is releasing a detailed report entitled, Love Beyond Lockdown. The findings outlined in the report point to a controversial, albeit necessary truth: Marriage is ultimately a pragmatic arrangement that offers inherent value despite a primary partner often failing to consistently provide all the necessary love, support, and desire.

"Historically, we know our members aren't interested in exiting their marriage, and we've found that the same can be said even now when tensions are higher than normal and divorces seem plentiful," says Paul Keable, Chief Strategy Officer for Ashley Madison. "We conducted this research to learn more about what an affair - whether virtual or in-person - during a pandemic means to the people having one, and to show that marriages can actually survive in this kind of environment."

While exploring a breadth of additional topics, such as sex, domestic pressures, lockdown habits and attitudes, and safety precautions, the research reveals five key findings about navigating marriage and infidelity during a global pandemic.

Finding #1: Lack of sexual initiation is the primary complaint of married individuals during lockdown, thus many aren't having sex and have become less attracted to their spouse

bers were still interested in finding and maintaining outside relationships near the beginning of lockdown, and cheaters have come to learn that having an affair during a pandemic is something to look

forward to (34%), a great distraction (23%), and means they have someone in a similar situation they can talk to (14%).

Finding #3: The pandemic has not decreased the desire or ability to cheat; in fact, it has fueled it.

Thanks to modern technology, lockdown has not put an end to affairs. Though most cheating has gone virtual, many married daters are still meeting their affair partner in person. However, they have introduced new precautions. From now until there is a cure or vaccine for the novel coronavirus, 65% of cheaters are likely to be more selective with who they go on in-person dates with, and 56% are likely to get creative with sociallydistanced date ideas. During these dates, 41% of cheaters regularly use hand sanitizer, 36% avoid crowds, and 11% stick to outdoor dates only. Where there's a will, there's a way!

Finding #4: With the bulk of time now spent at home, married people having affairs deem their infidelity an integral form of self-care and a way for them to stay married.

Despite the increase in divorce filings as a result of the lockdown, ending their marriage is the last thing on members' minds. In fact, 92% of members disagree with or aren't even considering the statement "I will file for divorce following social distancing," and their infidelity is to thank for that.

Cheating during lockdown has made 47% of members feel sexual, 45% excited, and 44% desired - but the benefits run deeper than just feeling sexy. Thirty-two percent of members feel appreciated, 30% feel relaxed, 28% feel confident, and 19% feel acknowledged. While many Ashley Madison members cheat primarily for sex, they reap the additional personally therapeutic benefits, which are especially helpful in this unique lockdown situation and can make them more patient and tolerant of their situation at home.

Finding #5: Decreased socialization is calling into question the role of the pri-



Someone grabbed my arm and yelled,

"Stop!" Oh no...should I turn around to see who it is or run like heck to Sister Girl's house? Reluctantly, I turned around. It was the crazy cop.

He came through and

was back on his feet. I yanked my arm out of his hand and told his to get away from me

Officer Sweetie was a few feet away and told the crazy cop to stand down. Sister Girl's brother was busy arguing with the second crazy cop.

Sister Girl and I started to head back to her brother's condo. We could hear the second crazy cop yelling at her brother, but he was standing his ground too. As an attorney and reformed thug, he knew his rights.

There were cameras throughout the parking lot, so if anything outrageous went down we could get the footage.

voice.

People started opening their doors and looking out to see why there were three police cars in the complex and a cop yelling at their neighbor.

was losing his patience by the tone in his

One of the neighbors yelled out to Sister Girl, "What's going on? Does your brother need help?"

The man was also another reform thug that use to hang out with Sister Girl's brother when they were thuggish teenagers

"Oh no he didn't just put his hands on my boy!'

The neighbor then ran out of his door toward the officers.

Sister Girl tried to stop him, but he dashed past her.

"You know I ain't afraid of no cop," he yelled.

As he walked toward the second crazy cop and Sister Girl's brother, the first crazy cop drew his gun.

"Stop or I'll shoot," he yelled. Oh no! Please don't shoot. Mom on the Rebound is based on actual

events.

When asked to share their biggest pet peeves while stuck at home with their spouse, 58% of members say their spouse has not initiated any sort of sexual intimacy during lockdown. Unsurprisingly then, 75% of cheaters are having less sex than usual or no sex at all with their spouse and 41% have become less attracted to them.

For 53% of members, lockdown has been the most time they've ever spent with their primary partner, and not having their sexual needs met at home is the reason 64% have been having affairs during the pandemic. Additionally, 76% have essentially given up on trying to revive their sex life with their spouse, and 74% are unlikely to stop having physical affairs once the pandemic has passed.

Finding #2: People don't look to their partner in times of uncertainty and stress, they look outside their partner.

During lockdown, married people report feelings of boredom (49%), isolation and loneliness (30%), frustration and anger (29%), worry and fear (24%), and anxiety and overwhelm (24%). In spite of this,

mary partner as the sole confidant, friend, lover, and source of peace.

The pandemic has changed the way we interact with others and has made us diligent about who we socialize with. The practice of selective socialization, or bubbles, may help married people realize they can't depend on their spouse for everything and think about who can fulfill which of their needs. There is not one single person who can offer fulfilment in every aspect of life - not even a spouse. Sometimes spouse, confidant, friend, and lover are not synonymous. More often, marriage equates mainly to co-parenting and financial stability. Thus, the pandemic may pave the way for new conversations about a more fluid monogamy.

More married individuals are realizing what most married daters have already come to learn - your "one and only" isn't always the one or the only when it comes to your needs, and the structure of marriage may evolve to become more emotionally and physically fulfilling in the future.