



# Where'd the Bedroom Boogeyman Come From?

@corabellebj

Long before purity rings and awkward church sermons, the fear of premarital sex was born from a stew of:



Ancient Hebrew culture →  
Virginity = family property.



Greek & Roman philosophy →  
The body? A “sinful distraction”  
from higher things.



Early Christianity → Picked up  
the shame baton and ran with it.

# Augustine Had Mommy Issues... and We Got Shame

Enter: Saint Augustine (aka Mr.  
Guilt Complex)

 Thought even married sex was  
a little sus.

 Equated lust with “original sin.”  
 Set the tone for centuries of  
shame-based theology.

Sis, he flinched at a thigh gap and  
called it doctrine. 

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# ✝ The Church: “No Ring, No Thing”



Medieval monks: “Celibacy is holy.”



Reformers: “Marriage is better than burning in hell with your hot neighbor.”



Premarital sex? That was labeled fornication—aka “you nasty.”

It wasn't about love. It was about control.

## KJV Didn't Start It—But She Sure Quoted It

The King James Bible wasn't the original fear factory, but she was the ✨spokesmodel✨.

 Translated ambiguous Greek words like porneia into fire-and-brimstone terms:

- Fornication
- Uncleanness
- Whoredom (girl, please 🙄)


The Puritans ate it up like it was communion.

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 Meanwhile, the Mystics Were Like...

 Plotinus: “Let go of the body to rise into divine light.”

 Meister Eckhart: “Detach from all things to find God.”

 Swedenborg: “Sacred sex is real—but casual lust? Eh, not so holy.”

 Holmes & New Thought: “It’s not about sin. It’s about conscious creation.”

These weren’t prudes—they were just vibin’ higher.  

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## So What's the Tea Now?

You were never meant to feel shame about love or desire.

 Your body is sacred.

 Your choices matter—but not because you're being graded.

 Divine law = alignment, not punishment.

 Conscious sex, loving sex, even joy-filled queer sex? Spirit can move in all of it.

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You're not dirty.

You're divine.

Period.



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