

WHO TOLD YOU THAT YOU WERE NAKED?

*How Naturist Values are in Harmony
with God's Will for Christian Living*

**Now they were both naked,
the man and his wife,
but they were
not ashamed.**

Genesis 2: 25



Who Told You That You Were Naked?

How Naturist Values are in Harmony with God's Will for Christian Living

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This book is dedicated to everyone shackled by lies.

Truth isn't a mystical idea or a concept.

Truth is a Person.

Truth will set you free.

PREFACE

About Naturist-Christians.org

Naturist-Christians.org is first, and foremost, a Christian website for naturists. This fact distinguishes us from many other sites that portray the nude body form.

What is a naturist Christian? As Christians, we uphold the moral values taught by our savior, Jesus Christ. At the same time, as naturists, we enjoy being nude in a non-sexual, non-erotic way. In short, we are committed to a Christian, international, family-centered, natural, and naturist set of core values.

Our emphasis is on how Christians can live naturally in their homes and enjoy recreational or social activities while free of clothing and shame. In our forums, we talk about how that works. In our photo galleries, we show pictorial evidence of Christian naturism in action. You will see natural affection by way of smiles and occasional hugs, but nothing more. You will not see enticing shots inviting the thought of eroticism. That isn't what we're about.

Naturists may be young or old, large or small, and from any creed, ethnicity, or physical ability. As such, you'll see photos that include families, adults, teens, and children alike. The type of images we present comply with federal standards for portraying family nudity. We proudly display these photos, not for their entertainment value, but for encouragement and education of all who visit the site.

This Book's Purpose

This book will present the philosophy of our website: Naturist-Christians.org. Our prayer is, that by reading it, you will:

- Better understand how nudity and historical Christian theology are compatible,
- Understand why linking nudity exclusively to sexuality is destructive,
- See how everyone can benefit from the practice of Naturism,
- Be able to imagine yourself joining the Naturist movement,
- Have in-hand resources helpful to your exploration of the naturist movement.

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CHAPTER 1

Shedding Some Light on Naturism

a VERY Brief History



Most historical references to naturism point to its beginning in Germany during the 1930's. We believe naturism is much, *much* older—as in since day six of creation.

Humans were originally created to live naked and without shame. The Biblical record describes the Designer of all that exists creating the first man and woman in their own image. Adam and Eve were then placed in a perfect garden setting to enjoy life. Clothing didn't exist. The Trinity called this arrangement "*very* good."

Of course, a lot has happened since then. We recognize clothing is now something of a necessity when protection or warmth is required.

**gymnophobia is an irrational or persistent aversion to nudity.*

But what about at other times? You may assume the answer is, unquestionably, "yes". We would like to challenge you to thoughtfully examine your assumption.

Do you think being naked is only acceptable when showering or being sexually intimate? Why, exactly?

Did you know people swam nude at their local YMCA's and high schools as recently as the 1970's? Did you know there are numerous references to God-ordained, public nudity in the Bible? What changed?

Western culture, especially American culture, has become even more gymnophobic* than the Puritans!

Naturism—What it Is (and *Isn't*)

Naturism is the practice of intentional, non-sexual, social nudity with the objective of encouraging self-respect, respect for others, and respect for the natural environment. The term is often used interchangeably with nudism. Nudism, however, is more often thought of as being nude for the mere sake of it.

Because naturism is non-erotic, it's a family-friendly, social activity. In other words, it's a suitable practice for mixed genders of all ages and physical abilities.

Naturism has a long history of being beneficial to physical, mental, and spiritual well being. It advocates for

body positivity and the freedom to enjoy appropriate settings while naked.

Naturism is NOT about exhibitionism, sexuality, swinging, swapping partners, pornography, pedophilia, or being sexually provocative.

Like anything else, naturism can be corrupted by people with values which run counter to those of true naturists. But when practiced in a wholesome, family-friendly atmosphere, naturism is healthy and incredibly enjoyable.

Thousands of people—some of them your family, friends, co-workers, and neighbors—already enjoy the benefits of practicing wholesome naturism.

You can too.



CHAPTER 2

Wait. You're Kidding, Right?

The Bible Isn't Anti-Nudity

Many sincere followers of Christ are shocked when presented with the idea that naturism and Biblical principles are in complete harmony. They are usually unaware of having accepted cultural taboos or church dogma equating nudity to sex.

Non-sexual nudity abounds in the Bible. It starts with the creation of Adam and Eve. There are naked prophets in the Old Testament like Saul and Isaiah. The New Testament says the disciples fished while naked. Even Jesus was sometimes nude during his life.

There isn't enough space in this booklet to thoroughly present the many ways that naturism agrees with

historical Christian theology and practice. Numerous resources are available for that purpose. Some of the best appear in Chapter 6, and we highly recommend them to you.

Our point here is you will find nothing in the Bible prohibiting simple, mixed-gender nudity—even among strangers. Scriptures typically thought of as prohibitive are not. Furthermore, the taboo of social nudity is strictly a cultural one, varying from one place to another and with time.

Consider indigenous tribes in the Amazon and New Guinea who live entirely nude. Think about nude or topless beaches and saunas throughout Europe. Women in Muslim

cultures live their entire lives partially covered in a hijab, niqab, or even completely concealed in the burqa! All of these are examples of traditions and mores of those particular cultures.

In the United States, we blindly adhere to customs based on our Judeo-Christian heritage and Puritan history. But even those ideas have shifted. Skinny dipping was routine into the mid-20th century. Hemlines rise and fall. Two-piece swimsuits debuted in the '60s. Today, women's buttocks are fully exposed in thongs.

Try as you might, you cannot find a single, unchanging standard for nudity which applies to all people, at all times, and in all places; not even in the Bible.

NUDITY SEX

“But the Bible says...”



Before we go any further, let's address some assumptions many people have.

Scripture describes the shame of Adam and Eve and the curse related to Noah's nakedness. It forbids uncovering the nakedness of people and says women should be modest. Jesus said to look at a woman with lust was adultery. The passages clearly call nudity a sin, right?

Not so fast.

The examination of all matters of importance requires an open mind, careful attention to detail, and a willingness to be wrong if proven so.

As we stated before, others have already studied and written extensively about every passage in Scripture related to nakedness. It is incredible how many people have set out to present a compelling argument against nudity and come away with the opposite conclusion.

We challenge you, the reader, to put aside your preconceived ideas. Find and study the resources listed in Chapter 6 for yourself, then come to your own conclusions.

We believe you will find no Biblical mandate for clothing nor prohibition of simply being without clothing.

It just isn't there.

CHAPTER 3

Naturism Will Improve Your Life

Physically, Mentally, and Spiritually

Humans are said to be triune: mind, body, and spirit (or soul). Living your best life means being healthy and balanced in all three areas. A summary of some of naturism's benefits follows.

Naturism Benefits Physical Health

Vitamin D is essential for a healthy immune system and bone strength. Your body produces this nutrient by absorbing sunshine through bare skin far more efficiently than taking a supplement.

Sleeping naked lowers your core body temperature, which helps you fall asleep faster and sleep more deeply. It also boosts brown fat levels, which revs up your

metabolism, aiding in weight loss.

Tight clothing pinches nerves, restricts blood flow, and retards the lymphatic system. It also prevents your body from naturally cooling when you perspire.

Wearing underwear can trap moisture

leading to UTIs, yeast infections, jock itch, and lower fertility in men. Allowing the nether region to breathe (if only while sleeping) detoxifies sweat glands, prevents folliculitis and rashes, and truly feels better.

Your body's largest organ is your skin. God designed it to experience the natural sensations of air, water, sun, and human touch. Doing so reduces stress and produces oxytocin (the "happy hormone").

The bottom line is, nothing feels physically better than the skin you're already wearing every day (and night).





Naturism Benefits Mental Health

For most people, being completely naked in front of others, let alone seeing others in the buff, is the stuff of nightmares. Even worse, it's presumed to cause psychological damage.

The discomfort associated with nudity is a learned behavior. Think about it; children know nothing of shame or emotional distress while naked. Adults teach them not to pull off their clothes in front of strangers. Being bare implies something is wrong with what's underneath their clothing.

Fast forward to puberty and adolescence. Take raging hormones, body development, increased sexual awareness, mix in confidence issues,

bullying, sexual abuse, and pressure to conform to an impossible, arbitrary, ideal body type. Then, pour all that poison into your container of false shame. That, my friends, is a recipe for creating psychological problems moving into adulthood.

Naturism is not magical. But over a century of experiences by millions of people supports the idea that simple, non-sexual nudity—both alone and in social settings—can do wonders for damaged psyches.

Our deepest longing as humans is to be genuinely and deeply known and to know others in that same way. Removing one's clothing feels like stripping away a mask—a representation

of what you want to present to people to think of as the "real you."

Until you've experienced it, it isn't easy to imagine how freeing taking off your mask can be. People now see you as you really are. You see them as they are. Suddenly you realize how normal and alike you are to everyone else. You are on equal footing with others. You instantly reconnect to your humanity, and it only takes a few minutes to understand it's acceptable to be you, just like you are, in that very moment.

Body Confidence & Self-Esteem

If you're reeling in horror right now, it could very well mean you are tangled in a net of false shame and negative self-image. You are not alone.



We live in a culture of body shaming. The church teaches naked bodies are sinful. Popular culture and mass media shame you with images and messages demanding you become something you absolutely cannot achieve—a false, photoshopped, constantly changing fantasy of how a perfect body should look. Diet programs are a multi-billion dollar industry. Clothing and cosmetic manufacturers try to convince you theirs is the magical product for transforming you into a supermodel.

Now imagine living utterly free of all that pressure. Naturism is the way.

Spend ten minutes in a naturist setting, and you will find at least one person who will describe how naturism's accepting atmosphere improved their self-image. They now respect their body and see it as normal and nothing about which to be ashamed.

Embracing and owning your body as the beautifully designed image of the

very God who created you is the single most positive thing you can do for your self-esteem and mental health.

Emotional currents developed in childhood and adolescence run deep and strong. The antidote to perpetuating and teaching our children the destructive values of our culture is naturism.

Spiritual Benefits

The creation of Gnosticism in the 1st century AD divided the physical from the spiritual. It theorized all things material are inferior (even sinful) and gave importance only to the spiritual.

This heresy is still being preached from church pulpits today. It takes a more subtle form known as the secular-sacred divide.

The fact is, our physical bodies are the temple of the Holy Spirit. They are not "holy" when clothed and "sinful" when unclothed. God's spirit doesn't exit

screaming in shock and horror when you bathe, change clothes, are examined by a doctor, breastfeed, or are being sexually intimate with your partner.

On what basis, then, do you conclude that being naked is inherently sinful?

It follows, then, that other activities done while nude are not problematic. Some are downright enjoyable; swimming and sleeping come to mind.

What about spiritual practices, then? Are praying, meditating, or studying scripture while naked a sin? How about during corporate worship? Think about it.

Many solid, faithful Christians report their relationship with God is deepened in tangible ways when they bring naturism into their spiritual practices.

A spirit of gratitude for your unique body, mind, and spirit develops when you are stripped bare before

your Creator. A sense of equality and appreciation for other people is more fully understood. You feel more vulnerable and interdependent with others and God. And you're forced to be more authentic; after all, you've got nothing to hide when you're naked.

If God is present everywhere, he is present even when you are unclothed. Remember, He created you that way. Our first parents walked with God in the Garden while naked. Old Testament prophets prophesied naked*. Jesus was baptized and washed the feet of the disciples while naked.

The inescapable conclusion is, God is not offended or shocked by your bare body. If you are offended or alarmed by seeing a naked body (especially your own), perhaps examining exactly why you feel that way is in order.

Adopting a healthier perspective about the human body will benefit you physically, mentally, and spiritually.

*See Isaiah 20:1-6, 1 Samuel 19: 18-24,

Two of the earliest known depictions of Christ's baptism. Notice Jesus is nude in both. Many scholars believe this is historically accurate as Christian baptism is based



on the Jewish Mikvah. Removing all clothing and adornments was symbolic of purity and rebirth. It is unknown exactly when and why this tradition ceased.

We Were Created to be Social Creatures



Safe, Inclusive, Social Environments

Naturism provides a safe, healthy, positive, and liberating environment in which to enjoy the company of others.

Women repeatedly describe how comfortable they are in naturist settings. Even while completely nude and interacting with unfamiliar men, leers, inappropriate comments, or sexual advances are rare and quickly stopped. Eye contact is the norm.

People with visible medical devices or physical challenges are accepted and report feeling less peculiar than usual.

Families with children say they have no hesitation about bringing their children to naturist gatherings.

Background checks, community vigilance, and severe consequences for inappropriate behavior ensure these environments are far safer for children than the average clothed setting of similar activities.

The data and countless anecdotal reports confirm these experiences.

Without the trappings of economic status or sexually motivated agendas, people tend to relax and enjoy the company of one another as equals.

We understand your skepticism. Most of us doubted all this was possible until we experienced it for ourselves. For naturists, being is believing.

The Antidote to Porn Addiction

Pornography is destructive. Always.

Despite the glamor portrayed by Hugh Hefner and his so-called Playmates, porn distorts reality and destroys relationships. Porn ensnares its consumers. It even eventually destroys the lives of the people who produce it.

What in the World Happened?

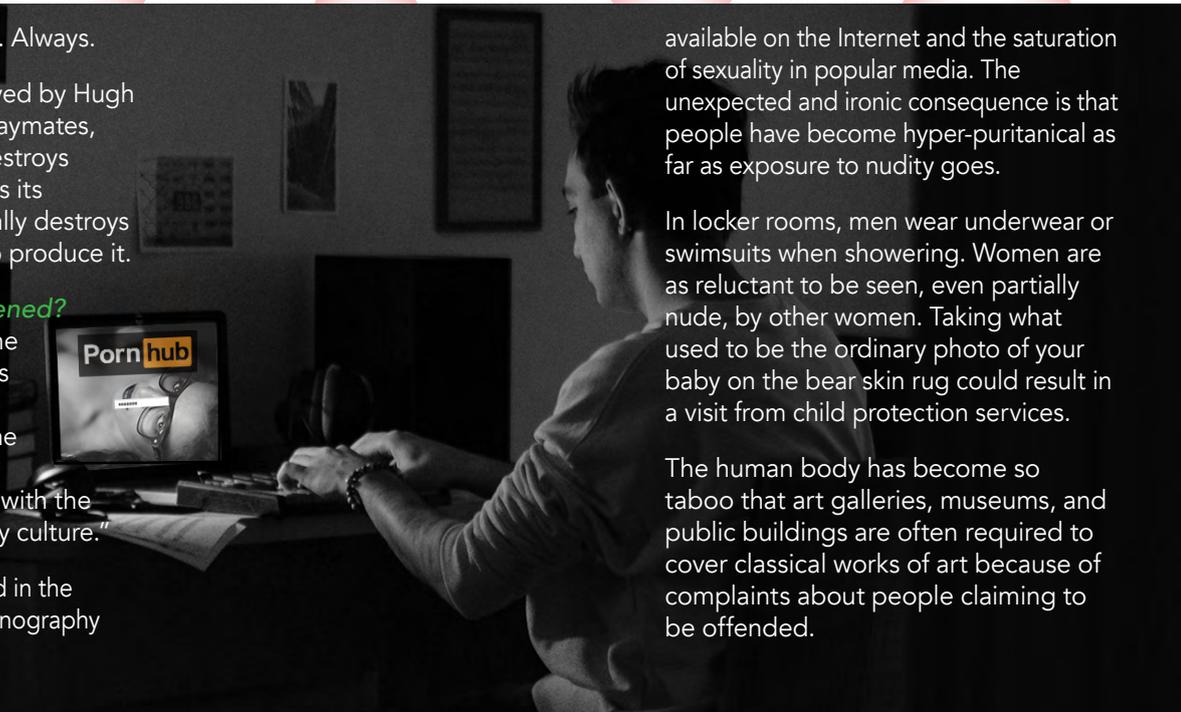
The sexual revolutions of the 1960s and '80s formed links that chained nudity to sex. Playboy culture snapped the lock shut. Then, Christian culture threw away the key with the creation of so-called "purity culture."

These circumstances ushered in the subsequent explosion of pornography

available on the Internet and the saturation of sexuality in popular media. The unexpected and ironic consequence is that people have become hyper-puritanical as far as exposure to nudity goes.

In locker rooms, men wear underwear or swimsuits when showering. Women are as reluctant to be seen, even partially nude, by other women. Taking what used to be the ordinary photo of your baby on the bear skin rug could result in a visit from child protection services.

The human body has become so taboo that art galleries, museums, and public buildings are often required to cover classical works of art because of complaints about people claiming to be offended.





The Effect of Purity Culture

Meanwhile, the promotion of the evangelical church's purity culture has had a catalytic effect on this perversion of our body concept.

The unintended result of this misguided teaching has further entrenched women's objectification and promoted the idea that men are incapable of controlling their natural attraction to women. Women, then, are unfairly burdened with the responsibility of preventing men's response to them. On the other hand, men have become terrified of interacting with half the world's population!

The sad fact is, the promised decline in sexual behavior and teen

pregnancy has not materialized. Worse still, any healthy sexual tension has gone underground. The statistics are nearly identical in the church and the culture concerning viewing and becoming addicted to pornography.

Something has clearly gone wrong.

Christian Naturism's Solution

More than a few men will attest to being freed from porn addictions through their practice of wholesome social nudity.

Understandably, this seems counter-intuitive. How can socializing with other naked people, especially naked women, be anything other than a veiled excuse for voyeurism?

When people interact in an

environment of non-sexualized, social nudity, it doesn't take long for the novelty to wear off. Quickly following, is a shared sense of commonality and freedom. The joy of being set free to be your unique self with no pretension is unmistakable. Indeed, it's one of the most consistent comments by those who experience social nudity for the first time. People discover they look into the eyes of others when conversing. They find people accept one another at face value instead of being judged by external cues like clothing styles or brand labels.

When people are "exposed" to each other in this way, a type of healthy desensitization occurs. A space opens in their thinking that allows them to see others as unique creations

of God rather than objects for self-gratification. A corresponding rise in personal self-esteem usually occurs.

These positive effects (and more) seem to spiral outward toward better ways of relating to others instead of spiraling inward into a pattern of self-destruction.

We are not surprised if you're skeptical. It truly is a case of "you have to experience it to understand."



CHAPTER 4

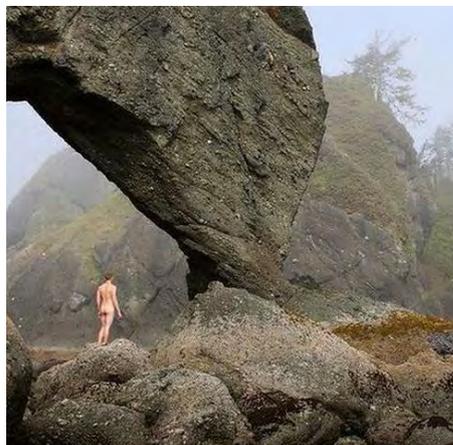
Naturism Is For Every Body

Naturism is for Individuals

The practice of naturism often starts as a solitary experience.

One may try out nudity while sleeping or doing household chores. When the initial novelty wears off and you realize how much more comfortable it is to cook or vacuum while nude, it's a logical progression to wonder what it would be like to be naked outside. There's a dose of libertine excitement and risk experienced at first. Very quickly, naked hiking or skinny dipping in a stream or lake feel just as comfortable and natural as being unclothed indoors.

There's almost no human experience that isn't radically altered in the positive when done without the



encumbrance of clothing. Once the taboo and fear of discovery have been overcome you feel as if there's simply no need to dress absent the dictates of weather or cultural expectations.

Quite often, individuals will experiment or even practice naturism in private without understanding they are not alone; not by a long shot. It's a delightful experience, indeed, to discover someone you know is also a "closeted nudist." Suddenly you don't feel so alone and any vague second-guessing about your sanity simply evaporates.

Welcome to the amazing world of social naturism.

Naturism is for Families

There has not been a lot of broad-based, peer-reviewed study done on the long-term effects of families living the nudist lifestyle. Smaller studies have universally concluded the impact of families making no effort to hide their naked bodies from other family members is positive. A raft of anecdotal evidence supports the idea that children raised in nudist families and/or environments actually benefit when compared to their peers from families where traditionally taboo behaviors and topics are shamed or avoided.

Teaching bodily autonomy and boundaries in an environment of openness and candor prevents children from being shocked or conflicted as they face experiences outside your

home. Conversations about physical touch, affection, consent, and keeping secrets flow naturally and are provided in the context of their whole being. It's healthy, empowering, and reassuring to them (and you).

Imagine your children reaching puberty already understanding what normal bodies look like and how their bodies function (think nocturnal emissions and menstrual periods). By the time they ask where babies come from, the whole dreaded discussion becomes a non-event. You might also be surprised to know teens raised in nudist environments are less likely, not *more*, to be involved in self-destructive behaviors and promiscuous experimentation.



Naturism is for Women

Naturism is the antithesis of today's sociocultural values.

Day and night, we are bombarded with the message that only the young and beautiful are of value and women, in particular, primarily exist for sexual objectification. The damage done to women's self-esteem, body image, spiritual strength, and sense of personal safety is incalculable.

Even though nudity brings a heightened sense of vulnerability, women who participate in naturist activities frequently report feeling safer there than anywhere else. And they do so in numbers too significant to ignore.

This counter-intuitive sense of security

is typically expressed as feeling relaxed regarding their physical safety and the ability to enjoy themselves. They feel liberated to simply be themselves exactly as they are, without regard to their state of dress.

In environments featuring social nudity, women's bodily autonomy is highly respected and their physical appearance is irrelevant. Men (and other women) who do not adhere to this principle are usually dealt with quickly and firmly.

It's understandable why women are, on the whole, less inclined to venture into the waters of naturism. Those that do are pleasantly surprised by their enjoyment and the personal benefits.



Naturism is for Young People

Oddly, individuals in the age bracket of 20-35 are seldom involved in naturism despite being in close alignment with naturism's social values. This is unfortunate, both for the longevity of the movement and considering young people and their families are missing out on the many benefits of naturism.

The logic goes, retirees have more disposable income and time to spend at resorts. Younger people are busy with careers, raising families, and are less inclined to feel the need to "belong" to an organized group.

Younger people do tend to form their own groups around shared interests other than naturism, per se. When



present, social nudity tends to be a secondary feature. Young adults who do venture into the warm waters of social nudity, find it to be completely compatible with, and even beneficial to, themselves and their families.

Truly, if more young people embraced the naturist lifestyle, the ground currently being lost to the "textile" mentality would rapidly diminish. So called "influencers" could play a key role in bringing naturism to their peers.

As young people raise their children with respect for their bodies and naturist values, many of those children would go on to instill those characteristics in the next generation.

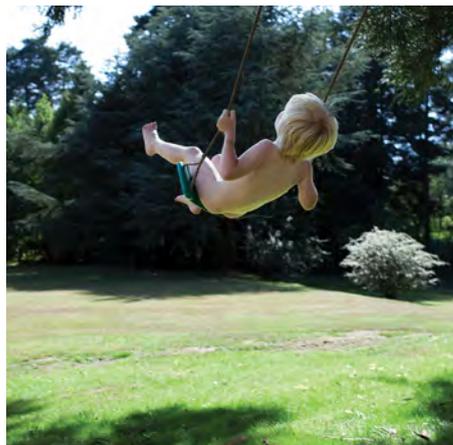
Naturism is for Children, Too

Children are natural nudists and, by example, naturism's best advocates.

Spend five minutes around a child who is playing or swimming free from the restraints of their clothing and you will witness a complete lack of self-consciousness or body shame - not to mention sheer joy.

It is adults who introduce children to the idea that their bodies are shameful and need to be hidden with clothing. Why?

Some would argue exposed children are easy targets for those with criminal intentions. It would seem the burden of that behavior is on the criminal, not the innocent child. And if clothing



protects children from harm, why are those crimes still happening?

Naturists are not proponents of raising children without protection, moral boundaries or training in societal norms. Being irresponsible is not a principle of naturism.

Surely there is a middle ground where children can enjoy life free from the idea that their bodies are shameful while being taught a healthy respect for the same.

Naturism is exactly what is called for.

Naturism is Even for Disabled People

One of naturism's greatest features is recognition of the dignity of the human body in and of itself.

This applies to all bodies without regard to weight, surgical scars, the presence of visible medical devices, or impairment requiring wheelchairs or other mobility equipment.

In the naturist environment, where people are genuinely accepted as themselves, being seen with the signs of medical treatment fully visible is a non-event. Yes, naturists see it, but it's recognized as nothing more than any other physical feature.

In fact, it can be argued that seeing other people with scars and medical

equipment demystifies it and produces a healthier perspective about the difficulties thousands of people manage every day.

Imagine the sense of relief and freedom someone would feel to experience an environment where their medical condition is not an impediment to their enjoyment of socializing with other people.

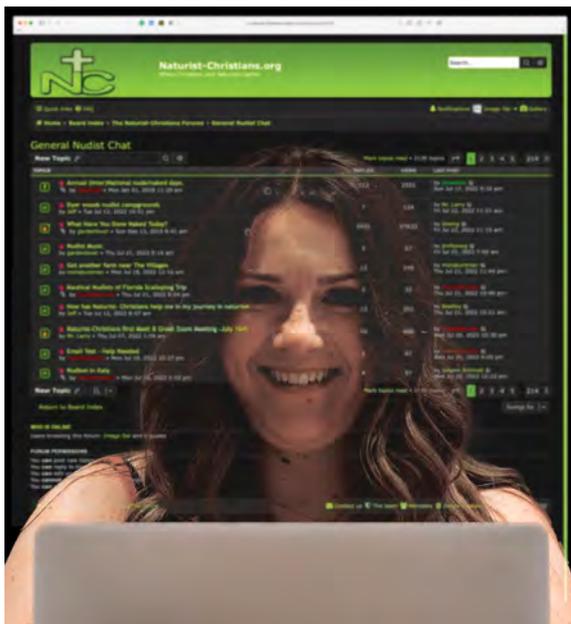
If you are challenged with a medical condition of any kind, you can literally defy the ingrained idea that one must have a perfect body to be acceptable. Society could have no better representative and living proof to counter that lie than you!



CHAPTER 5

Don't Just Sit There!

Join the Conversation



Now that you've been introduced to naturism and social nudity as a healthy and desirable lifestyle, completely in keeping with Christian values, we sincerely hope your interest is piqued.

You may not be 100% convinced, though. That's understandable, especially if you've lived your whole life mentally linking nudity with sexuality. You are in the majority.

If you would like to explore* what it's like to sever that link and live in the freedom and joy inherent in naturism, we would like to recommend a safe place to do so.

Open a web browser and enter this web address:

<https://www.naturist-christians.org>

Right away, you'll find some useful information. But the good stuff is under the tab called "Forums." This is a message board where members can interact with other members with as

much privacy as you desire.

You'll find the atmosphere to be friendly and others are very willing to discuss and answer questions. Members run the gamut from newbies like you to seasoned veterans of social nudity. You'll meet people from all over the world and from all walks of life, including biblical scholars and ministers - both active and retired.

What you won't find is political bickering, theological flame wars, or pornographic discussions and photos. The site is continually monitored by a team of dedicated volunteers who police the site with firmness, fairness, and Christian love.

We invite you to create an account now. Your information is never made public. Members are not allowed to send anyone private messages.

Naturist-Christians.org is a safe place to begin your naturist journey.

**You can even keep your clothes on!*



Take Baby Steps

It's as easy as 1, 2, 3...

1. Start at Home

Going from being a textile to a naturist is often best experienced at home first. It's a safe, comfortable place with no pressure or judgment. Start with something simple like spending extra time nude after you shower. Walk around a little and pay attention to your five senses. Next, try sleeping nude. You'll be amazed how much better you sleep. After you're comfortable with that much, try eating a meal or doing some indoor chores without dressing. Of course, if you have family or roommates, be considerate and find appropriate times to practice and/or communicate your intentions.

2. Find a Companion

A good way to allay the natural fear of being

nude in front of another person is to share the experience with someone close to you. Talk to a spouse, family member, or trusted friend about your new journey. Even if they don't want to be nude with you, perhaps they will allow you the freedom to spend some time with them in the backyard or pool. It's surprising how many people are actually open to the idea of skinny dipping once they've considered it.

3. Finally, Venture Out

Once you're comfortable being nude privately, and with another person, it's time to experience social nudity.

We recommend spending some time online looking for *legal*, clothing-optional beaches, lakes, or hot springs

in your area. These are "natural" environments where you will find other naturists. Another alternative is to find a campground or resort near you. A good place to start is the website of the American Association for Nude Recreation (aanr.com). There, you'll find an easy to use resort locator. AANR affiliated facilities are known for being family-friendly, well-regulated, and staffed with people who will make you feel comfortable. Once you locate a facility, be sure to get information specific to that site as rules vary from place-to-place.

By taking it one step at a time, becoming comfortable in the naturist lifestyle is easy. Take the first step right now and start enjoying yourself!

CHAPTER 6

Additional Resources

Websites

BLOG SITES & FORUMS

achingforeden.wordpress.com
nakedandunashamed.org
thebiblicalnaturist.blogspot.com
pastordavidrn.com/files/booksale.html
figleafforum.com/

PORN ADDICTION HELP

mychainsaregone.org

NATURIST ADVOCACY

aanr.com
naturistsociety.com

RELIGIOUS SUPPORT FOR NATURISM

theologyofthebody.net

Papers

[Nakedness, Bodiliness and the New Creation](#)

Written by Michael P Wilson

Description of early church practices relevant to discussions of nudity

[205 Arguments and Observations in Support of Naturism](#)

Compiled by K. Bacher

Quotes, References, Supporting Research, Resources for Further Study

[Theology of the Body](#)

Written by St. John Paul II

Catholic Treatise on the sacred nature of the high-point of God's creation

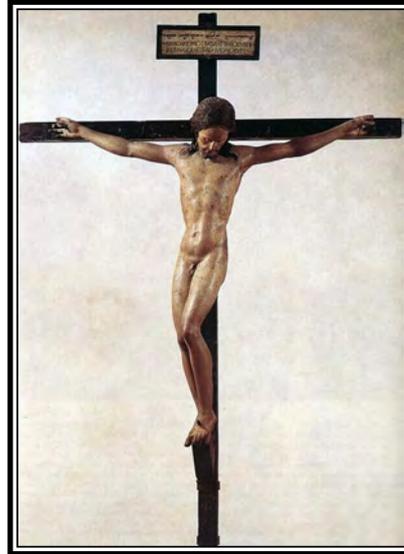
Books

A Brief History of Nakedness	Philip Carr-Gomm
A Whole Nude World	Michael Douglas
Chain Breakers	R.B. Mears
Christian Body: Modesty and the Bible	Aaron Frost
Growing Up Without Shame	Dennis Craig Smith
How to Take Your Clothes Off	Matthew McDermott
Meeting at the River	David L. Hatton
Muse: Naked Truth Poses Again	David L. Hatton
Naked at Lunch	Mark Haskell Smith
Naked: A Cultural History of American Nudism	Brian Hoffman
Nakedness and the Bible	Paul Bowman
Naturism and Christianity: Are they Compatible?	Karen Gorham & Dave Leal
Nudity & Christianity	Jim Cunningham
Talking Back to Purity Culture	Rachel Joy Watson
That Famous Fig Leaf	Chad W. Thompson
The Complete Guide to Nudism, Naturism & Nudists	Liz and James Egger
The Great Sex Rescue	Sheila Wray Gregoire
Uncovering the Image	Bob Horrocks
Who Said You Were Naked	David L. Hatton

Parting Thought

Thank you for taking the time to read our book. We pray you found it thought-provoking.

We'd like to leave you with this final thought: we are Christians first and foremost. In other words, our faith motivates and informs our naturism, not the other way around. We believe our naturism would simply be superficial nudity without the saving grace of Christ's love and mercy.



Artwork Credits

Front Cover	The Creation of Eve (detail)	Michelangelo Buonarroti	1510	Fresco
Inside Front Cover	Adam and Eve in the Garden of Eden	Brueghel the Elder	1615	Oil on Copper
Pg 15	Detail of Christ's Baptism,	Santa Maria Antiqua, Rome	270 AD	Sarcophagus Relief
Pg 15	Detail of Christ's Baptism	San Apollinare in Classe, Ravenna	460-470 AD	Sarcophagus Painting
Final Page	Crucifix	Michelangelo Buonarroti	1492	Polychrome Wood



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