



BEYOND MONOGAMY

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JAMES AND PEGGY VAUGHAN ON SEX AND HONESTY by Jacqueline Weller

Interpersonal Dynamics, a new nonprofit educational organization founded as a spin-off from BMI, brought James and Peggy Vaughan to Denver October 23rd through the 25th to present seminars and workshops on "Sex and Honesty".

Sex, say the Vaughans, is the one subject that our society is most dishonest about. "What did you learn from your parents about sex?" asks James Vaughan. "A few people - maybe 10% - got good, straight information about the physiology, but not one got information about how love relates to sexual functioning. No one's parents told them about their own sex - good or bad. Most of us have never seen good models as to how to deal with this... Most of us started at a severe disadvantage in trying to function effectively as sexual beings.

"Yet," says Vaughan, "It's clear that people are groping for answers in this area of sex and honesty. Peggy and I lived dishonestly long enough to believe that we are relative experts. We're still learning about honesty."

The Vaughans wrote the book *Beyond Affairs* (reviewed in the July 1981 issue of *Beyond Monogamy*), which tells their personal story of marriage and extra-marital affairs.

"We were extremely typical," says Peggy Vaughan. "We were part of the mass majority who are married, professing monogamy, but practicing deceptive affairs."

"Women ask James, 'How could you put on this image of being such a good family man while having your affairs?' If you think about it, almost all of us get trained how to do that as teenagers. When you start sexual experimentation you present a different image to your parents and other important people. So what's so different about doing it when you're married?"

According to the Vaughans, perhaps 80% of marriages have at least one partner involved in affairs. Yet in the opinion polls an equal number say it's wrong.

James claims that the reaction they get from talk show hosts and audiences confirms "this cultural schizophrenia". "People are fascinated that we're talking about this. We meet with disbelief



PEGGY & JAMES VAUGHAN

and excitement. People tell us we're courageous."

"Yes," interjects Peggy, "Reactions to us are not neutral. People either think we're terrific or we're awful."

James continues: "Our experience on over eighty talk shows reinforces the message that we're bucking the cultural norm - affairs are OK to do, but not to talk about. The primary way of handling affairs in America today is still denial.

"People challenge our statistics," he says. "A common phone call on a radio show will go like this: A lady will call in to say that none of the couples she knows are having affairs. We don't need to answer such callers. Others call to answer them. One time the next caller was a taxi driver who said, 'I don't know who that lady is, but let her come ride with me. I take the men or women home to their spouses waiting on the doorstep.'"

But for all those who want to deny reality, there are many others who applaud the Vaughans' honesty. They receive positive letters from their readers.

Even Peggy's mother finally came around. "When the book first came out," says Peggy, "My mother said to me: 'Honey, did you really have to put all that sex in there? Especially the oral sex, did you have to mention that?'"

"I answered by asking her how people were supposed to find out about those things - in

porno films?

"It was a turning point for my mother. She saw the value of sharing that kind of information in a straight way... My mother is real proud now. Her friends and her minister think we're doing a terrific thing."

The Vaughans say the turning point in their relationship came when James confessed he'd been having secret affairs for seven years. The confession immensely relieved Peggy, who had suspected and worried during the whole period of deception. They say their new honesty and trust led to a gradual strengthening of their relationship, as James grew more emotionally open and caring and Peggy grew more assertive and independent.

But in the beginning, the feelings brought up by James' disclosure were hard to handle. "I call it 'shovelling the shit,'" says James Vaughan. "We'd get up one morning and talk for four hours. It would seem like we'd get a good bit shovelled out the door. But then we'd get up the next morning - I don't know whether someone put it back in, or there was more - but it seemed like we just moved it around from one part of the house to another!"

"For a three year period it was an unending job of shovelling those feelings around. I didn't know if we'd ever get through it."

Part of the process was writing their book, in the form of a written dialogue to each other. "We wrote the book as therapy," says Peggy. "My concern was not to get beyond having it happen to you, not to get beyond deciding whether to stay together or get divorced, but how to get beyond the pain, resentment, and bitterness that you carry your whole life, whether you get out of the relationship or stay in it."

During that period they also explored James's idea of having an open marriage. "I had it all rationalized," he says, "that it was an OK thing to do, that it wasn't hurting Peggy, so if it was OK for me, then it would be OK for her, too. It damned near killed me."

"Yeah," says Peggy. "He thought he wanted an open marriage until I had an affair, then he said he wanted to talk more about it. We are still talking about it."

"Looking at the situation, we agreed that it was really pleasurable for the person having the affair, and really painful for the person left out. The balance for us, right now, is to be monogamous."

Peggy explains that she feels that their timing was bad. "We did what a lot of people do when they try an open relationship - we didn't set the proper groundwork. It wasn't the next logical step. We jumped into it too soon."

James agrees: "It was a relief to us to stop pushing for an open marriage, and just to accept that we were pursuing honesty. We're also not afraid to change. This is not a final decision. I still have a lot more desire than Peggy does to have outside sexual relationships. I find there

is something in a variety of them that one can't recreate in a marriage. What I would like is to rid myself of the cultural conditioning that creates jealousy."

"We have the luxury of working on this, slowly building the relationship and increasing our likelihood of success," says Peggy. "In the meanwhile, we are a resource and benefit to couples trying to survive in their marriages."

The Vaughans agree that the traditional marriage based on a sexual double standard is not working. Says Peggy, "If you profess monogamy, that's terrific. If you profess open marriage and practice it, that's terrific. It's the hypocrisy of professing monogamy and screwing on the side that gets to me."

James adds that he'd like to see a society supportive of pluralistic values, "where people can try different things without becoming outcasts."

"Yes," says Peggy Vaughan, "A monogamous marriage is a tradeoff. A deceptive affair is a tradeoff. An open marriage is a tradeoff. You don't get everything you want with any one way. To sit in judgement of others misses the point."

James Vaughan praises the use of a support group for help in lifestyle changes. "...Look for people who are willing to stand behind you," he says, "people who are willing to stare down some of their conditioning and be open to change."

"It's just like skinny dipping... I think everybody wants to get naked and into the pool. We just want somebody else to start in order to make it easier for us."

LETTERS FROM READERS

Letters Policy: We do not print full names and addresses of authors of letters unless requested in writing to do so. We reserve the right to edit letters, but we try not to pull quotations out of context.

We especially like letters which discuss your personal experiences. We also encourage you to express your feelings about ideas and questions raised by articles or other letters.

Deadline is one month prior to issue date. We cannot guarantee that your letter will be used.

"Curse You," Bob Rimmer!

Dear Will and Genie,

"Curse you, Bob Rimmer! You got us here, now what?" Dave and I have both repeated those words many times over the past months. You see, we are believers in the Rimmer philosophy, but we are finding it very difficult to live by. My head, my heart, and my life have literally been spinning for the past ten months -- I need help! I was just wishing for an understanding and knowing person with whom to discuss our problems (and thinking -- I don't know even one) when I remembered Bob Rimmer's letter suggesting that

Dave and I get in touch with you.

Dave and I have been married for 13 years. Recently we have been fighting to save our relationship and to find a structure in which it can thrive. You see, ten months ago Dave told me that he was in love with a woman (Karen) whom he had been seeing. He felt, and still feels, that he cannot give up either relationship. At this point, Karen has decided that she cannot handle a relationship with Dave unless it is on a one-on-one basis. Dave feels that we should get a divorce so that each of us will be free to have other relationships while continuing ours. I have problems dealing with Dave's wishes -- originally, I was convinced that Dave would marry Karen, or someone else, and that our relationship would end. I no longer have those fears, but I still have doubts about how we can ever find a structure in which we can be happy without a big hassle with friends, family, neighbors, and co-workers who have middle-class values and morals. Our problem is confounded (for me) by the fact that Dave and I would like to have a child.

I get very depressed and frustrated when I come up with no solution that I feel good about. I do not want to go on with a monogamous relationship that neither Dave nor I believe in. At this point, it is hard to believe that Dave and I could ever find others who would be compatible in a group relationship --or that we could cope with society even if we did. And I have many doubts about getting divorced and continuing our relationship along with others.

I realize that I have left out many important facts and feelings. I also know that there are no easy answers. I've been through a lot already, and I'm not about to give up -- I just don't know where to go next! Any advice or comments you have will be welcomed. It's a comfort just knowing that BMI exists and that there are others who are frustrated with the limitations of monogamy!

Patsy
Ohio

Editors' response: It is too bad that we do not have all three sides of this story, but we can make some observations based on what we do have. If Dave really wants to continue his relationship with Patsy and wants an open relationship, then Karen seems to be a poor candidate for a long-term relationship with him. It appears that Karen's conditions for a continued relationship with Dave are 1) he must divorce Patsy and terminate his relationship with her and 2) be monogamous with Karen. Dave seems to be in a quandary because he is bananas over Karen but wants to maintain his relationship with Patsy. Perhaps he thinks he can change Karen's mind about open relationships. Maybe he also thinks he can convince her of his sincerity by divorcing Patsy. Dave needs to

examine whether he and Karen really want the same things from their relationship. We suspect they do not.

Patsy is to be commended for her perseverance in seeking a solution to this difficult situation. We can also appreciate her frustration over finding others for a group relationship. People have difficulty with this even in Denver! However, it does help to have a local support group like BMI. We hope one will form in Patsy's area as we get more subscribers to *Beyond Monogamy*!

We All Need Each Other, Gay or Straight!

Dear Will:

I was fascinated by the interview with Mary Ann Watson (*Beyond Monogamy*, October and November-December, 1981). I was particularly interested in her observations about situations in which "secondaries" (incidentally, I dislike this word) became "primaries," and eventually broke up the marriage. This is exactly what happened with Joan, Elaine and me. To this day, my relationship with Joan is first (we still live under one roof). For Joan, her relationship with Elaine became primary, and I was very much neglected--and worse--for a long time.

If we had had ANY kind of support, we might have made it. As it was, Joan's therapist told her to hide things from me--which she is still doing. It can't work that way. I am glad I found *Beyond Monogamy* even though it's too late for our triad. I get much from reading it, and hopefully, it will help others who are still in open relationships.

How can we spread the word among gays? Was I the ONLY one to fill out your subscriber questionnaire last summer? There MUST be others out there. I know of and hear of gays all the time who live in triads and other open relationships. I think we all need each other, gay or straight. Can I mention *Beyond Monogamy* to some of the gay and lesbian publications? I had no idea that *Beyond Monogamy* was so heterosexually loaded. You certainly seem to be more than open to ALL types of relationships.

Julie
New Jersey

Will's response: Julie was the only gay person (female or male) to respond to our reader survey (reported in the September and October 1981 issues of *Beyond Monogamy*) We do have a few more gay subscribers now (see the following letter) but far less than we could have. I am checking into running advertising for *Beyond Monogamy* in *The Advocate* (a national gay newspaper). Julie, please feel free to mention us to other publications.

According to a recent study of 1000 gay men (James Spada, *The Spada Report*, New American Library, 1979) nearly three-fourths of the men with steady lovers had additional sexual relationships

or knew that their lover did. In most cases, both men approved of these additional relationships. Maybe open relationships are so acceptable among gay men that they can get support from other gay friends in dealing with difficult issues. I doubt that there is as much support for open relationships among lesbians. Women are more programmed by our society to seek a "one and only." A lesbian friend of mine says she has met few lesbians in Denver who are interested in open relationships (she is an activist and meets many lesbians). However, she has been finding more interest in open relationships among lesbians in the past few months.

We feel that our philosophy applies equally to gays, straights and bi's. If our writing occasionally slips into heterosexual stereotypes, give us hell!

Dear Sirs and Madams,

I am predominantly homosexual with incidental heterosexual attraction. I noticed that no one indicated this preference in your survey. Even though there are gays out of the closet, you still have those who are in the closet as far as an open lifestyle is concerned. You have to look hard to find them.

Ramona
Oklahoma

Yes to Honesty

Editors:

This is in reply to Dennis (West Virginia) regarding "Is Honesty the Best Policy" in the September 1981 issue of *Beyond Monogamy*.

The answer for me has been a resounding "YES." For 13 years Meg and I have lived in an open marriage and expanded family. Dennis, it is true I have experienced women who reject a relationship with a married man. Usually, these women feel there is insufficient time available should the relationship become important. I do not experience this with women who fully embrace the concepts of open relating via multiple relationships. If the woman, on a conscious or subconscious level, desires a monogamous relationship, a married man (open or closed) is not a good choice.

I have chosen to be completely open including mutual expectations of time, interests shared, etc. This has developed into a loving cadre of friends of the "family," not mine alone.

This openness has extended into the work area. While Meg and I do not "advertise," we are open with work associates who are interested enough to want to know about us. Our openness has even included an appearance on a national T.V. news special about "The Expanded Family." It did raise some eyebrows but nothing more!

Dennis, I hasten to add that my geographical location may be an advantage. Here, I experience that there are a multitude of women who wish to relate to a male in an open marriage if they feel

his consciousness is raised to their level and he is an open, loving and caring person.

Robert Cretsinger
Summit, New Jersey

Editors' reply: Although Meg and Robert are able to be open about their lifestyle at work, we would not advise that everyone try it. Proceed with caution according to your situation. It is unfortunate that some of us have to lead double lives, but for many the alternative is losing a job, a promotion or being considered "kinky" by one's co-workers.

Some Clarification of SEXYG's Policies

Dear Will:

Thanks so much for the note about SEXYG in your November-December issue. I do need to clear up a point or two. We do not accept anyone in SEXYG just because they are female. They need to contact local SEXYG chapters as prospective Mensans or at least get acquainted and become sponsored by a Mensan. Also, SEXYG is not just a place to find sexual partners. It is a place to interact verbally with real, human concern regarding the difficulties and problems we each face regarding our own and others' sexuality and how we can cope with it.

Mary Prior
National Coordinator
SEXYG, a special interest
group of Mensa
Box 2365
Grand Prairie, TX 75051

NEW YORK SYNERGY FORMING

Ray Noonan, founder of the Alternative Marriage and Relationship Council of the United States (AMRCUS) and a vice president of Delaware Valley Synergy in Philadelphia, has announced the formation of New York Synergy. In November and December 1981, the group held its first social activities to bring together people from the New York City metro area who are interested in exploring alternative lifestyles.

Plans are also underway to organize an East Coast Synergy Network which will include Delaware Valley Synergy, New York Synergy, Upstate New York and Area Synergy and members of the national Family Synergy organization who live in outlying areas of the Northeast. The network would be able to produce a regional newsletter which could list activity schedules of the various local Synergy groups.

If you live in the Northeast and would like to become involved with Synergy, contact Ray Noonan at (212) 674-7111 or write him at 516 E. 11th St., New York, NY 10009.

CLASSIFIED ADVERTISEMENTS - JANUARY 1982

Answering Ads: Please contact advertisers directly except for coded ads. To answer a coded ad, enclose your reply in a stamped envelope with the number of the ad written in pencil in the lower left hand corner. Mail in another envelope with \$1.00 to BMI, Box 6877, Denver, CO 80206. Letters will be forwarded the day after they are received. WE WILL NOT FORWARD YOUR LETTER IF YOU DO NOT FOLLOW THESE INSTRUCTIONS EXACTLY!

Non-profit Organizations

ARE YOU TIRED OF OLD-FASHIONED, OUTDATED LIFESTYLES? Come on! Get liberated and have fun in POLYFIDELITY. Your past can't stop you. Taste the joy of best friend group marriage. Family life combined with exciting variety of lovers and camaraderie with platonic friends, plus larger tribal identity. Learn more about it. Write: Kerista Village, 543 Frederick Street, San Francisco, CA 94117 or phone 415-566-6502 or 415-665-2988.

CALIFORNIA As a couple, both 32, we are committed to creating a group marriage and are looking for others to join and/or help us. Our shared ideals include a strong commitment to emotional release work and clarity in our relationship (we use co-counseling extensively as well as radical therapy). We are both bisexual, anti-sexist, food conscious, on positive spiritual magical paths, and filled with joyous humor. The vision includes an eventual 6-8 adult bisexual family, land and appropriate technology based, with shared parenting as well as shared financial, sexual, emotional, intellectual, and spiritual experience. Correspondence welcomed and visits can be arranged. Contact "Solstice": Ilijana or Jim, 401 Redwood Dr., Santa Cruz, CA 95060. (408) 427-3475.

FLORIDA Intimate friends, alternate lifestyles, all lifestyles. Personal growth & successful interpersonal relationships workshops. Send SASE. Write to Dynamind, c/o Floridyne, P.O. Box 7603, Miami, FL 33155.

OREGON The Alternative Relationships Center is for people in the Eugene area who are interested in developing intentional relationships of three or more intimate partners. The center acts as a networking agent and as a social center to facilitate contact between persons who seek to join or form groups and groups seeking potential new members. Potlucks, support groups and discussion meetings are happening regularly. To learn the meeting schedule, call 683-9071. To get in letter-writing contact with potential partners, write ARC at P.O. Box 21055, Eugene, OR 97402 and give an idea of the goals of you or your group.

WOULD YOU LIKE TO ORGANIZE AN OPEN RELATIONSHIPS SUPPORT GROUP IN YOUR AREA? Run an ad in this section for only \$3.00 for 40 words + 5¢ for each additional word.

Personals

CALIFORNIA Married Couple--wish to hear from couples and M/F 50's on. Serious about country living. A caring-sharing developing intimate relationship. Vital interests, survival, natural prevention nutrition, ecology, organic gardening, raising small stock, cutting our own firewood, etc. Write 0801.

CALIFORNIA (northern) Happy, healthy couple late 40's seek open relationships with other couples based on BMI philosophy. Possibly form intimate network. Please include phone number. Write 0802.

CALIFORNIA Here I am, with tremendous creativity and hunger to give all of myself and accept all from another. A complex, aware boy-man, full of conflicting needs, strength and weakness, potential and frustration. Vitally concerned with social injustice, mature personal and social change and liberation. Pressured by starting a career and (temporarily) an obsession to make it as a film director. I need an extraordinary relationship(s) with a woman/man/boy/girl, who is creative, independent, sensitive, sensual, growing. My loves are the arts, nature, liberation of kids, constructive therapy, but not gurus. I am 32, poor, look o.k....an independent but often scared Bohemian rebel artist. Tom Bush, 8033 Sunset, #779, Los Angeles, CA 90046.

CALIFORNIA Male, 55, seeks energetic, intelligent female ages 35-55 (Southern California or visitor). Join me for a walk along the Pacific shore; sip wine while watching the sun set; return to my beach area house for good music, good talk (art, books, films, human values) and good sharing of our life experiences. I am slim, athletic, tall (6'4"), divorced and ready to reach out. If you want to have your life touched by a romantic who appreciates the value of a warm relationship, please call or write. Ron Reifler, P.O. Box 9190, Marina del Rey, California 90291. (213) 823-4283.

CALIFORNIA I'm looking for an open relationship with people interested in hiking, biking, sailing, music, anti-nuclear activism, alternative living styles. Non-smokers please. I'm 33, finishing school soon, live on sailboat. Dennis P. Davie, Box 651, Capitola, CA 95010-0651.

COLORADO Denver couple would like to meet bisexual female(s) interested in short-term or long-term relationship. We enjoy skiing, traveling and philosophy. Write 0803.

COLORADO Successful professional male, 36, would like to establish relationship with open-minded females 27-32. Write S. Rahman, P.O. Box 15451, Lakewood, CO 80215.

COLORADO Single, professionally employed man, 39, seeks tall, intelligent, outdoors lady, 25-35, into some of: hiking, skiing, horses, running, dancing, music, art, sailing, touching, for close relationship. Ken Hampton, 6165 E. Iliff Ave., #107-E, Denver, CO 80222, 303-756-8150

COLORADO Independent, romantic, attractive, educated male (47) wants non-exclusive, non-possessive but warm, enduring friendship with sensitive, affectionate, attractive, articulate, assertive woman any age to share interests in science, art, nature, imaginative conversation and sex, and exploring intimate ties with other individuals or couples. Write 0804.

COLORADO Liberated Aquarian male, 46, attractive, non-smoker, successful businessperson, former airplane owner & pilot, not able to walk, seeking open relationships, close and/or intimate friendships, and women 35-55; other ages welcome to write. Love the arts, music, touching, caring, open conversation. Write John, 0805.

COLORADO Divorced Scorpio athletic male, 37, would like to expand intimate friendship network, locally and long distance. Sex is not a prerequisite to friendship. Into growth, philosophy and learning. I'm college educated, very human and full of positive energy. Interested persons please call ART, 303-777-4596.

COLORADO, Colorado Springs -- Professional male, 35, tall, college educated, would like to meet local (and non-local) individuals with similar BMI Lifestyle interests. Also, how about carpool to Denver BMI activities. 632-0624 (weekends best).

COLORADO Single Aries male, 38, seeks open-minded, compatible, female, to explore alternative life styles. Would like to find or form a group of intimate friends in northwestern Colorado. Some of my interests are art photography, good music, enjoying nature, sharing life and love with energetic friends. Write to Bob Anderson, B-30, 3591 Douglas St., Craig, CO 81625.

FLORIDA Petite, charming, slender lady, warm and sensual, loves art and music, dancing, talking, sharing thoughts and feelings, beaches, nature, animals, reading. Want open, loving relationships with men age 40 and up, married or single. Write 0806.

HAWAII Energetic, fun-loving woman, age 53, divorced, non-monogamous for last 11 years. Enjoys hiking, dancing, tennis, reading, travel, openness, emotional sharing and exchange of ideas. Sees friendship as a path to evolving into total relationship. Would like to hear from others with similar interests. Write 0807.

ILLINOIS Handsome, sincere, honest, Chicago area, young academic, secular humanist, civil libertarian, single, slim non-smoker, seeks dependable, relaxed, open, single woman (non-smoker & slim). Object: a society in which peaks of intellectual and sensual excitement are routine. POB 129, DeKalb, IL 60115.

ILLINOIS Gemini - tall, handsome, 31 years young, single. I'm a studio & performing musician, travel some when possible. I enjoy all aspects of art, especially music, astrology, occultism. I'm seeking a total open and honest intimate relationship with female's". Where have all women gone? David Killman, 408 South Wall, Apt. B-1, Carbondale, IL 62901.

IOWA Attractive, intelligent, sensuous woman in open marriage seeks male partner with similar characteristics. I love poetry, pleasuring, and play. Confidentiality is required and assured. Midwestern area would be most convenient. Write 0808.

KANSAS Couple, 56 & 46, widely read with inquiring minds seek caring relationship with mutual respect: three (with one man), four (with a couple) or more. Sex is NOT our primary interest. Friendship IS. Interested in conversation, interplay of minds. Would like to hear from other *Beyond Monogamy* subscribers in Kansas and northern Oklahoma. P.O. Box 18303, Wichita, KS 67218.

MARYLAND

I am Len, single, black, male professional
I am 6'0", 190 pounds, 42 years old
I live in Silver Spring, MD
I am very independent and freedom loving
I prefer home entertaining (I am not into heavy TV)
I will not become involved in hassles of any kind
I am involved in casual relationships with no future commitments or obligations on the part of either party
I believe in reincarnation
I adhere to libertarian principles
I love to smoke (I do not use tobacco products)
I love life and enjoy the present for what it offers
I can usually be reached Monday thru Thursday after 7 PM or before 7:30 AM (EST) at 301-565-3991
If you are female and in the Washington, DC area at anytime, give me a call, maybe we can meet somewhere. Bye!!

MARYLAND Seek individuals, couples, organizations. Non-swinging but open networks around D.C. Baltimore please identify yourselves to me. (If none, let's start one.) Seek women or couples (NYC to Richmond) with intelligence, wide interests and abilities, and zest, for emotionally intimate friendships in which sex is delightful optional byproduct, not *raison d'etre*. I'm 41, male, unattached (but have willing female friend), undiseased, vasectomized, experienced in nonexclusive relationships (tho new to BMI); have above-sought traits; especially interested in contradancing, music (folk, classical, jazz), reading, languages, space colonization, bicycling, am member of folk and jazz societies, family nudist club, NOW, Mensa, L-5 Society. Pete Benson, 7441 Stoney Ridge Rd., Marriottsville, MD 21104, 301/781-6320.

MASSACHUSETTS Attractive Lexington based Harvard grad seeks warm funloving MWF in need of secondary relationship or new experiences. Couples are also invited to write. Write 0809.

MASSACHUSETTS Aquarian, 35, average build, single, into holistic new age and individual-group openness, into painting, pottery, gardening with love magic spiritual consciousness. Love doesn't only mean sex nor vice versa though both are meaningful and uplifting. Only self can imprison them only self can free them. Wayne Kittredge, 9 Batchelder Ave., No. Reading, MA 01864.

MICHIGAN Tall, lean male academic, mid-fifties, wide interests seeks BMI relationship with uninhibited female interested in exploring urban-pastoral byways, innerspaces, museums, music, sidewalk cafes, more, in Detroit-Windsor area. Please write Rod, Box 7887, Ann Arbor, MI 48107.

MICHIGAN Shy, inhibited, but potentially affectionate single male, age 38, would like to make friends with mature, liberal, feminist women. I enjoy walking, reading, sight-seeing, eating, wondering. Write 0701.

MINNESOTA Couple seeks starling sister for extended family (1 male, 2 females) to share country lifestyle. Looking for non-smoking, honest open minded individual who loves the outdoors and animals. Send introduction letter with photo/s and phone number. Will answer all replies. H. B. Wheel, Rt. 2, Box 106, Kasson, MN 55944.

MINNESOTA Minneapolis area male, 38, seeks intimate friendship with non-smoking, liberal affectionate female. Am successful writer/video producer, gentle, affectionate, considerate, sharing, attractive. Enjoy jazz, psychology, philosophy, history, photography, good conversation, loving. Also welcome correspondence on BMI-related subjects from anyone (M/F, any orientation) in or near Twin Cities. P.O. Box 240368, Minneapolis, MN 55424.

NEW MEXICO Married man, 43, seeks mature women, 25-50, for open friendship with attractive Libran who values intimacy, sincerity. Married, single, OK. I like literature, poetry, unconventional spirituality, humor, conversation, dining. Write today, please. Route 2, Box 901, Santa Fe, NM 87501.

NEW YORK Mid-Hudson Valley area married couple, she 27, he 34, seeks other couples for exploring intimate long term relationships and possibly the creation of an alternative family unit. PO Box 78, Gardiner, NY 12525.

NEW YORK, New York City. Anglo-American couple with small daughter, young forties, free-beach enthusiasts, well travelled--usually to where the action isn't--would like to develop emotional and sensual rapport and close friendship with another couple. Write 0810.

NEW YORK Handsome tall and slim single sensitive man, 34 (nonsmoker), interested in nutrition, running, hiking, massage, movies, good restaurants, etc. would like to meet a woman interested in an intellectual, emotional and physical open relationship. All sincere replies answered. Write 0811.

NEW YORK Male academic, humane, sensitive, unattached involved in folk & jazz music (perform regularly), gardening; interests in graphic arts, environmental questions seeks primary open lasting relationship with creative, sensual, attractive female. Paul Studer, 1 Court St., Geneseo, NY 14454.

NEW YORK Good-looking cauc. never-married male, 42, 6', 184 lbs, Aquarius, financially independent, college-educated, world-travelled. Like astrology, good food, good music, nice clothes, horse-racing & movies. Will travel N.Y. State only. Wish to correspond with and meet attractive straight, bisexual and lesbian women ages 25-48. Race, religion, etc. no barrier. P. Lambert, 10 Buckingham St., Rochester, NY 14607, 716-244-0404.

NOVA SCOTIA, CANADA Healthy happy holistic-living self-reliant Englishman London/Camba Graduate many esoteric/artisanic/health interests. Seeks emotionally/financially secure ladies/couple share lovely secluded 50 acre home and Total-Loving Expanding-Family. Gerry Fordham, RR #1, Orangedale, Cape Breton, N.S. BOE 2K0, CANADA. (902) 756-2116.

OHIO Tall, gentle, considerate, single man, 34, desires open, intimate companionship or correspondence with personable heterosexual or bisexual woman, any age. Into Shakespeare, philosophy, men's lib, politics, comparative religion. Like dancing, movies, good restaurants. Ernie, 4826 Broadview Rd., Cleveland, Ohio 44109, Apt. 4.

OREGON Married couple would like to hear from others 50 to 60 in N.W. Oregon or S.W. Washington interested in group marriage and/or intimate network. Reply with phone number to Jim & Barb, Box 3936, Portland, OR 97208.

PUERTO RICO 43 year old professional man moving to northwest Puerto Rico wishes to contact people interested BMI philosophy, massage, social nudity, parapsychology and/or exploring local customs and geography. Write 0812.

TEXAS Part time student (microbiology/psychology) would like to correspond with, and perhaps meet new female friend(s). I'm 23, 5'11", 155#, and have blond hair and green eyes. My interests include nature, 35 mm photography, the sciences, New Mexico, visiting new and interesting places, New Age lifestyle, improving interpersonal communication, license plate collecting, libertarianism, the study of UFO's, and 1000 other things. I enjoy the outdoors, good food, reading, mountains, and honest, open communication, I'm often quiet, but sometimes outspoken. Don't smoke. Please write Blaine Hamrick, Box 61173, DFW Airport, TX 75261.

TEXAS Bisexual woman, 48, bright, cheerful, outgoing, full of energy, love to talk, walk, play, want to meet others for conversation, dining, travel, friendships and lovers. Dorothy - Houston, TX. Write 0813.

WASHINGTON Sincere, loving, lady 30's; warm, loving, male 30's; seeks ladies as permanent family members, to share love, friendship, and our lifestyle. Interests: To create small farm and earth home; traveling, dining, gardening, short hikes, nutrition, hunting. Non smokers or drugs. P.O. Box 2992, Wenatchee, Wash. 98801.

Services and Products

Breaking the Bonds: The Reality of Sexually Open Relationships by Mary Ann Watson and Flint Whitlock. Approximately 100 persons (including BMI members) share the realities of their open-relationship lifestyles in this newly published book. They discuss jealousy, finding partners, establishing ground rules, dealing with relatives and children, how to open and close a relationship, and more. A valuable, practical guide to anyone in or contemplating an open relationship. Available from BMI for \$4.95 plus postage and handling (use book order form on following page).

COUNSELING Gestalt psychotherapist provides non-judgmental individual and partners counseling and relationship workshops - southern Maine. Jacob Watson, M.A., Arrowsic Island, Star Rt 2, Bath, Maine 04530.

COUNSELING Enthusiastic student of San Francisco's Institute for the Advanced Study of Human Sexuality seeks practical experience counseling on sensuality, erogenous zones, sexualogical exams, the Grafenburg Spot, body awareness. Singles or couples, specify area of interest. Frequent travel to Tulsa, San Fran. Write RTS, Box 14243, St. Petersburg, FL 33733.

DENVER AREA Don't let jealousy cripple your relationships! Kai Shuman, Certified NLP Practitioner, is offering a workshop, featuring the magical "NLP Jealousy Cure," a simple, effective way of dealing with those incapacitating painful feelings. Sunday, Jan. 29, 1982. \$25 (BMI members \$20) Call 595-0990 for reservations.

HOW CAN YOU LOVE HIM?

by Trisha Jordan

"How can you love him," they say,
"When you know he loves her, too?"
"How can I not," I respond.
"There's more than enough for two."
She and I are much alike.
We share a love for him.

Yet we're so different in our own way.
Just like comparing night and day.
We each give to him with all our heart
To meet his need only that part
Of us we wish, and need to share
And not be pressed beyond what's fair
To ask of us. We reserve our right
To keep our difference--day and night.

"How can you love him," they say,
"When you know he loves her, too?"
"How can I not," I say simply.
"He loves us both. Can't you see?"
By sharing him, love is increased.
Growth abounds and there's relief
For in truly setting him free
There are no bounds on what can be.

"How can you love him," they say,
"When you know he loves her, too?"
"How can I not?" I answer true,
"She needs me and I need her, too."

Classified Advertising Policies -- Please read carefully!

Content: In addition to your message, you may include an address and/or phone number. Anonymous ads o.k. or list your first and/or last name(s). If concerned about confidentiality, place a coded ad--we forward letters to you (see coded ad rate below). We accept ads in the following categories:

Personals--ads specifying an interest in alternative relationships (e.g. open relationships, intimate friendship networks, expanded families, group marriage or similar lifestyles). Ads from singles, couples or intimate groups; heterosexuals, bisexuals or homosexuals are welcome.

Non-profit Organizations--ads from alternative relationships organizations publicizing classes, workshops, conferences, seeking members or promoting publications. People wanting to start new alternative relationship discussion groups, organizations or social clubs in their area may also advertise in this section. Ads from personal growth/human potential non-profit organizations which are supportive of alternative relationships are also welcome.

Services and Products--ads from individuals or businesses supportive of alternative relationships and offering relationship counseling, personal growth workshops, publications, etc.

Swingers! ads not accepted. We will not accept ads for individuals, organizations or businesses primarily interested in swinging (sexual mate-swapping and sex orgies). We will also not accept predominantly sexual ads. This is not a moral judgment--we merely want to provide an alternative to the many swingers' magazines already available.

Secret affairs. We know that a few people in existing relationships will run ads to meet others for "secret affairs." While we do not condone this practice, we cannot try to censor peoples' intentions.

Who may advertise: We only accept personal ads from BMI members and *Beyond Monogamy* subscribers.

Rates (per insertion) PLEASE NOTE NEW RATES:

Personals and Non-profit Organizations--\$3.00 (up to 40 words) + 5c/word over 40 words.

Services and Products--\$5.00 (up to 40 words) + 10c/word over 40 words.

Coded ads--\$1.00 extra per insertion. We will assign a number to your ad and forward mail to you. People answering your ad will send us \$1 plus postage.

Deadline: First of the month preceding date of issue (e.g. February 1 for March issue).

Beyond Monogamy Classified Ad Form

Name(s) _____ Phone number _____

Address (including ZIP code) _____

Please place the following ad under (check one) Personals Non-profit Organizations
Services and Products (type or print neatly exactly as you want the ad to appear):

Enclosed is \$ _____ for _____ insertions and \$ _____ for coding and forwarding (if applicable).

I/we hereby give my/our permission to print the above ad in *Beyond Monogamy*. I/we agree not to hold *Beyond Monogamy*, Inc. responsible for any actions which occur as a result of this ad.

Signature(s) _____

All ads must be paid for in advance. Mail to BMI, Box 6877, Denver, CO 80206.

BEYOND MONOGABOOKS BY MAIL!

Are you unable to locate alternative relationships books in your local bookstores? Do clerks give you funny looks when you ask for titles like Hot and Cool Sex?

Now you can order books directly from Beyond Monogamy, Inc. using the convenient order form on the back of this sheet. We currently stock the following titles:

NON-FICTION

Alternative Relationships Songbook, D. Levin. \$2.50. Music, guitar chords and words for "Three in Love" (subject: triads), "Community" (subject: expanded families), "A Second Love" (subject: open relationships) and "I Never Knew" (subject: female bisexuality). Written by a BMI member.

Barry and Alice, B. Kohn & A. Matusow. \$10.95 (cl). A very personal account of a couple who come to terms with an open, bisexual marriage after several years of traditional monogamy. Includes valuable insights into sexual fidelity, jealousy, aloneness and fighting.

Beyond Affairs, J. & P. Vaughan. \$5.95. A very honest account of a couple's experiences with secret, extramarital affairs and open marriage. Looks at personal motivations for affairs; feelings of anger, guilt and hurt accompanying affairs; guidelines for communication with intimate partner.

Breaking The Bonds, M.A. Watson & F. Whitlock. \$4.95. 100 people (including BMI members) share the realities of their open-relationship lifestyles. They discuss jealousy, finding partners, ground rules, dealing with relatives and children, how to open and close a relationship, and more.

Brief Encounters, E. Coleman & B. Edwards. \$5.95. Advice for making the most of short-term friendships, love affairs and chance meetings in today's highly mobile society. Also discusses formation of supportive friendship networks and techniques for improving long-term relationships.

Conscious Sex, A. & R. Francoeur. \$4.95. Contrasts egalitarian, growth-oriented open relationships with male-dominated, highly structured, traditional marriages. Topics include jealousy, freedom, gender equality, sexual experimentation and open relationships guidelines.

Intimate Friendships, J. Ramey. \$4.95. An examination of intimate relationship options for singles and couples; parents and non-parents; heterosexuals, bisexuals and homosexuals. Topics include personal growth, commitment, ground rules, gender equality, sexuality and intimate networks.

Jealousy, G. Clanton & L. Smith, eds. \$4.95. Collection of articles on experiencing jealousy, internal mechanisms of jealousy, effects of culture on jealousy and management of jealousy to lessen its negative impacts. Useful for people in conventional as well as non-monogamous relationships.

Marriage and Alternatives, R. Libby & R. Whitehurst, eds. \$11.95. The best, most up-to-date alternative relationships anthology. Includes 27 articles on creative singlehood, cohabitation, infidelity, open marriage, swinging, group marriage, bisexuality, parenting issues, ground rules, jealousy.

More Than Just a Friend, T. McGinnis. \$9.95 (cl). A study of the positive and negative aspects of extramarital affairs. Written by a veteran marriage and family therapist and based on his experiences counseling people who were coping with their own or their spouse's affairs.

The New Intimacy, R. Mazur. \$3.50. A positive evaluation of open-ended marriage, a relationship in which partners "enjoy intimacy, sensuality and sometimes sex with other friends." Topics include gender equality, lifestyle options, divorce, jealousy and coping with monogamous society.

Oneida, M. Carden. \$5.95. A history of upstate New York's Oneida community/corporation. The first half of the book examines the community's fascinating group marriage experiment which flourished from the 1840's until 1879 under the charismatic leadership of John Humphrey Noyes.

FICTION

Come Live My Life, R. Rimmer. \$2.25. The story of two couples who exchange partners, homes and families for a two week period each year. They have been brought together by a voluntary and experimental couple-matching service called LovXchange.

The Harrad Experiment, R. Rimmer. \$1.95 (Out of print. We have obtained a few used copies in good condition. One to a customer, please.) At Harrad College, students participate in non-traditional human values seminars and nude gym classes and are assigned roommates of the opposite sex.

The Love Explosion, R. Rimmer. \$2.75. A man and woman with prudish spouses have an extra-marital affair and conspire to bring their families together at a West Indian resort. This results in intense conflict, but the prudish spouses eventually become sexually involved with each other.

Love Me Tomorrow, R. Rimmer. \$2.50. People cope with the energy shortages, high cost of living and runaway inflation of 1996 by living in Love Groups of up to four couples with open relationships. They belong to the Unilove Church which performs erotic ballets and Tantric sex at its services.

The Premar Experiments, R. Rimmer. \$2.50. An expansion of the Harrad College idea to include vocational and minority students. Participants room with four different members of the opposite sex over a two to four year period. Like most of Rimmer's books, it includes an extensive bibliography.

Proposition 31, R. Rimmer. \$1.95. The adult members of two traditional middle class suburban families become sexually involved. After resolving the resulting conflicts, they form a four-person group marriage and lead a fight to legalize group marriage in California.

The Marriage of Yale Marratt, R. Rimmer. \$2.50. The story of a bigamous marriage (one man and two women) and the attempts of this triad to legalize via the state of Connecticut. The characters also form a new religion which glorifies bisexuality.

Stranger in a Strange Land, R. Heinlein. \$2.75. A science fiction classic about a Martian with super-human abilities who organizes a free-love subculture on earth. The later chapters contain interesting insights into jealousy, open relationships and group marriage.

Three Men and Me, R. Rimmer. \$1.75. A man and woman have an extra-marital affair and become committed. They undertake a synergamous (satellite) marriage with each other while remaining married to their original spouses. They eventually accept the new arrangement.

cl: cloth; all other books are paperback.

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DENVER-BOULDER BMI ACTIVITY SCHEDULE - JANUARY 1982

BMI DENVER

On Thursday, December 3, a meeting was held to discuss the dates, locations, frequency, format, etc. of future Denver BMI activities. In attendance were Larry Brigham, Allen Hagood, Joe Kohrn, Eileen Lowey and Will Mahoney. In order to counteract recent declines in interest and attendance at BMI activities, a new program was adopted by consensus. Starting January 10, there will be a BMI activity every Sunday night at 1564 Marion St. in Denver. It was felt that this consistency would get people in the habit of coming without need for much advance planning. We hope that "BMI night" will enable people to become better acquainted, provide a more reliable support group and expand the potential for friendship within BMI.

We decided on Sunday because it seemed to be the night with the fewest potential conflicts. Marv Gatch's home at 1564 Marion St. was chosen because of its central location (1 mile east of downtown), suitability for discussions and parties, and Marv's willingness to let us use it on a regular basis for a very reasonable price. The schedule will include a variety of educational and social activities. Except for occasional special programs, the admission will always be \$2.00 for members and \$3.00 for others. \$1.00 of the admission goes to Marv for the use of his place and \$1.00 to BMI (\$2.00 from non-members) to help cover the routine expenses of the organization.

There will be no other Denver BMI activities held with the following exceptions: The Denver women's group will continue to schedule their own activities, newsletter mailing parties will continue at 658 Steele, and Will Mahoney and Genie Whitaker will teach occasional workshops on open relationships, jealousy and related subjects through Denver Free University.

We encourage you to attend the Sunday night activities and give us feedback on this new program. Hopefully, the "Sunday Night Group" will provide BMI with some of the direction it seems to have been lacking lately.

Date and time: Every Sunday night starting January 10, 7:30-9:30 PM. Doors open at 7:00 PM. Program starts at 7:30 sharp. We must be out by 10:00 PM.

Location: 1564 Marion St., Denver, 13 blks E of Broadway, 3/4 blk N of Colfax. Use parking lot across the street at southwest corner of 16th and Marion.

Admission: \$2-members, \$3-others (Note: if you subscribe to *Beyond Monogamy* and would like to become a BMI member, the charge is an additional \$6 per person per year). Tea, coffee, cups, plates, and utensils will be provided by BMI.

January 10, **Cross Cultural Perspectives on Non-Monogamy** Anthropologist Ann Bolin will talk about institutional extra-marital sex in other societies. Ann teaches a class called "The Anthropology of Sex" at UCD and is a Ph.D. candidate at the University of Colorado. Her presentation will be followed by an open discussion. Bring drink or snacks to share.

January 17, **Mexican Potluck Dinner** Get the taste of turkey out of your mouth--bring a "South of the Border" entree etc. to share (oven available for reheating) and your own drink. Dinner will be followed by a live folk music concert by Dan Morley.

Newsletter mailing party on Thursday, January 21. See information below.

January 24, **Introduction to Open Relationships** Presented by Will Mahoney and Genie Whitaker followed by informal discussion. For your guests and people answering BMI ads in the media. Any member bringing a non-member will be admitted free. Bring beer or other beverage for yourself and your guests. Allen and Claudette Hagood will make popcorn for everyone.

January 31, **Androgyny--Coming to Terms with Sexual Reidentification** Richard Hartnett will share some ideas on this subject followed by a group planning meeting on the future of BMI activities. Bring a plate of fresh sliced veggies and dip or a beverage to share.

February 7, **Sexuality--Being Honest about Our Limits and Unrealized Dreams** Susan Wells and Harold Fields will share their insights on this subject followed by open discussion. Bring a package of frozen snacks (oven available) or beverage to share.

Coming February 21, Barry Kohn, co-author of *Barry and Alice, Portrait of a Bisexual Marriage* will speak on Alternative Relationships in the 80's. Included will be a TV documentary on his open bisexual marriage with Alice Matusow. More details next month.

Beyond Monogamy MAILING PARTY

Thursday, January 21, 7:00-10:00 PM, 658 Steele St. (8 blks W of Colorado Blvd. and 8 1/2 blks S of Colfax). Members-Free; others-\$1. Wine and beer provided by BMI. We will fold, lick, stick and stuff the February issue of *Beyond Monogamy*.

DENVER WOMEN'S GROUP

Sunday, January 17, 7:00-9:30 PM. **Potluck Dinner** at Wanda's home, 1110 Downing St., left basement (12 blks E of Broadway and 4 blks S of Colfax). Members-free; others \$1. Bring a dish to share and your own drink. All women are welcome to attend.

BOULDER OPEN FORUM

Wednesday, January 13, 7:30-9:30 PM. Virginia's home, 7347 Crannell (From Boulder Turnpike, go 3/4 mi. E on Table Mesa Dr. which becomes S. Boulder Rd. Go left on Crannell, the only dirt road heading N between 68th and 76th. Beige house with yellow porch light on left side of street), members-free; others-\$1. Bring wine or snacks to share. An unstructured discussion of open relationships issues.

BOULDER WOMEN'S GROUP

Tuesday, February 2, 7:30-9:30 PM. Forum at Virginia's home, 7347 Crannell (see directions to Boulder Open Forum above), members-free; others-\$1. Bring wine or snacks to share. A discussion of open relationships issues as related to women. All women are welcome to attend. For more information about the group, phone Elaine at 499-8180.

BOULDER MEN'S GROUP

For dates and locations of their forums, call Peter at 499-3216, Zahai at 499-8180 or Dennis at 443-3815.

WORKSHOPS

Open Relationships Sunday, January 31, 10:00 AM-5:00 PM 658 Steele St. (8 blks W of Colorado Blvd. and 8 1/2 blks S of Colfax). Members-\$15 (\$30 per couple); others-\$19 (\$36 per couple), handouts included. Is it possible to openly have more than one intimate relationship at a time? Can traditional monogamous relationships fulfill all your intellectual, physical and emotional intimacy needs? Are there positive, non-sexist, alternatives to sexual mate swapping (swinging) and secret affairs? This workshop will evaluate the joys and pitfalls of open relationships. Short lectures, discussions and experiential exercises will be utilized. Topics will include jealousy, guilt, open relationships ethics and ground rules, female/male role stereotypes, establishing and ending relationships, sexual issues, intimate friendship networks and effects of alternative lifestyles on children. Teachers/facilitators: Will Mahoney and Genie Whitaker. Bring finger food to share for potluck lunch. Books on alternative relationships and related subjects will be for sale.

Coping with Jealousy in Intimate Relationships Saturday, February 6, 10:00 AM - 5:00 PM, 658 Steele St. (8 blks W of Colorado Blvd. and 8 1/2 blks S of Colfax). Members-\$15 (\$29 per couple); and others-\$18 (\$35 per couple), handouts included. Is jealousy natural and evidence of love or an indication of low self-esteem and flaws in a relationship? Actually, jealousy is more constructively viewed as a protective reaction to a perceived threat to a valued relationship. If jealousy is understood, it can also act as a catalyst for personal growth and improved communication. Recent jealousy research will be briefly summarized and applied to jealousy management. Questionnaires, experiential exercises and group discussions will assist participants in better understanding their jealousy whether they prefer traditional monogamous relationships or more radical lifestyles. Teacher/facilitator: Will Mahoney. Bring finger food to share for potluck lunch. Books on jealousy and related subjects will be for sale.

Women and Bisexuality Sunday, February 7, 7:00-9:30 PM, 2826 S. Glencoe, Diane's home (from I-25 and Yale, go 1 blk W on Yale & 1 blk S on Glencoe). Members-\$2; others-\$4. A woman does not have to choose to be either a lesbian or a heterosexual. Let's explore the joys and problems of bisexuality in a non-threatening atmosphere with other women. Teachers/facilitators: several bisexual women. Books on bisexuality and related subjects will be for sale.

Open Relationships Saturday, February 13, 10:00 AM - 5:00 PM, Boulder Community Free School auditorium (corner of Broadway & Balsam, 8 blks N of Boulder Mall). Members-\$15 (\$30 per couple); others-\$22 (\$42 per couple), handouts included. Workshop content is same as January 31 workshop above. We will likely eat lunch as a group at a local restaurant.

Special thanks to Claudette and Allen Hagood for their help with typing this issue of *Beyond Monogamy*!

OPEN RELATIONSHIPS: THEORY & PRACTICE

by Will Mahoney

Since October 1977, Genie Whitaker and I have offered several dozen workshops, classes and seminars on open relationships and related issues through Denver Free University and the Community Free School in Boulder, Colorado. In addition, I have spoken at a number of college classes, organization meetings and conferences. For some time, I have thought it would be appropriate to write out the ideas we have been verbalizing for the past four years. Since many of our readers (particularly those living outside the Denver area) have never attended one of our presentations, it seems that *Beyond Monogamy* would be a good place to do this.

Starting this month, I will present a series of articles which examine the theory and practice of open relationships. Some of this material comes from my own thinking and experiences, some from friends and some from the writings of noted authorities. After explaining our basic philosophy this month, I will present a model of non-monogamy and open relationships next month. Genie Whitaker will do an article on the history of our open relationship from its beginnings at the University of Montana in 1971 to the present. Genie and I will follow with commonly posed questions and criticisms about our relationship and our responses to these. Other subjects which I plan to cover this year are guilt, open relationship ethics and ground rules, and jealousy. These are the areas normally covered in our one-day open relationships workshops. Subsequent articles can cover numerous other relevant subjects.

Part I: The Open Relationships Philosophy

After using the terms open intimate relationships, non-exclusive intimate relationships and non-monogamous intimate relationships somewhat interchangeably for four years, I now usually use "open relationships." For one thing, open relationships is easier to say than the other terms. In addition, many people seem to have an idea about what the term means if they are familiar with George and Nena O'Neill's book, *Open Marriage* (Evans, 1972). I substitute the word "relationships" for "marriage" because I firmly believe that never married, formerly married or cohabitating people can also be involved in this type of relationship.

I also sometimes use the term, alternative relationship, but feel that it is too general. After all, monogamous gay couples, childfree couples or two-career couples have alternative relationships according to the traditional norms of our society. The term alternative lifestyle is even more vague. Amish farmers, Navajo Indians and Alaskan fishermen all have lifestyles that are alternatives to those practiced by mainstream North American society.

The term open relationship is not without problems. To some people it means having a

relatively traditional, monogamous marriage but being open and honest with one's partner. Openness and honesty are certainly important characteristics of most successful marriages, but I use the term to mean more than that. Others think open relationships imply participation in sexual mate-swapping and orgies. Some people with open relationships are involved in these activities, but I feel this lifestyle can involve much deeper intimacy than simple sexual recreation. Despite misinterpretation problems, I will continue to use "open relationships" until someone comes up with a better idea. In the meantime, I'll be careful to explain what I'm talking about.

The open relationships philosophy can be summed up in one sentence: It is possible and growth enhancing for some people to openly have more than one intellectually, physically and emotionally intimate relationship at a time.

It Is Possible

We know it is possible because we know a number of people who have had successful open relationships for five, ten, twenty, even thirty years. Open relationships are not merely some idealistic theory dreamed up by Robert Rimmer or Bertrand Russell. For example, my open relationship with Genie Whitaker is 10½ years old and shows no signs of falling apart. If anything, it has grown stronger with time.

Growth Enhancing

Not only are open relationships possible, but some people also find them growth enhancing for both themselves and their partners. They find they grow as individuals by relating intimately to more than one person. Each of their intimate friends and lovers brings out different aspects of their personalities. They do not have to rely on one person to fulfill all their intimate interpersonal wants and do not feel obligated to fulfill all of their partners' intimate interpersonal wants either. For example, I like to go backpacking, but Genie does not. In a traditional relationship my choices would be: 1) give up backpacking and focus on "common interests," 2) drag Genie along hoping she would be a "good sport," 3) go backpacking by myself or with "the boys," and feel guilty about leaving poor Genie alone or worry that she might be out "sneaking around" while I am gone. My open relationship allows me another option which I do, in fact exercise: I go backpacking with another lover who enjoys it, and I do not feel guilty or worry about leaving Genie alone for several days (she is free to see whomever she chooses).

People with successful open relationships grow as individuals, and their relationships are also enhanced. One relationship stimulates the other relationship with new ideas and new energy. We find that each person does not have a finite amount of love to give away. Instead, the more we love, the more we are capable of loving. About six months ago, I became involved with a woman in a new and intense love relationship. Although this initially put some strain on my two existing intimate relationships, it now seems to

have increased my ability to love.

All of this is not meant to give the impression that open relationships are without problems. Genie and I will discuss some of the hurdles to successful open relationships in the fourth article in this series.

Some People

I also do not want to give the impression that open relationships are for everyone. This is why we say they are possible and growth enhancing for some people. Who are these "some people?" It is difficult to formulate an exact profile of the kind of person who can handle an open relationship, but I will attempt a few generalities.

First, I feel that people interested in trying open relationships need good self images without being super-egotists. That does not mean they have to be the perfect picture of mental health. However, if they do not like themselves or feel relatively insecure, they will likely have difficulty with their lover caring about someone else.

It also seems helpful if open relationship adventurers have a good balance of the intellectual and emotional aspects of their personalities. The overly intellectual person will unsuccessfully try to rationalize away problems while ignoring his/her feelings. The overly emotional person will be unable to apply any rational thought to difficult situations. Open relationships do involve powerful positive and negative emotions from time to time, and I feel good communication between one's head and heart is important in order to avoid being overwhelmed and incapacitated.

While a 150 IQ is not necessary, I feel that open relationships work best for people of above average intelligence. These are people who are more likely to creatively work out a non-traditional relationship without relying on an inflexible set of rules from orthodox authority figures.

Whether someone tends to be an introvert or an extrovert, it is important that they are capable of forming and maintaining good friendships. They need to be warm, dependable and honest in their relationships with others.

For people in existing couple relationships, it seems essential for them to both agree on "openness" if it is to work. It generally does not work for one partner to drag the other one into an open relationship against their will. In addition, opening up a relationship should not be viewed as a panacea for serious problems. Having an open relationship to save a failing relationship is about as ineffective as having a baby to save a marriage that is in trouble. From my observations, it only hastens the failure. Now if you want to open up your relationship in order to hasten its inevitable demise, fine. But, please do not go around telling everyone that it failed because you opened it up. We get enough bad publicity as it is!

Couples with successful open relationships seem to have strong commitments, a large amount

of trust and effective communication skills. For them, additional intimate relationships enhance what they already have rather than provide a substitute for serious deficiencies.

None of these personal or relationship problems automatically excludes people from working out effective open relationships. For some, a strong personal commitment to the philosophy gets them to work hard to overcome any barriers. If they cannot do it all themselves (and most of us cannot), many get themselves and their relationships "together" through personal growth workshops, therapy or couple counseling.

Openly

The statement of our philosophy says it is possible to openly have more than one relationship at a time. Current research indicates that a majority of married people have more than one intimate relationship, at least part of the time (Nass, Libby and Fisher, *Sexual Choices*, pp. 297-299). However, nearly all are involved in secret affairs rather than open relationships. My guess is that most single or cohabitating people are no more open about multiple intimate involvements. Now, by openly having more than one relationship, I do not mean that people need to tell all their relatives, the people they work with or their neighbors about the intimate details of their personal life (it is advisable to be cautiously selective). Openness should also not imply that intimate partners have to tell each other every detail about their other relationships (every relationship has its private areas). Openness means informing all of your intimate partners that you do have other intimate relationships. It also means that they tell you that they have others. This is, of course, a radical departure from today's norm of secret affairs.

More Than One

When I speak of having more than one relationship, I do not mean ten or twenty. For most people with open relationships, two or three is about all they can handle at a time. Most people who try to have a large number of relationships wind up with a bunch of superficial involvements. Or, they are involved in swinging (mate-swapping) or frequent one-night stands. The open relationships philosophy is not a numbers game--quality is the bottom line. For some people, an open relationship means having only one intimate involvement but being open to the possibility of additional relationships for both you or your partner if the situation should arise in the future. Furthermore, couples with open relationships often go through monogamous periods by choice as, for example, at the beginning of their relationship (Genie and I were monogamous for the first two years of our relationship), during times of stress, or when they are involved with raising small children. Some single people who are committed to this philosophy, might have no intimate relationships at a given time. However, they would intend to only become involved in future relationships with someone who shared their preference for non-monogamy.

Intellectual, Physical and Emotional Intimacy

We are talking about more than one intellectually, physically and emotionally intimate relationship—we are not just talking about sex! Traditional moralists who hear about open relationships usually focus on the sexual aspects and assume we are sexually obsessed. I'll admit I'm obsessed—obsessed with having holistic, caring, deep and dynamic intimate relationships and friendships. Sure, sexual intimacy is important. So is the sharing of personal thoughts, good and bad feelings, experiences and non-sexual touching. Admittedly, some people with open relationships (especially swingers) place more emphasis on sex than on other types of intimacy. Our philosophy calls for more of a balance although some types of intimacy may be more appropriate than others in a given relationship.

People often ask, "Can I have an open relationship but restrict sexual intimacy to only one partner?" I say, "Sure." You can also restrict emotional intimacy to only one person—many swingers do this. But why build a wall around sex or emotions or any other type of intimacy. What makes sex so special? Since a majority of people are no longer sexually monogamous anyway, isn't it about time we acknowledge that having sex with someone new doesn't necessarily mean I now love you less? People with open relationships are often less sexually obsessed than the average person in our sexually titillating society. Once you have the freedom to have more than one relationship that may include sexual intimacy, sex becomes less of a "big deal." If responsible sexual freedom ever becomes the norm in our society, advertisers will lose one of their favorite weapons for duping consumers!

At a Time

We also know it is possible to have more than one relationship at a time. If today's divorce statistics and the success of singles' bars are any indication, having more than one relationship is rapidly becoming a societal norm. In high school, you go steady for a while, but that doesn't work. Then, you meet Mr. or Ms. "Right" and get married. After a few years, that isn't working, so you get a divorce. Then you hit the singles' scene, meet someone and have a brief affair. Then you meet another Mr. or Ms. "Right" and take another trip to the altar. After all, you are older and wiser now. A few years later you split because you "grew apart." The cycle goes on and on for many people. These people will tell you that it is fine to have an endless string of relationships but having more than one at a time, now that's immoral! They cling to the myth that someday they will meet that one special person on a white horse who will carry them off into a sunset filled with everlasting marital bliss. They refuse to acknowledge that even marriages made in heaven usually do not permanently fulfill all of one's intimate interpersonal wants. Thus, they terminate a lot of relationships that are 75% positive because they are not perfect. Many of us who successfully have more than one relationship at a time find it easier

for our partners to be less than perfect in our eyes. For me, it is easier to accept my lovers as they are, "warts" and all!

OPEN RELATIONSHIP NETWORK THRIVES IN PORTLAND, OREGON

by John Phillips

In October 1980, a group of about 14 people (all living non-monogamous lifestyles) formed a discussion and support group in Portland. They had responded to an ad I placed in a local weekly "alternative" newspaper. The intent of this group was to share ideas, experiences and resources that would help each other progress toward more success and happiness in non-monogamous living. We met weekly (on Tuesday evenings) for several months. Everyone seemed pleased with having a supportive group of like-minded people.

By May 1981, many members had expressed a desire to expand our membership. We decided that a Saturday afternoon and evening combination workshop/potluck dinner event would allow both structured and unstructured opportunities for experiencing new people. Each person in the Tuesday night group invited two or three known or suspected non-monogamous types from their business and friendship circles.

The first Saturday workshop/forum/potluck (how to label it?) event took place on June 13. About 25 new faces appeared at 4:30 PM at the home of John and Irene Ulman. After some introductions, ice-breaking exercises and a history of the Tuesday night group, participants broke up into small discussion groups. Topics of discussion included commitment in relationships, networks, defining alternative lifestyles, and community.

From this first effort, a small network has emerged. A mailing list has been compiled and mailed to all participants. We continue to hold our Saturday meetings every six weeks or so. Anyone in the Portland area interested in getting involved can contact me at (503) 231-9555.

In order to create an even larger network and stir up the Portland scene a bit, I brought San Francisco sexologists, Stan and Helen Dale, to Portland to conduct a public lecture and workshop. I also arranged for TV and radio interviews and newspaper coverage. About 100 people attended Stan's lecture on Thursday, October 1, entitled "Monogamy is a Lie." Twenty people participated in the sexuality workshop conducted by Stan and Helen. The workshop was held at the rustic Cherry Grove Retreat Center near Portland from Friday evening, October 2 until Sunday afternoon. The workshop was an exploration of sensuality and sexuality with touching experiences and discussions.

Stan creates controversy when he speaks. However, his message about sexuality is very positive and helps people explore the question, "What is Sex?"

Editors' note: John Phillips is a therapist in private practice in Portland.

A REVIEW OF SEXUAL CHOICES

by Will Mahoney

This is the first time I have reviewed a college text book in *Beyond Monogamy*. Even though a number of teachers and college professors subscribe to our publication, it is not primarily geared to that audience.

Several months ago I received a copy of *Sexual Choices: An Introduction to Human Sexuality* and noted that Roger Libby (co-editor of the excellent anthology, *Marriage and Alternatives*) was one of the co-authors. I skimmed the book and was persuaded to read all 631 pages after seeing the authors' positive approaches to open relationships in particular and human sexuality in general. *Beyond Monogamy* readers will be interested in the long-term implications of this college text. If college students taking human sexuality courses are receiving positive messages about sexual lifestyle options, is this a good omen for future acceptance of intimate relationships diversity in our society? I would hope so!

Authors Gilbert Nass, Roger Libby and Mary Pat Fisher have woven a sex-positive tone into this book. The terminology they use replaces judgmental or limiting words and phrases. For example, they suggest the term "singles sex" to replace "premarital sex." After all, it is incorrect to assume that every single person who has sexual intercourse will eventually marry. In addition, many of the vignettes which have been placed at the beginning of the chapters are delightfully erotic, yet positive and non-exploitative.

As the title suggests, the authors emphasize choice in sexual matters. In an objective manner, they present various options, their good and bad points, and leave it to the student to make decisions based on facts, personal preference and situation ethics. As a result, *Sexual Choices* will never be adopted as a text by dogmatic sexual conservatives. Such instructors would not tolerate the authors' balanced treatment of controversial subjects such as prostitution and abortion.

The authors' sex-positive tone and emphasis on choice are reflected in a wide variety of topics including sexual fantasies, masturbation, sexual relationships, sexual techniques, homosexuality, bisexuality, intimacy among the elderly, women's liberation, sexual assault, sexual health, genital infections, conception control, pregnancy and birth. Their treatment of intimate relationship choices should be particularly interesting to *Beyond Monogamy* readers.

The authors present the traditional "primrose path of dating" leading from adolescent dating to courtship to monogamous marriage. They contrast this limiting script with more flexible "branching paths of getting together" for sexual relationships characterized by a variety of choices based on individual and couple preferences. Adult sexual careers fall into one of three basic categories: singlehood, cohabitation

and marriage. Each category can be sexually open or sexually exclusive and no category is seen as preferable to any other.

Sexual Choices contains a very fair evaluation of the pros and cons of sexually open marriages based on a variety of research findings. Nass, Libby and Fisher suggest caution in dealing with open relationships but feel that a choice of lifetime monogamous marriage also requires caution.

At the end of the chapter on women's liberation the authors do an excellent job of integrating the women's movement with the open relationships philosophy: "The male version of the sexual revolution emphasized quantity rather than quality in relationships, whereas the traditional script for women limited them to one monogamous bond. If both men and women learn to liberate themselves from the pressures of the sexual revolution and the oppression of the traditional script, a more humane way of loving may develop. The chosen few may replace the chosen one (for women) and the overpowered many (for men). People of both sexes may feel freer to acknowledge both sexual desire and tenderness toward others and to build responsible, caring sexual relationships when they are mutually desired and agreed to by all involved parties."

In the final chapter of *Sexual Choices* ("Toward Sex-Positive Futures"), the authors expand on these ideas with some interesting crystal ball gazing. They ask whether sexual liberation will follow a growth-oriented pattern such as that found at the Sandstone Ranch in Southern California or the "fuck club" approach found in many commercial swinging establishments. The authors clearly favor the former scenario. They see a trend away from the societal notion that marriage is the only acceptable sexual relationship. They feel that couple relationships with central partners will continue to be the choice of the majority of people. However, within these relationships there will be increasing interest and practice of a variety of sexual options.

Recently, I was browsing through the Metropolitan State College book store in Denver. I was pleased to see that *Sexual Choices* is being used as the textbook for a class called "The Psychology of Sexuality."

There are a number of small points in this book which I could criticize but nothing major. It is unfortunate that *Sexual Choices* is not available in a high school version but then, what school board would consider using it? With the biblical creation story now being taught in some high school biology classes, we have a long way to go before students will be offered an objective look at human sexuality before college.

Gilbert D. Nass, Roger W. Libby and Mary Pat Fisher. *Sexual Choices: An Introduction to Human Sexuality*. Wadsworth, Inc., 1981 (\$17.95, cloth). Note: Since *Sexual Choices* is a textbook, Beyond Monogamy, Inc. has no plans to stock it.