

The Erotic Body Map Training Program

Action Step 3

Sexual Games & Exercises



Raven's Lair

Creating A Sex Positive World
Through Adult Sexual Education and
Erotic BDSM Performance Art

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At Raven's Lair, we believe that all adults should have access to adult sexual information that is safe, accurate, and explicit. Good sex is not an activity that we know instinctually, it is an art that needs to be learned and developed.

Raven's Lair Training Programs contain one or more of the following:

- Artistic Images of the Naked Body (Nudity)
- Images of Sexual Activities
- Erotic BDSM Performance Artistic Images
- Sacred Sexuality
- Kinky Sex Images
- Tantric & Taoist Sexuality Practices

We present adult materials with a sex positive attitude and value system. If you find nudity or any of the above information & images offensive, then stop reading this PDF File now.

On the other hand, if you want to start living a sex positive lifestyle free of shame and guilt, these training materials are for you.



Take Yourself on a Date

Although this exercise is especially good for individuals who are single, people in relationships can also do this exercise. Often when we take another person on a date, we roll out the red carpet so to speak. Time is spent getting ourselves ready for the date. Often, we do special things and spend extra money to make the date extraordinary and memorable.



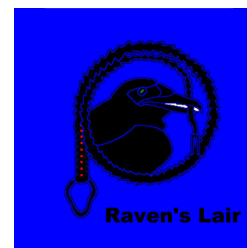
For this exercise, take yourself out on a solo date that is extraordinary. Do the things that you would do if you were taking someone you are attracted to on a date. Go out to dinner, dancing, a concert, or whatever you would enjoy. Take a few days or a week to plan and prepare everything for this date.

Be sure to include time for sex and a romantic environment for making love with yourself after you return home from the date. Before you have a date with yourself, get your bedroom set up for a sexy environment. Have your space fully set up for love. Pamper yourself and give yourself a special treat. Instead of performing your usual masturbation routine, change it up. Take time to explore your whole body.



A few ideas you may want to include for self-lovemaking: Experiment with a new sex toy or vibrator. Perform a Taoist genital or Taoist anal massage on yourself. Explore a new masturbation technique, for example use the hand you don't usually use to masturbate. Try licking parts of your body that you can access with your tongue with eroticism and passion. Take extra time making love with yourself and focus on pleasuring your entire body, exploring erogenous zones.





Tell yourself how special you are and how much you love yourself. While this may sound conceited, it isn't. There is a difference between truly loving yourself and being vain. Going on a date with yourself is a demonstration of self-love. Before we can truly love another person, we first have to love ourselves. By putting self-love into practice, something changes in us and we become more radiant and attractive.

I have taken myself on a date and not only did I have an incredible time, I gained insights into who I am as a sexual being. At first it did feel a little weird, but I decided that I would follow through with it and see what there was to experience and discover. I looked at it as an adventure with myself and shortly became fully immersed in dating myself. Within a week after I went on my first self-date, I was asked out by a female that I was attracted to. While I can't promise the same result I had, you may experience similar results.

If you really get into it, you will have an amazing experience and a new appreciation for yourself. And that bestows self-confidence.



After taking yourself out on a solo date, what changes did you notice from the experience?

Do you feel a deeper connection with your sexual energy? In what ways did your energy change?

How does it feel to experience sex positive living?



A Playful Erotic Stimulation Game

Individuals who are single can modify this game and perform it with themselves. Just forego the blindfold and use sensory toys on your own body.

Gather together a range of items to use to stimulate your partner. Examples can include, but are not limited to the following: feather duster, chocolate candy, dull letter opener, essential oils, a wooden pencil (roll the knobby edge on the body), a sponge, wind chime, rubber duck (or other bathtub toys), ice, hot water bottle with warm water. Use your imagination to find objects that will produce a variety of sensations. Find things that will stimulate different senses, not just the sense of touch.



Have your partner strip naked and put a blindfold on them. Then play with their body and senses to raise erotic energy. Be sure the objects are clean and safe to use on their body. After completing this exercise game, answer the following questions:

Questions for singles:

Which sensory toys provided you with the most erotic pleasure?

While the sense of touch is erotic for many areas on the body, which other senses did you stimulate and find arousing?

Which areas on your body felt hot erotic pleasure when stimulated? Were there areas that raised your sexual desires?



Questions for couples:

For the partner receiving stimulation:

Which sensory toys provided you with the most erotic pleasure?

While the sense of touch is erotic for many areas on the body, which other senses did your partner stimulate that you found arousing?

Which areas on your body felt hot erotic pleasure when stimulated? Were there areas that raised your sexual desires?



For the partner giving stimulation:

Which sensory toys did you use on your partner that provided you with the most erotic pleasure?

While the sense of touch is erotic for many areas on the body, which other senses did you stimulate on your partner that you found arousing? Did you get more aroused when they got aroused?

Which areas on your partner's body felt hot erotic pleasure when stimulated? Were there areas that you stimulated that raised your sexual desires?



Genital Show and Tell

Did you ever have to perform a show and tell for one of your classes? Perform a show and tell about your genitals for your partner. Show how they like to be touched and what sensations bring you pleasure. Do you have a name for your genitals? What do you like about the shape and the pleasure they have brought you? Be sure not to just tell, but include showing them off.

For singles, perform the Show & Tell for yourself in front of a full length mirror.

For partners, each of you take a turn performing a Show & Tell and watching your partner's Show & Tell.



How did it feel to perform a Show & Tell once you were able to get into it?

What did you learn from performing a Show & Tell?

How did it feel to observe the Show & Tell?

What did you learn by observing the Show & Tell?



Masturbation Show and Tell

This is similar to the Genital Show and Tell but with an emphasis on how you enjoy masturbation. Show your partner how you like to masturbate. What feels good to you? What do you like to do to yourself? If you have sex toys, be sure to include them in your performance.

For singles, perform the Show & Tell for yourself in front of a full length mirror.

For partners, each of you take a turn performing a Show & Tell and watching your partner's Show & Tell.

How did it feel to perform a Masturbation Show & Tell once you were able to get into it?



What did you learn from performing a Masturbation Show & Tell?

How did it feel to observe the Masturbation Show & Tell?

What did you learn by observing the Masturbation Show & Tell?



Masturbation Using Your Partner's Hand (For Partners)

This exercise is a great way to show your partner exactly how you like to masturbate. By using their hand to masturbate yourself, they will learn experientially what feels good to you and what pressure you like. It is one thing to tell them press harder or lighter. It is a deeper learning to feel how much pressure you are using through their hand.

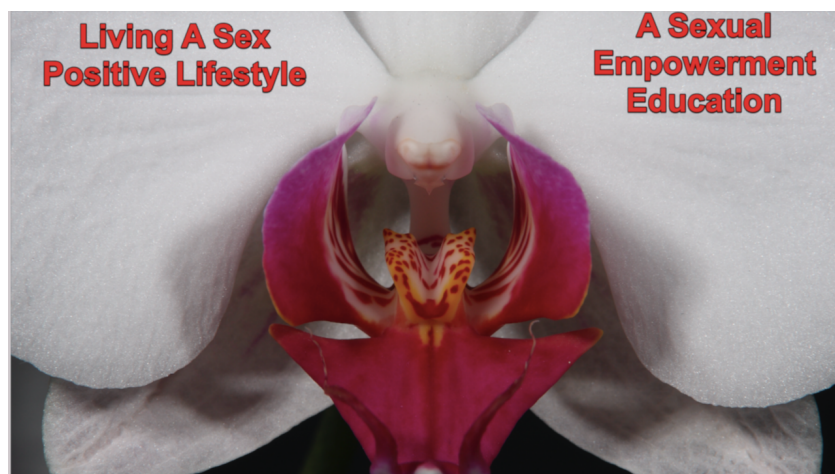
Using your partner's hand also demonstrates where on your genitals you get the best stimulation as you masturbate as well as the order of different stimulation patterns and locations. For example, I don't like to start masturbation on my genitals, I start stimulating other areas of my body first. It helps me to awaken desire and pleasure by stimulating my body, then eventually stimulating my genitals. Past lovers I have been involved with had their own patterns of sexual arousal and masturbation patterns.

For each partner, do a session receiving only, using their hand. Then do a session at another time providing stimulation letting them use your hand.

How was this exercise for you?

Did you learn anything new by having your partner masturbate using your hand?

Did you have a better experience with masturbation when using your partner's hand?



Raven's Lair

At Ravens Lair, our vision is to create a sex positive world through adult sexual education and erotic BDSM performance art. Raven's Lair provides these training materials free of charge as a means to step out of the dark ages when it comes to sexuality.

If you gain benefit from these training materials and are able to transform your sex life, we ask that you consider making a donation. We believe that making an arbitrary decision about setting a monetary price for these materials does not account for the value each individual obtains from these materials.

So, if you obtain value from accurate adult sexual educational materials, now or in the weeks or months ahead, please make a donation to Raven's Lair. Visit our Patreon Page and make a donation based on the value you obtained from this training.



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