



# The Erotic Body Map Part 2

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## Creating a Sex-Positive World

Through Adult Education &  
BDSM Performance Art

The Erotic Body Map Training Program

### Video 2 – Learn about Sexual Neurology and The Kundalini

Welcome! I am Ladyboy Gigi. My life vision is to create a sex-positive world through adult education. It is great that you are continuing your training. In this training we will cover Sexual Neurology, WarmUp, and the Kundalini.

Sexuality is a complex system in both women and men. Understanding these concepts will provide insights on how sexuality works, how to awaken sexual desire, and how to experience different types of orgasms.



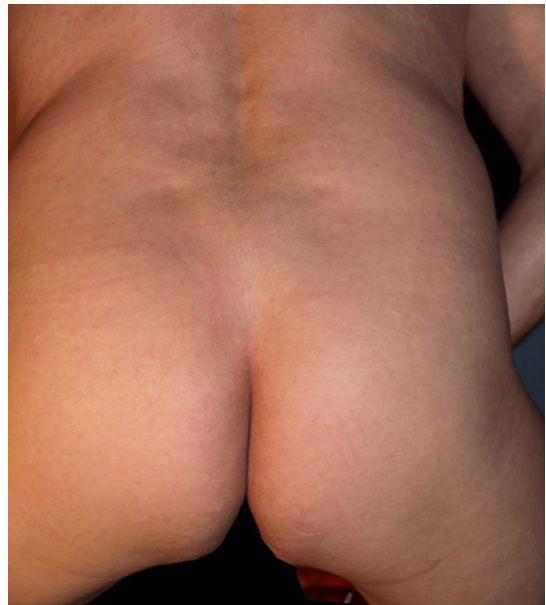
# Sexual Neurology

The brain and the neurological wiring in our bodies is a complex system. Reflexology is the science of our neurological system. By learning some of the principles of reflexology, it helps to understand how erogenous zones work.

Have you ever had an itch, and when you scratched it, another part of the body became itchy? It is due to how intricately our neurological wiring is constructed. Stimulating one area will often stimulate another area of the body.

In reflexology, the body's nervous system is mapped out. What has been discovered is that there are areas of the body that are linked to other areas of the body. For example, stimulating different areas of the hands or feet will simultaneously stimulate other parts, glands, and organs of the body, and the whole body is linked neurologically to corresponding parts of our hands and feet.

The genitals operate in a similar fashion. When you learn how reflexology works, you can identify areas all over the body that when stimulated, will also stimulate the genitals in a subtle way. I won't cover all of reflexology here as it is a very complex science. What is important is the interconnection of different parts of our body which makes erogenous zones possible.



There is one other interesting property of the neurological wiring of the sex organs that pertains to our sexual wiring. There are two major sets of nerves that have been identified as the neurological pathway for orgasms. (There are probably more than two, but research and scientific study have identified two so far.)

The pelvic nerve and the pudendal nerve each have specific qualities. The pudendal nerve is the pathway for stimulation of the clitoris and the glans of the penis. The pelvic nerve is the pathway for prostate stimulation. Interestingly, prostate stimulation appears to connect to the emotions and higher parts of the brain, i.e., the cerebral cortex. Stimulation of the penis and clitoris appear to register in the brain stem, a more primitive part of the brain.

Both women and men have prostate glands. In women, the tail of the prostate gland is the G-Spot. In men, the prostate gland can be accessed within the rectum. When a

person has an orgasm from prostate stimulation, it tends to be an emotionally charged orgasm which can result in laughter, crying, and sometimes both at the same time.

## Sensory Perception: Cold vs Warmed-up

We have covered this subject a little already. Yet I would like to cover it in more detail. A warm-up time is especially important when stimulating the vulva, clitoris, and vagina as well as the prostate gland and anal area. While it may be due to social conditioning



or to sex differences, most men don't need much warm-up before genital stimulation feels awesome.

Often when you stimulate certain parts of the body directly without first warming them up, it produces sensations that are undesirable and in some cases, are painful. To warm up, there are some teachings in Taoism and Tantra that are helpful.

For example, to warm-up the vulva, don't start stimulating the vulva directly. Start by stimulating areas near the vulva with a feather light touch, slowly increasing pressure slightly. This includes the area above the pubic bone, the inner thighs, the hips, and the perineum. After stimulating these areas, stimulate the outer vulva for a few moments,

then return to the surrounding area. Let this be a sort of teasing dance, with each turn on the outer vulva growing slightly longer.

Once the outer vulva is warmed-up, start stimulating the inner labia with feather light touch for a few moments and return to the outer labia. Continue the teasing dance. The idea is to slowly warm up the entire vulva by slowly stimulating from the outer areas to the inner areas. By the time, you get to the clitoris and/or vagina, they are fully warmed up and ready for erotic stimulation. Communication is critical. Progress at the rate that the receiver enjoys. It is better to take a little too much time than to go too fast, which could cause a stimulation shut down.

## The Kundalini



There is a concept named the kundalini, the sleeping serpent within each person. The kundalini is a symbol of our sex energy. While it sleeps, our sexuality is dormant. As the kundalini awakens, we become sexually aroused. As this happens, the sensation of touch changes and becomes erotically amplified. The changes occur throughout the entire body. Touch received when the kundalini sleeps can be totally different than when the kundalini is fully awake. So, explore your body when the kundalini is fully

awakened and discover what there is to find through erotic touch. You may be pleasantly surprised.

Awakening the kundalini is a matter of focus. As we focus on sensuality and sex, the kundalini starts to wake up. To awaken the kundalini, there are several methods to try out, including sexual fantasy, erotic stimulation, genital stimulation, erotic talk, sex toys, visual erotic stimulation, genital massage, and any method that you use to get sexually aroused. There is not a right way or a wrong way to raise the kundalini, find what works best for you.



## Summary:

Congratulations, in today's training you have learned about how the body's sexual neurological system operates as well as waking up the kundalini. It takes courage to open one's mind to new approaches and shutting out the forces of social conditioning. You are on the way to a healthy sex life.

The next training will be the first Action Step to put into practice what we have covered so far. In the next video training you will learn how to discover your erogenous zones.



## 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.



<https://www.patreon.com/c/RavensLair69>

## About the Author

Ladyboy Gigi has been active in the BDSM community for over 30 years. Gigi started out as a boy toy sex slave and played as a submissive for many years. For the past 12 years Gigi identified as a switch, often playing the role of a Domme.

Gigi has been following an eclectic pagan sacred sex path since pre-adolescence. S/he has studied art, philosophy, ancient religions, ancient civilizations, photography, human sexuality, and sculpture. Gigi has a Bachelor's of Arts degree in Philosophy and a Master's degree in Social Work.

Gigi published *The Dominant's Handbook – An Intimate Guide to BDSM*. This book provides training information about physical, psychological, and psychosexual aspects of BDSM for individuals who want to learn Dominant Role Play.

Go to: <http://www.ravenslairleather.com>.



In 1999, Gigi was awarded the AIB Globe Award for outstanding service to the bisexual world community. Gigi, along with Michael Page and Wendy Curry, started Celebrate Bisexuality Day. For more information about CBD, go to: [Celebrate Bisexuality Day - Wikipedia, the free encyclopedia](#). Gigi served on BiNet USA's Board of Directors for two years.

Gigi was born intersex (hermaphrodite). Shortly after birth, doctors performed sexual reassignment surgery. Gigi has been active in the Transgender community, the bisexual community, the BDSM community, and other diverse alternative artistic communities. S/he has studied human sexuality in both undergraduate and graduate studies programs. Gigi is a hermaphrodite and identifies as being pansexual. Gigi has presented many diverse workshops for bisexual conferences, pagan festivals, BDSM events, and for other alternative communities. S/he has presented information in college courses as an invited speaker.

Gigi was a co-producer of AfterHours, Queer Radio With Attitude, KPFT 90.1 FM, a radio program that provided information about human sexuality and alternative lifestyle choices. Gigi had been on the air for over 25 years and has covered many diverse topics centered on human sexuality, BDSM, and sacred sex. The radio show provided sex-positive information about human sexuality and alternative lifestyle choices.

Ladyboy Gigi produced a podcast on iTunes called Adult Bedtime Stories. Adult Bedtime Stories is a show dedicated to bringing sacredness back to our sexuality and to learn about everything sexual. Allow the beautiful sexy creature within you to emerge. Each week the focus of the show was on different sexual topics designed to enlighten you so you develop more fully as a sexual being. This is the sex education that you didn't receive in high school, but should have.

Now, more than since the human rights movement of the 1960's & 1970's, age appropriate sexual education and the sex positive movement are vitally important. Even young married couples are not provided an adequate sexual education.

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.

We present adult materials with a sex positive attitude and value system. if you want to start living a sex positive lifestyle free of shame and guilt, these training materials are for you.

For these reasons, Ladyboy Gigi and Raven's Lair are providing free sex positive educational videos on YouTube and [Raven's Lair's Website](#). The videos include free transcripts & workbooks designed to help people live a sex positive lifestyle.