



## Edging an Orgasm Training Program

# Action Step 2

## Raising Sexual Energy



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 watching this video 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.



## Raising Sexual Energy

Raise sex energy, but don't climax. Climax and orgasm can be experienced at another time or later in the day. Experience raising sex energy and focus on spreading the energy through your body. Complete this exercise for 15 - 30 minutes per day.

## Daily Practice

Perform raising sexual energy every day for 30 days. Over this time period, notice how your energy is raised not only erotically, but also for your daily life. I highly recommend you perform this practice at the same time of day, each day. I perform mine first thing in the morning. It makes a great way to start each day. A friend I taught this to prefers to do his sex energy work at night right before he goes to bed. He told me that it helps him sleep better.

As you raise erotic energy, explore your entire body. Utilize different pressures ranging from a feather touch to deep tissue massage. Vibrators and sensory toys can also be utilized. Examples of sensory toys include feather duster, hair brush, comb, scarves, and other items that produce sensations on the skin. Many house hold items make great sensory toys. Examples include: a new sponge, a meat tenderizer, and a fold out paper fan. Be sure to obtain sensory toys that are not used for other purposes.

Use this time to fully explore how your body responds to different sensations, especially sensations that bring erotic pleasure. This is the time to learn about your body, what turns you on sexually, and how you like to be touched. Explore your whole body and discover all your erogenous zones.

As you raise sexual energy, focus on what you feel in your body. To circulate the sex energy through your body and take the focus off of your genitals for a short while, utilize "The Lovers Breath" to help spread the pre-orgasmic energy throughout your body. Stimulate different erogenous areas in your body. Once you feel the sex energy drop a little and are not close to the point of no return, stimulate your genitals again to raise the energy back up.



The benefits of raising sexual energy each day include include the following:

Generates a feeling of being connected.

Elevates one's mood to feel happier.

Raises our sex energy and our desire for sex.

Raises our ability to be more mindful and fully present in our daily activities.

We become more impassioned with life and life activities.

Releases oxytocin, serotonin, and dopamine which elevates our mood and brings more joy to life.

# Raven's Lair



Brings radiance to our being.

Reduces feelings of being in a slump. I no longer feel like I got out of the wrong side of the bed so to speak.



## 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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