



Edging An Orgasm Part 4

By Gigi Raven Wilbur

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Raven's Lair

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

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.

Edging an Orgasm Part 4

This video concludes Edging an Orgasm Video Training Program. By now, you have gained the tools to be more aware of your sexuality. Be sure to complete all the Action Steps and take your time with each step. These Action Steps have been designed to be fun and playful as well as help you live a more sex positive lifestyle.

In this training, we cover:

Generating Passion
Wholistic Sexual Body
The Practice of Edging
Accidental Orgasms
Point of No Return
Squeeze Relax Technique
PC Muscle Exercises
Stop Genital Stimulation
and Body Mindfulness

Generating Passion and Mind Talk

The Effects of Mind Talk

If you find yourself being critical and/or having negative thoughts, stop for a moment and tell yourself, "For this exercise I will focus on the positive." When negative thinking became persistent, I found it helpful to stop and place all my negative thoughts into a mental trash can, reminding myself that I can pick them up later if I feel that I still need them.

Pay attention to your mind talk (the things we tell ourselves in our mind) while doing these exercises. Through sex-negative social conditioning, we are taught to be overly critical of our bodies, especially our sexual bodies.

We can change our mind talk through conscious effort, but it takes practice. When you find your mind talk is being over critical, stop for a moment and ask yourself, "Is this really true?" Check out your mind talk and see where it is truly coming from. Try restating your overly critical mind talk in a positive statement and see how that feels. For example, if I look at myself in the mirror and my mind talk says, "My arms are too long," I can restate the criticism in the positive by stating, "My arms are slender and elegant in their length."

Action Step 3: Generate Passion

To generate passion, the first step is to identify the things that you have an intense interest and enjoy experiencing. A simple assignment is to sit with a pen and sheet of blank paper and start writing everything down that comes into your head when you think about your interests. Set a timer and write everything down that you can think of for 15 minutes. It doesn't matter if the interest is great or just a flight of fancy. This is brainstorming so write down everything that comes to mind. Later, you will review the list and rank the level of interest.

After the timer goes off stop writing. If there is an interest you didn't write down, don't worry, you can add it later. For each item on your list, give it a ranking score between 1 and 10, where 1 is low interest and 10 is high interest. If a new interest comes to mind while you are ranking the interests, add it to the list and rank it.

After you have ranked each interest, make a new list that includes all the interests that scored 8 or above. Over the next month, engage yourself in one interest from the second list for an hour each day. When you get to the end of the list, go through the list again, until you reach the end of the month.

At the end of the month, review the second list and determine which of the interests did you enjoy pursuing. Did some interests bring you joy and passion? Did the hour fly by



when performing some interests and drag on for others? Pick 1, or 2 at the most, that stood out for you and you found the most enjoyable.

For the winning interest, set an hour a day aside to pursue the winning interest for a month. By practicing your interest daily, you will generate passion. After you have explored one interest for a month, you can either continue practicing that interest or explore another interest from your list.

To keep passion alive, it is important to set aside time to practice your interests daily. If you don't have an hour to spare, then set aside 30 minutes per day. By generating

passion, there is a good chance that you will have more energy for other areas of your life.

Focus on the Wholistic Sexual Body

The sexual body includes physical stimulation, circulating sexual energy utilizing breath work as well as exploring erogenous zones of your entire body, emotional sexual feelings, and mental sexual thoughts. Sexual mental thoughts can include sexual fantasies, erotic stories, imagining past erotic experiences, and any mental activities that get you turned on sexually. Emotional components of sexuality can include feeling sexy, feeling connected with your body (and connected with your partner), and feeling attractive.

By combining the physical, mental, and emotional components of sex, we enter into a higher form of consciousness. We become highly attuned to sexual stimulation. We become present and in the moment. Our awareness shifts to a more intuitive pattern of thinking. I think of this state of consciousness as our sexual consciousness and as a higher state of consciousness.

The Practice of Edging

Start by raising erotic energy throughout your entire body. Spend extra time on your erogenous areas. As the sex energy raises, circulate it through your body. Stimulate your genitals once you are highly aroused. Build up the sexual energy until you get near the point of no return, that point where an orgasm is immanent. Stop genital

stimulation and breath deep. Take a few moments to circulate the sexual energy throughout your body and allow the sex energy to subside a little bit. Just enough to back away from the point of no return. After you have cooled down a little, start stimulating your genitals to bring yourself close to the point of no return. Repeat this process without reaching an orgasm.

I recommend practicing edging without ending the edging session with an orgasm, at least at first. You can have sex and reach an orgasm at another time. By avoiding orgasms during your edging sessions, you are retraining your body.

An orgasm only lasts a few moments. Pleasures you get while edging can last for hours. Don't get me wrong, I love orgasms. But by practicing edging on a regular basis will bring your sexuality to amazing new levels. When you reach orgasm separate from your edging sessions, the orgasm you experience will be much more intense and bring you to higher levels of ecstasy.



Accidental Orgasms

If you practice edging an orgasm and find that you accidentally pass the point of no return and experience an orgasm, enjoy the orgasm. For many people, it takes practice to learn the skill of edging. Know that it is ok to reach orgasm.

There are some techniques that can help for your future edging sessions. They include the following:

Build awareness of the point of no return.

Utilize the squeeze / relax technique.

Utilize the lover's breath technique.

Exercise your pc muscles daily.

Stop genital stimulation.

Utilize body mindfulness.

Build Awareness of the Point of No Return

To build awareness of the point of no return, masturbate to climax. As you do, focus on what is taking place as you reach the point of no return and on what occurs in your body as you orgasm. Notice your PC Muscles and what occurs with them when you reach the point of no return and as you orgasm. Notice what occurs in your pelvic area.

Practice just being aware of your body as you get close to the point of no return. What thoughts are you experiencing and do your thoughts help take you over the edge. Take notice of how your genitals respond as you get close to the point of no return and then reach orgasm.

Perform building awareness repeatedly to become more aware of the point of no return.

The Squeeze / Relax Technique

For some people, when they get close to the point of no return, squeezing the PC Muscles and holding the squeeze will keep them from going over the edge of the point of no return. For others, relaxing the PC Muscles and keeping them relaxed for a few moments stops the orgasm. Try each method and see which works best for you.

The Lover's Breath Technique

Performing the Lover's Breath as you get close to the point of no return will help circulate the erotic energy away from the genitals and throughout the rest of the body. Perform the lover's breath 4 – 6 times or until you are no longer near the point of no return. Then resume masturbation to build up erotic energy again.

Exercise Your PC Muscles Daily

Your PC Muscles are your sex muscles. By exercising them daily, they will become stronger and provide not only greater orgasm control, but also give you greater awareness of your sex energy as you build it up.

As your sex muscles become stronger, both females and males will have stronger erections and have greater awareness of their genitals.

Stop Genital Stimulation

As you get close to the point of no return, stop all genital stimulation. Touch other areas of your body to help circulate erotic energy into your body. Notice how different and good your body feels when you are highly aroused.

Explore different pressures. Use light feather like touch and harder touch. Explore with dry touch and then use massage oil. Explore all of your erogenous zones. Once you have receded from the point of no return, resume genital stimulation to get close to the edge again.

Repeat this process 4 – 6 times. On the final building of erotic energy, bring yourself all the way to orgasm if you so choose.

Sensation toys can add another dimension to erotic touch. Sensation toys can include things like feathers, massagers, neuro-wheels, and more. Anything that produces sensations on the skin can be used as a sensation toy.



Body Mindfulness

Too often we get stuck on performance issues, especially when playing with a partner. To break away from performance issues, focus on being fully present with your body. Focus on what your body is feeling and allow your self to fully immerse in the erotic sensations in your body as you raise erotic energy,

In our culture, we are taught to be goal oriented, often with orgasm as the goal. Instead focus on pleasure. An orgasm usually only lasts a few moments. By focusing on pleasure instead, pleasure can last as long as you play with your body and experience erotic sensations.

By focusing on giving and receiving pleasure, we develop body mindfulness. Our consciousness shifts from problem solving and rational thinking into experiencing and intuitive thinking. We become attuned to our body. We become connected with our self. We enter into a trance state and surrender to the ecstasy of pleasure.

With practice, you will transform your sex life. As you gain mastery with these techniques, you will discover a deeper meaning in sexuality. Edging an orgasm brings spirituality into sex. We reach a higher state of consciousness and learn how to be fully present and at home within our physical body.

Action Step 4: Edging an Orgasm

After you have completed The Raising Erotic Energy Action Step, start Edging an Orgasm using the methods we just covered. Practice Edging an Orgasm daily for a month. After that, utilize Edging an Orgasm whenever you desire.

Conclusion

This concludes Edging an Orgasm Video Training. Be sure to complete all the Action Steps and take your time with each step. These Action Steps have been designed to be fun and playful as well as help you live a more positive lifestyle.

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PC Muscle Exercises,
Stop Genital Stimulation,
and Body Mindfulness.

Enjoy & have a good time with your body.



**Living A Sex
Positive Lifestyle**

**A Sexual
Empowerment
Education**

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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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.