



Edging an Orgasm Training Program

Action Step 1

PC Muscle 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.

The PC Muscles are your sex muscles. By exercising them daily, you will have firmer erections, gain better orgasm control, and experience better orgasms. Overall, developing stronger sex muscles will improve your sex life as well as help you become more aware of your sexual body. Start experiencing sexuality at it's fullest by working out your sex muscles each day.



PC Muscle Exercises

Perform the following exercises daily. I find it helpful to schedule a time each day. If you do the exercises the same time each day, it becomes a routine and is easier to keep on the program.

To identify the PC muscles, when you urinate, stop the flow of urine. The muscles you use to stop the flow of urine are your PC muscles.

To exercise these muscles, squeeze and release them. As you squeeze and release, coordinate this with your breathing. Either squeeze with the inhale and relax on the exhale, or relax with the inhale and squeeze on the exhale.

Another set of exercises is to first squeeze lightly, then squeeze harder and release them.

Another set of exercises is to squeeze for 10 to 30 seconds and then release for 10 to 30 seconds. Start with 10 seconds. Over time as the muscles get stronger, add time till you get to 30 seconds.

Do these exercises for 30 minutes on each exercise every day. If your muscles become sore, start with five minutes on each exercise every day and slowly built up to 30 minutes.

Women should read *Female Ejaculation and The G-Spot* by Deborah Sundahl pages 69 – 74 for specific female PC Muscle Exercises.

Men should read *The Multi-Orgasmic Man* by Mantak Chia and Douglas Abrams Arava Pages 36 – 41 for specific male PC Muscle Exercises.

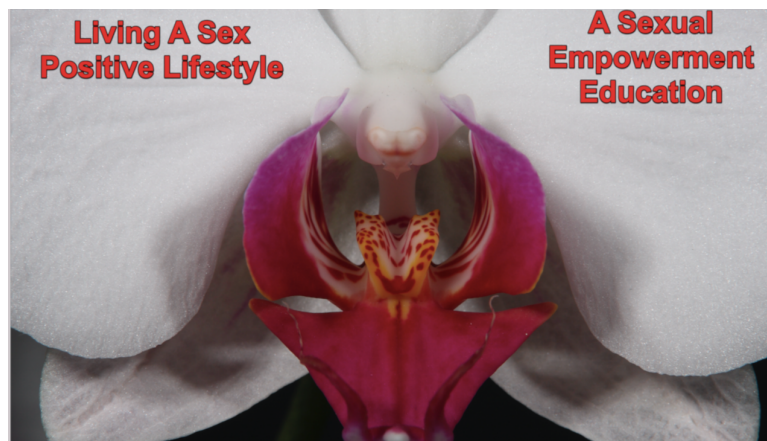
I find it helpful to associate doing the exercises with a daily activity. I usually do these exercises each day right before I take a nap. I also do them when I wash the dishes, which makes the chore much more fun. These exercises can be done just about anywhere. They can be done while sitting in a meeting, reading a book, watching TV, and during many other activities. Over time you will notice changes. By strengthening





your sex muscles, you will get firmer erections, have greater orgasm control, and have better orgasms.





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.