



The BDSM Basics Training Program Promo

Transcript



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

Sexual Empowerment Education
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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.

Hello and Welcome to Raven's Lair

At Raven's Lair we are Creating A Sex-Positive World

Through Adult Education and
BDSM Performance Art



I am Mistress Gigi and I would like to share my story with you on how I discovered an amazing resource for adults who want excitement and adventure in their life. Would you like to spice up your life? Do you have a dominate nature? Or perhaps you have a submissive nature. Have you been naughty?

Is BDSM right for me?

Have you ever encountered BDSM and felt a curious desire deep within but dismissed it as something you would never explore because BDSM is harmful and damaging.

Or perhaps you felt it was just plain wrong.

When I was first approached to play a BDSM scene, my first thoughts included the following:

- Why would anyone in their right mind want to receive or inflict pain?
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- There must be something wrong with a person who likes to receive pain. They must feel guilty about something and be mentally unstable.
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- A sadist is even more unbalanced. Who in their right mind would get off by inflicting pain on another person?

Yet another part of me felt curious and I must admit, excited at the prospect.

I even felt sexually turned on by the thoughts that raced through my brain.

At that time, I shut out those thoughts and feelings and thought "I am not some kind of weirdo and I am not into something that sick and perverted.

A few months later I learned some new information about BDSM. There are many myths about BDSM that I had to learn factual information before I could accept BDSM as a healthy activity between consenting adults.

It opened a whole new area of my life which brought me on a journey of erotic adventures, psychosexual healing, and spiritual awareness.

Mythology and Facts

Myth: People who are into BDSM are mentally ill.



Fact: Most people who engage in BDSM have no mental health problems and have no history of mental illness.

Myth: BDSM is all about pain.

Fact: While pain may be a part of BDSM for many submissives, the objective is to fly in subspace. When one flies in subspace, they are taking a spiritual journey into ecstasy.

Myth: A Dominant is a Sadist who loves to inflict pain without regard to the submissive.

Fact: In a BDSM scene, the submissive can slow down or stop a scene using safe words / signals. The submissive has the ultimate control of the scene.

Myth: BDSM is a non-consensual activity that a Dominant imposes on a submissive.

Fact: All parties give consent during negotiating a scene. Continued consent is monitored during the scene by the Dominant.

BDSM is often filled with paradoxes which defy logical reason, but bring about new meaning at an intuitive level of understanding.

For most that practice the arts of BDSM, it is about being safe, sane, and consensual between healthy adults.

Many professionals including lawyers, mental health practitioners, and medical professionals enjoy BDSM role play.

Benefits of BDSM

BDSM can bring about catharsis.

BDSM can bring psychosexual healing.

BDSM can open the door to spiritual enlightenment.

BDSM can bring about personal growth and development.



BDSM is exciting and fun.

My Personal Adventure

When I first heard about BDSM I believed many of the myths and misconceptions about BDSM.

I once thought who in their right mind would engage in BDSM.

Fortunately I experienced some amazing situations that opened the door to new possibilities.

Passion

I once had a girlfriend who was a passionate lover who scratched and bit me during lovemaking.

This added passion and excitement to our love life.

By experiencing intense passion, I became more open minded and this helped open the door to new types of sensual experiences.

Excited and Aroused

Later I met a boyfriend who educated me about the reality of BDSM.

At first I was hesitant and felt like I was weak minded for even considering becoming a submissive.

I thought males are not supposed to be submissive. Dominant males are not supposed to hit a woman. Women are not supposed to be Dominant and libidinous.

At the same time I felt excited and aroused by the thought of BDSM play.

Sensitive and Caring

Then I started going to BDSM play parties.



I saw Dominant men and women who were sensitive and caring with their submissives.

There was a deep bond between the Dominant and their submissive.

Ecstasy

You may have some of these same concerns. Yet BDSM can bring self empowerment and a stronger self confidence.

When people play, the Dominant starts with light play and works slowly to heavier play.

As endorphins built up in the submissives body, the erotic intensity brings many submissives to a state of ecstasy.

I can tell you, I don't like pain.

What I discovered is that for me BDSM is not just about pain, it is about flying in subspace.

Catharsis

Since then I have experienced healing from living in a sex-negative culture and from growing up in a dysfunctional family.

I discovered that BDSM can be paradoxical.

As I gave my Dominants power through a BDSM power exchange, I became self empowered and I gained healing from old emotional wounds.

This occurred through a process called catharsis.

Appropriate Environment

One type of spirituality which is not often thought of in that way is ancient Greek theater.

In the theater, the audience did not observe passively like in modern theater, but rather became involved with the play.



During tragedies, the audience pounded the floor with their fists, pulled their hair out, and agonized with the presentation.

This process provided the Greeks with an appropriate environment for expressing their darker emotions.

They called this process “catharsis.”

Reaching Catharsis

In our modern culture, BDSM provides people with an appropriate environment to achieve catharsis with the darker psychosexual part of ourselves.

Role playing, emotional edge play, and bondage provide an excellent arena for exploring our darker psychosexual nature and reaching catharsis.

Empowerment

Another paradox I discovered in BDSM is empowerment and healing through the process of submission.

As a child when I was punished, I was totally at the mercy of those who punished me.

Needless to say, I was emotionally wounded by the time I reached young adulthood.

It was through BDSM role play that I received psychosexual healing and self empowerment.

In BDSM role play the submissive is given safe words.

Ultimately the submissive has the power to stop a scene.

A Realization

My Dominant was patient with me yet very commanding at the same time.

He challenged me to push my boundaries.

As I pushed my boundaries and faced my fears, I realized that my inner child was healing and becoming stronger.



I realized that I would never have to experience non consensual punishment like I received in childhood ever again.

Mysterious Properties

I became fascinated with the mysterious properties of BDSM role play.

Over the years, I started exploring the spiritual aspects of BDSM.

I learned a lot of information and techniques to use in BDSM scenes.

I learned that what I once thought of as a questionable activity was actually an activity that would transform my life.

Through BDSM role play I have experienced growth, empowerment, and a deeper spiritual connection.

Legitimate Function

There are many misconceptions about BDSM in our mainstream culture.

In this educational material, I identified several myths and misconceptions.

The facts about BDSM clearly demonstrate that BDSM has a legitimate role and function as well as many benefits.

Amazing Realm of BDSM Role Play

I invite you to explore and discover the amazing realm of BDSM role play and discover the opportunities for healing and growth.

Since I don't know your story or your situation, I can't promise that you will have a similar experience.

It will take learning and finding competent people as play partners.

You will need to learn new skills in BDSM role playing to experience personal development and growth.



What I can demonstrate is that I have taught many people and most of them have had amazing transformations in their life.

Welcome to the realm of adult BDSM role playing and I hope you have an amazing journey

The Dominant's Handbook -
An Intimate Guide to BDSM

This e-book is illustrated with photos and illustrations. The book covers a wealth of information.

e-Books in PDF Format that cover the training films.

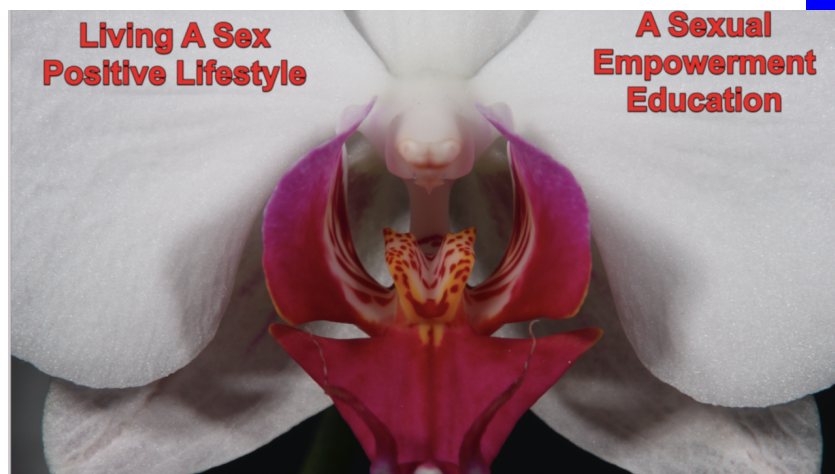
Bonus Materials:

The BDSM Interest Evaluation (printed version that can be used for handwritten responses)

The BDSM Interest Evaluation Instruction Sheet

Exploring BDSM Exercise Form

The BDSM Interest Evaluation is an excellent tool to determine your submissive's areas of interest in BDSM activities. In addition the BDSM Interest Evaluation will give you insights into your submissive's desires and fantasies.



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.

Currently, Ladyboy Gigi through Raven's Lair is 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.