



The Erotic Body Map

By Gigi Raven Wilbur, CSC

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<https://ravenslairleather.com>

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.

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 reading this PDF File 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.



Creating a Sex-Positive World

Through Adult Education &
BDSM Performance Art

The Erotic Body Map Training Program

The Erotic Body Map Training Program - Developing Comfortable and Easy Sexual
Communication Skills

How to communicate about sex with your partner so each of you experience better sex
without awkwardness.



Creating a Sex-Positive World

Through Adult Education &
BDSM Performance Art

The Erotic Body Map Training Program

The Erotic Body Map Training Program Podcast

Show Title: The Erotic Body Map Training Program Part 2 of 4

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Transscript:

Hello & Welcome! You are listening to another episode of Adult Bedtime Stories. I am Ladyboy Gigi. At Raven's Lair, 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 do not watch the video, just listen to the audio version of the podcast.

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. The podcast video contains nudity and artistic images of the nude body. **Warning:** If you have ever experienced sexual trauma and still have unresolved sexual issues, do not take this training program until you have obtained counseling from a trained mental health professional.

Tonights video training is on The erotic body map training part 2. To watch the podcast on video go to ravenslairleather.com/podcast. In the video version I include some images of basic sexual anatomy. In the future, I will offer a podcast on detailed sexual anatomy for those who want more in depth education.

Tonight's training video will cover A Sex Positive Approach & Erogenous Zones, How the Body Works Erotically, Sexual Neurology, The Kundalini, and Sensory Perception. This is the foundation to create the erotic body map.

I became fascinated, and I studied many different cultures and many different writings on sexuality, some dating over 3,000 years old. Over the years I became an expert on sexuality. Now I am a sex educator and provide sex coaching services.

In the training, I cover methods to adopt a sex positive approach. I believe in the process of naming and reclaiming. By adopting positive attitudes about sex, shame and guilt evaporated from my life.

The sexual body is not always active, so how the body works at an erotic level provides the means to activate our erogenous zones. Gaining an understanding of sexual neurology and the concept of the Kundalini provides a deeper insight into how sexual energy works. Our sensory perceptions are not constant. What we perceive through our senses changes depending on a variety of factors. In this training we cover sensory perceptions.

I also include genital anatomy in the video through graphics. Learning the different parts of the genitals and methods of how to stimulate the different genital areas can take sexual stimulation to a whole new level.

The training program offers several challenges and opportunities for growth: Develop a new perspective about sex. Change your personal rules about sexuality. Develop courage to be vulnerable with yourself and your partner.

Just to let you know, I have performed every exercise in this training program and while there were times where I had to face some of my own fears, the benefits far exceeded the work and courage I had to muster. By facing my fears and learning how my body operates on a sexual level, I became more confident and discovered a new sense of freedom in my sexual expression. Knowledge is self-empowering.

You too will feel the sacred nature of sexual expression between consenting adults as well as feeling a deeper connection with your sexual energy and your primal nature as you complete The Erotic Body Map Training.

So now, here is the training video.



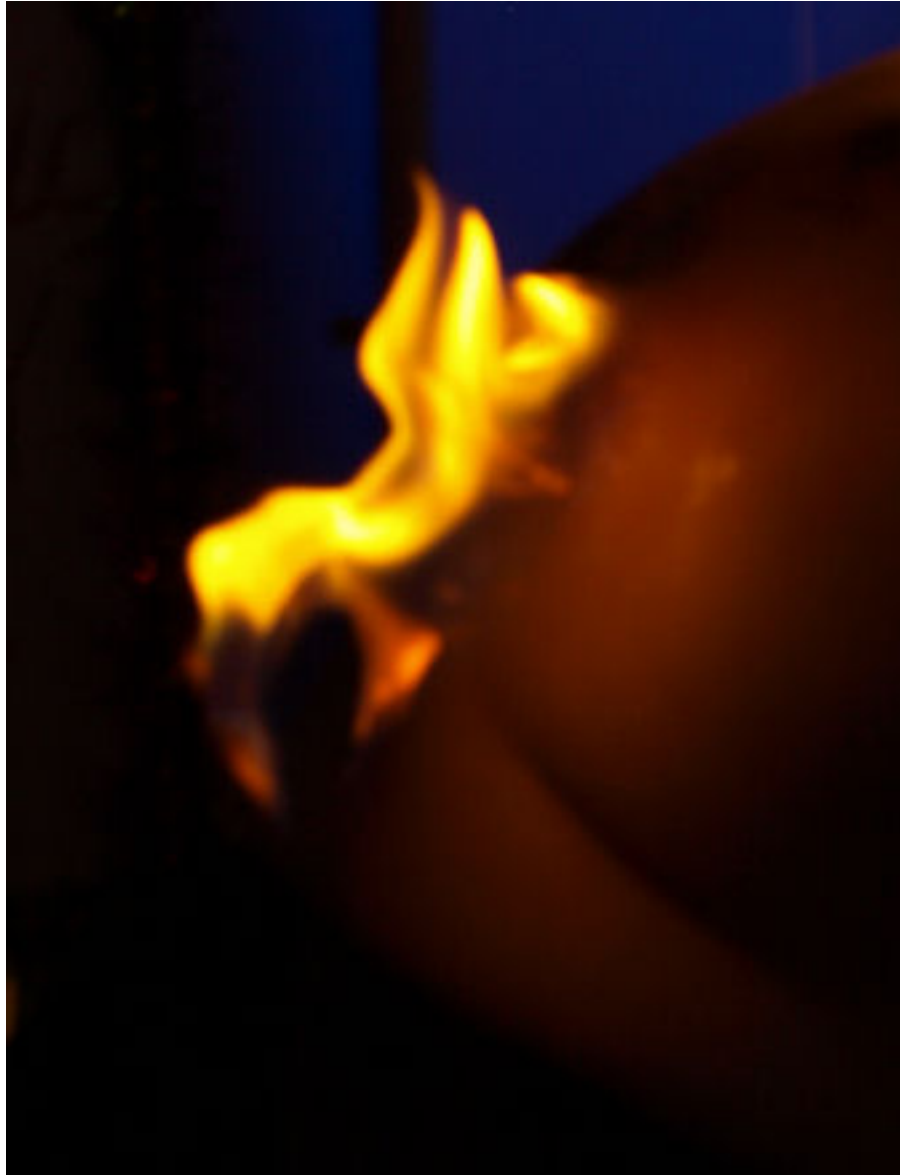
Video 1

Learn about a Sex-Positive Approach and Erogenous Zones.

We live in a sex-negative culture and are subjected to sex-negative conditioning and sexual taboos. Way too often, we are influenced by sex-negative conditioning which blocks us from experiencing a healthy and fulfilling sex life. I have come across many people who have an assortment of problems in their sexual relationships.

One problem I have had come across with clients many times over the years is about sexual communication. Often, there is little or no communication between couples when it comes to sex and specifically on how they like to be stimulated sexually. I can't tell you how many times a person tells me, "I just act like I am enjoying what my partner is doing because I don't want to hurt their feelings." I advise them that if they want to experience sexual ecstasy with their partner, then it is essential to communicate about sex. Yet the communication does not necessarily need to be verbal. It can include non-verbal communication as well.

For many people, they have not explored erotic stimulation and what turns them on sexually due to social conditioning and stigmatization of parts of the human body. Let's



face the facts, sometimes the body can be messy and smelly. But that is easily remedied through bathing and practicing good hygiene before engaging in sex.

By completing The Erotic Body Map Training Program, you will be able to identify your erogenous zones and be able to communicate this information to your partner. You may want to have your partner do this exercise too, so they can share their erotic information with you.

I understand that talking about sex can be difficult. It is no wonder! We live in a sex-negative society with a lot of sex-negative conditioning. Many of us are taught that sex is a sin. We have many taboos around human sexual expression. Isn't it time to experience a different approach to sex and break unhealthy social conditioning?



A Sex-Positive Approach

A sex-positive approach is to see sex as a sacred act and approach sexuality with reverence and gratitude. Sex is about raising and sharing energy and bringing each other to a state of ecstasy. There are many cultures that have developed a healthy set of values and attitudes about sex. There are many documents dating back thousands of years which include, but are not limited to, writings about Tantric Sex Practices, Taoist Sexual Techniques, and the Kama Sutra. There are even Sumerian texts that put sex in a positive light.

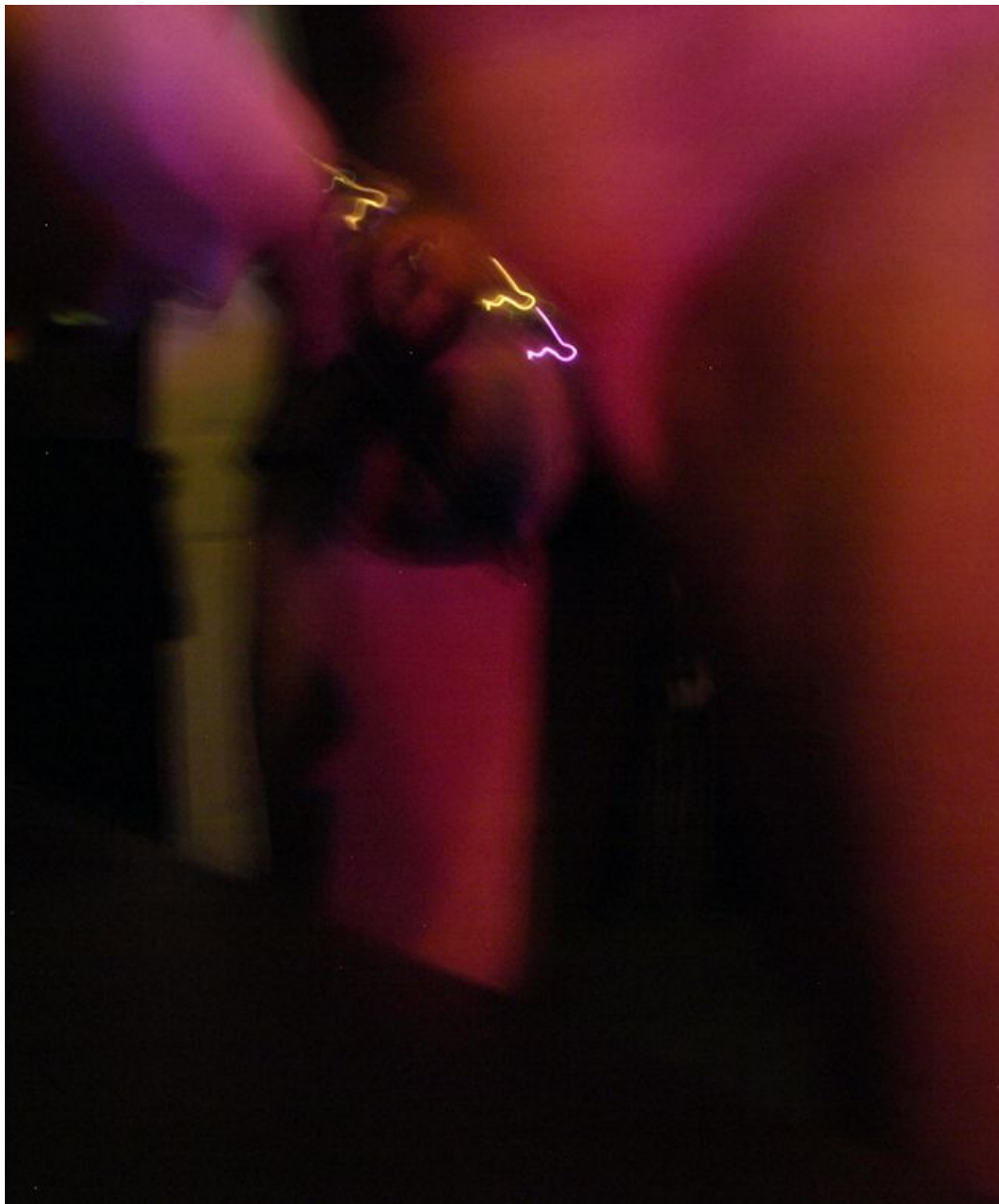
Sex is a form of art with many techniques which can bring us to a higher state of consciousness. The Erotic Body Map Training Program is the first step to enriching your sexual experiences. While I can provide the tools and techniques, it is up to you to put them into practice as you explore the exciting frontier of sexual enlightenment.

Take courage and face your fears. By making a decision to face fear and make a commitment to follow through, you will experience personal growth and experience new levels of sexual awareness. By taking this journey, you will learn new things about your body and have new sensations and experiences. But it does take courage and you have already taken the first step by taking this course. Fortunately, there is a fun and exciting way to overcome communication problems centered around sex.

To address this sexual communication problem and to improve sexual communication skills, I developed the Erotic Body Map. It includes a structure to improve sexual



communications, both verbally and non-verbally. I have both partners draw a map of their body, mapping out their pleasure zones as well as the type of stimulation that feel awesome. It is important to discuss what each of you have mapped out with each other as the first step in open, healthy communication about your sexual desires. By completing the Erotic Body Map with your partner, each of you will discover how your partner enjoys being stimulated and how they reach sexual ecstasy.



Learn How Your Body Works Erotically

The first step in mapping out your erogenous zones is to identify how your body responds to erotic touch. This can be a little bit tricky if you don't know how erogenous zones work.

Our bodies have many erogenous zones. Each of these areas provides erotic sensations of varying degrees from person to person. For each person, these areas can change over time. Mood, sensual cycles, menstrual cycles, and many other factors

can influence how our bodies respond to erotic touch. Some erogenous zones are highly sensitive and can get us highly turned on sexually. Some erogenous zones have to be warmed up before stimulation feels erotic. And there are some areas of the body that can be a complete turn off at an erotic level.

The entire body has nerve endings that respond to touch in one way or another. The entire body is a sensory organ and has the capacity to register erotic sensations. It is interesting to note that the genitals are stimulated when we walk. Yet this type of stimulation usually doesn't register at a conscious level and isn't usually erotic. When we focus on sex, a transformation occurs and genital stimulation becomes highly erotic.

The important point to note is that stimulating an area of the body when we are not sexually aroused will feel different than stimulating the same area when we are aroused.



Summary:

In this first training we covered a few of the problems living in a sex-negative culture causes everyone to experience difficulty in sexual relationships. With a sex-positive approach we all can learn, grow, and develop a healthy sex life. Having a deeper understanding of erogenous zones and how they operate can open the door to not only a more fulfilling sex life, but also bring greater intimacy to relationships.

Our next lesson will cover the sexual neurological system and the concepts of cold and warming up. The kundalini is a symbolic metaphor that will be covered.

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 in your training. In this training we will cover Sexual Neurology and Raising the Kundalini.

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.

A similar technique can be utilized on male genitalia. Start by stimulating the area surrounding the penis and balls. Include stimulating other areas of the body, for example the belly, nipples, inner thighs, hips, and the perineum (the taint).

Slowly move in closer to the genitals. Lightly stroke the balls. Do the teasing dance by returning to the areas around the penis. Stroke the shaft of the penis lightly from the bottom up to just under the glands. Take your time as the goal is to raise sexual desire.

If the glands are highly sensitive, touch it very lightly for a short time and return to stimulating the balls and shaft. As sexual desire raises higher, stroke the entire penis from the base to the glands. The Corona is especially sensitive on many men.

A Matter of Focus

Sex is about focus. If you are focused on sexual performance, concerns about the future or past, or focused on other thoughts, then sex is not going to be very good. The solution is to focus on the pleasure that you feel in your body. If you are providing

stimulation for another person, focus on how it feels to stimulate them and how their body responds to your touch.

By focusing on pleasure, sexual stimulation will raise the flow of sexual energy and you will feel greater pleasure in both giving and receiving.

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.

Station Break Info:

And now we are to station break. If you want to watch the video version of this podcast go to the link below/. Be sure to download the transcript of the show, They can be obtained at <https://ravenslairleather.com/podcast>.

Review & Highlights:

A sex positive approach is about changing attitudes and values about sex. It took me a long time to understand how much sex negativity was affecting my sex life. It is pervasive and I was not aware how much living in a sex negative culture was impacting me at a sexual level. Once I realized that sex is sacred and a gift from the creator, my sexual experiences provided me with more pleasure. I no longer carried the baggage of sex negative social conditioning.

I became more present in the moment and sexual acts brought a deeper connection with myself, my partner(s), and with the universe. I felt connected with life. I became more mindful not just when I engaged in sex, but also with other areas of my life. When we are fully engaged with sex, our bodies release healthy chemistry which brings us to higher states of ecstasy and a deeper connection.

By exploring my entire body when I was sexually aroused, I discovered erogenous zones that I was not aware of before. I had to allow myself to experience and let go of preconceived notions about what is supposed to be good sex and social influences about what is off limits in regards to my body. I had to learn to listen to my body and feel in my body what stimulation felt good and what did not.

When I learned about how the body works erotically and about sexual neurology, I discovered that there are different types of orgasm as well as different types of sexual pleasure. I have studied Tantra and Taoism which opened the door to new exciting methods to pleasure myself and my sexual partners. The sexual body is more complex than I realized. By learning new sexual techniques and other sexual parts of my body beyond genital stimulation, sex became so much more. I think about it being similar to the difference between playing a single instrument as opposed to a band or orchestra. While both are good, exploring a greater range of sexual activities broadened my experience in sexual expression.

Learning about how our focus can impact our sex life is monumental. There was a time in my life when I was so focused on performance issues, I hardly felt sexual pleasure when making love with another person. In addition, the sex wasn't very good for either of us. Once I learned how to focus in the moment on what my body was feeling, it transformed my sexual abilities. It is but one of many paradoxes I have discovered about sex. The more I focused on performance issues, the sexual experience worsened. When I let go of performance and focused on giving and receiving sexual pleasure the sexual experience blossomed.

The Kundalini represents our states of sexual arousal. With the understanding of how sexual energy flows, I am able to edge an orgasm for long periods of time or experience a quickie orgasm. Both are good but they are very different.

Sensory perceptions change not only from person to person, but also within my body over time. This really helped me become a better lover with my partners. I have been fortunate in my role as a sacred harlot and as a sex educator. Many women

experienced their first squirting orgasm from learning about their bodies. A few experienced their first orgasm ever.

This training video contains information that at the surface doesn't seem all that important. But take some time to learn these concepts and it will have an impact on your sex life. I know it has helped me to have amazing sexual experiences and has helped me feel a deeper sense of connection.

In our next edition of Adult Bedtime Stories, we will cover how to map out your body and cover two action steps. The first action step is a set of exercises to explore your body. The second action step is to map out what you experienced in the first step.

Show Links:

<https://ravenslairleather.com/podcast>



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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