



**Living A Sex  
Positive Lifestyle**

**A Sexual  
Empowerment  
Education**

# Raising Erotic Energy

Generating Passion Exercise

By Gigi Raven Wilbur

Sexual Empowerment Education



## Raven's Lair

Creating a Sex-Positive World  
Through Adult Sexual Education and  
BDSM Performance Art

### 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."

### Generating Passion Action Step

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.

## 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. S/he currently practices as a prostitute priestess, providing sex-positive education and sex healing work in Aphrodite's Temple\*.

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 has 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 provides sex-positive information about human sexuality and alternative lifestyle choices. Visit KPFT at: <http://www.kpft.org/>.

Currently, Ladyboy Gigi produces a podcast on iTunes called Adult Bedtime Stories. Each week a new episode is released featuring a topic on sexuality. 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 will be 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. To subscribe and listen, go to:

<https://itunes.apple.com/us/podcast/adult-bedtime-stories/id1327711830?mt=2>

\* Note: The Sacred Sex Temple (Aphrodite's Temple) is a sacred space that is based on ancient sacred sex temples that existed in many ancient civilizations around the world. Aphrodite's Temple is currently available during Earth Spirit Alliance and Council of Magickal Arts pagan festivals in the spring and fall. If you are interested in having Aphrodite's Temple be a part of an event you are offering, contact Ladyboy Gigi for more information at [admin@ravenslairleather.com](mailto:admin@ravenslairleather.com).