



The Body Image Healing Training Program

Action Step 10

Generating Passion Exercise



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.



Generating Passion Exercise

To generate passion, the first step is to identify the things that you have an intense interest and enjoy experiencing. A simple exercise 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. ([Enter your answers in the Brainstorming Section below.](#))

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.



Daily Passion Exercise:

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.

List your top passion below and what makes it exciting for you.



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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.

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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.