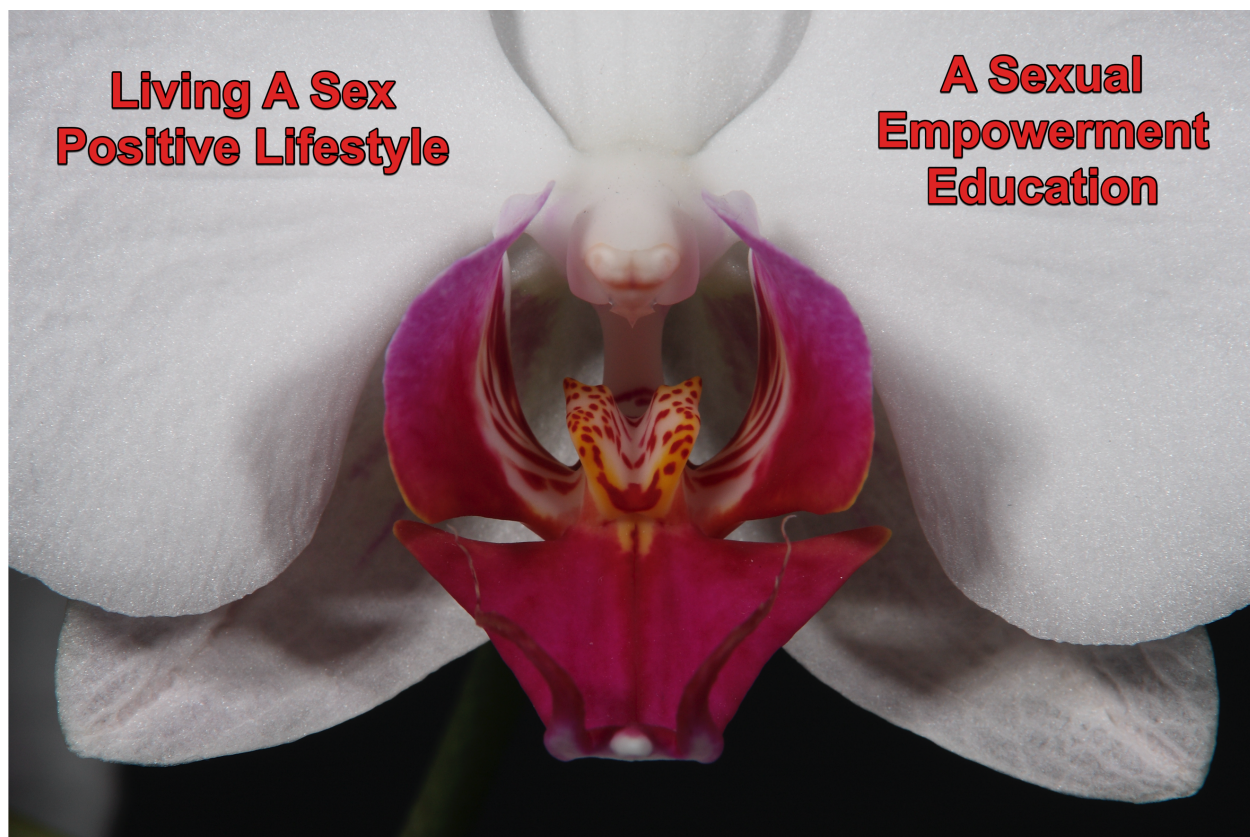




**Living A Sex
Positive Lifestyle**

**A Sexual
Empowerment
Education**

Raising Erotic Energy Part 1

By Gigi Raven Wilbur

Sexual Empowerment Education

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Raven's Lair

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

Raising Erotic Energy Part 1

Introduction

I am Ladyboy Gigi and I am excited about Living A Sex Positive Lifestyle webinar series. I developed this series to bring people to an enlightened sexual experience. My goal in this series is to remove shame and guilt surrounding sexual expression. In this series, we will cover psychosexual healing from living in a sex negative culture and bring sacredness to sexuality.

Our topic today centers on sexual energy and our sex drive. It is interesting that some people seem to have a high sex drive and some have a low sex drive. Yet, to a degree this is a myth. Sex drive isn't something we have or don't have, it is something that we generate. Even people with a low sex drive can raise their sex drive through daily practices.

Today we will cover Raising Sexual Energy.

Do you feel sexy and sexual? Do you want to have more sexual energy? In our busy lives we often get caught up in life and sex gets put on the back burner. Learn how to recharge your sex life with a daily practice that takes 15 – 30 minutes per day to perform. With this practice, you can recharge your sex energy.

Have you ever noticed how some people exude sexiness and sexual passion? We don't just have sexual energy, we generate sexual energy.

This training will guide you through the process of raising sexual energy.

Before I cover raising sexual energy, I would like to cover a few concepts that will aid the process.

Sex Is Energy and Sex Generates Energy

While sex is a physical activity, it is also a form of energy. As we are stimulated sexually, our neurological system transforms. Our entire sense of touch transforms and our neurons send electrical signals to the brain from the body. The brain sends signals back to the body. As sexual energy builds up, our sense of



touch changes how we perceive the sensations. They become more focused and we experience more and more erotic sensations and pleasure.

If you think about it, when we walk across a room, our genitals are being stimulated, but we usually don't pay much attention to the sensations. On the other hand, when we engage in genital sexual stimulation, we become highly focused on the sensations and the sensations are highly charged erotically.

There is a concept in Tantra called the Kundalini. The Kundalini is the sleeping serpent within all of us and it is our sex energy. Through sexual stimulation, sexual fantasy, and other means, the Kundalini awakens. As it awakens, our body and our mind transform.

On a more scientific perspective, as we become aroused, many physiological processes occur in our bodies. Our bodies release oxytocin, serotonin, and dopamine. These are the chemicals that reward our pleasure centers. They also act to open and heighten our sense of touch to become more pleasurable and raise passion.

When we regularly release these chemicals within us, we actually change our mindset. I think of it as entering into a higher state of consciousness. During sexual activities, we can become more focused in the present moment. Our awareness becomes focused on our body and our partner. We feel connection. We become more present with our self and with our partner. We become energized.

While there are things that can block us on a sexual level, when sex is not blocked and is fully functioning, we have the capacity to reach states of ecstasy that are transformational.

Sexual Blockages

In our modern culture, we are impacted by stress, complex lives, and day to day life. With career, jobs, family obligations, and living life, we are often operating from our rational side of the brain. On top of that, stress and tension have become a part of our lives. Stress and tension put us into a fly or fight mode. Our body and brain release adrenaline to empower us to fight or fly. As this occurs on a frequent basis, it dampens our sex drive as well as unleashing unhealthy chemicals in the brain.



We feel disconnected and focused on the future or the past. Our minds race with thoughts, worries, and concerns. We shift into problem solving mode and struggle with life problems. Sex gets put on the back burner and becomes a non-priority.

While I am painting a black and white scenario for illustration purposes, this does occur more often than you might think.

So, how does one get back on track with having a fulfilling sex life? We will cover techniques and practices that put us back on track today, later in this webinar.

Getting in The Mood

Often, we think that we must be aroused or in the mood before sexual interest can occur. That is in part a myth. Often, we think that desire must precede sexual activities. Fortunately, there are activities and practices that will help us get in the mood so to speak. While each of us are neurologically wired differently for sex, we do have a lot in common. Let's explore some of these differences first, as they will provide insights into activating sexual energy.



Create a Conducive Environment

Create an environment for your explorations in raising sexual energy. Turn off cell phones. Put a lock on the door for uninterrupted play time. Create an environment that is relaxing and helps set the mood for sex. Use candle light or other ambient lighting for your space. Decorate the room with erotica and create a sensual atmosphere. I even have an altar with erotic statues, photos, candles, incense, and massage oils.

Choose a time where you can have uninterrupted private time. If you live with a partner, let them know you need a private space to perform your erotic meditations. If kids are an issue, pick a time when they are out of the home.

This is your time to explore your body and raise erotic energy. When I lived in a house with lots of roommates, I would use bath time for my erotic adventures. At that time, I had a box with all my erotica environment supplies to utilize during bath time.

Identify Your Primary Sexual Sense

Each person has a primary learning style. We also have secondary learning styles. Some people learn best from visual materials. Others learn best from auditory information. Some are tactile/ kinesthetic learners, they learn best through a hands-on approach. This does not mean that we can't learn through other senses, but a person retains and learns best through their primary sense.

People also have a primary sense for arousal and sex. For example, if a person's primary sense for sexual arousal is from visual stimulation, they will respond better to seeing sexy images and through seeing their partner in a sexy outfit.

For those whose primary sense for sexual arousal is auditory, they will respond better to sexy talk and hearing sexy sounds.

For people whose primary sense for arousal is tactile / kinesthetic, they will respond better to touching and being touched.

Another primary component for sexual arousal is emotive. For them, sex has to have an emotional component. They respond sexually when their partner provides a sense of love, appreciation, and other emotional support.

It is important to determine your own and your partner's primary sense for arousal. Often, we assume our partner will respond the same way we respond. If my primary sense for arousal is visually based and my partner is based in auditory stimulation and I primarily provide sexy images and visual stimulation, then my partner will not respond as well sexually. In this case, if I talked sexy and described how sexy images look verbally, then they will get turned on at a higher level.

To determine one's primary sense for sexual arousal, determine what types of stimulation gets you sexually aroused. If seeing sexy images really turns you on, then you are more of a visual person. The same applies to the other senses.

Some people have more than one primary sense for sexual arousal. For example, one may get turned on sexually through visual and auditory stimulation equally.

For some people, a non-primary sense can be either a turn off or be neutral, providing no erotic stimulation. An example would be phone sex. For an auditory person, phone sex is great. For others, phone sex doesn't do anything for the libido.

By determining your primary sense as well as your partner's, you can provide each other with better sexual stimulation. For example, if one partner is visual and the other is auditory, utilize both visual and auditory stimulation for each other. Have your partner perform a strip tease while you describe every juicy detail. Or perform a strip tease and describe the entire performance.

Sexual States of Consciousness

Sexual states of consciousness are like a type of trance state. Preparing the headspace through fantasy or replaying past experiences helps get a person into the right headspace for sex. The conscious mind shifts to an erotic state and we become more receptive to erotic experiences.

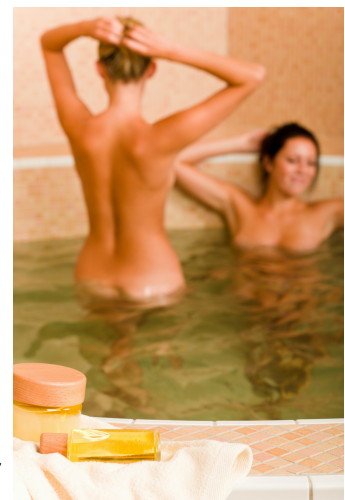
We are divine entities within a physical body with a mind. All these areas need attention to awaken our sexual system. A good practice for getting into a sexual headspace is taking a ritual bath.

A Ritual Bath

A ritual bath or shower is a great way to prepare yourself for many activities. Some people use ritual bathing for solo sexual explorations / self-lovemaking, making love with a partner, intense BDSM scenes, pagan rituals, sacred sex, and sex magick.

Before entering the bath, contemplate the upcoming event. Get in touch with your emotions and feelings. Listen to what your heart is telling you. Form a genital/heart connection.

When you perform a ritual bath, you are preparing yourself on several levels. You are cleaning your body and spirit. You are raising erotic energy. You are getting into a good headspace for the upcoming event. You are centering and grounding your entire being.



A ritual bath can involve the following elements:

Meditation

Sensual Touch

Sensual Washing with hot soapy water

Erotic Massage

Bath Play Time with fun sexy bath toys

Masturbation without climax to raise erotic energy

Envisioning

Contemplation

Forming a Genital / Heart Connection

Centering

Grounding

Sensual Rinsing allowing the water to fully stimulate your body

A ritual bath is not just a serious event. You can bring out the inner child to explore, play, and have fun. I like to utilize bath toys, which include a rubber duck, a dildo, a rubber squirting fish, and other waterproof sensation toys.

As you play and wash your body, contemplate the upcoming event. Enter a light trance state. Envision the event and the intent of the event. The intent for raising sexual energy can be as simple as opening oneself to experiencing erotic pleasure.

By taking the time for a ritual bath, you can be fully in the headspace you want to be in for the event. You are fully energized and ready. You are in sacred space, not just physically but also spiritually. Your body is the temple of your energy being. By energizing the body in a ritual bath, you also energize your spirit.

Action Step 1 - A Ritual Bath

Complete Action Step 1 - A Ritual Bath



Overview

In this training we have covered the concept that sex is energy as well as a physical activity. In addition, we explored Sexual Blockages, Getting in the Mood for sex, Creating a Conducive Environment, Identifying One's Primary Sense for Sex, Sexual States of Consciousness, and Taking a Ritual Bath.

In Part 2, we will cover A Guided Erotic Meditation, Raising Sexual Energy which includes Sexual Fantasy, Past Hot Sexual Experiences, Sensual Talk, Visual Stimulation, and Tactile / Kinesthetic Stimulation. Also, Awakening the Kundalini, The Lovers Breath, and Raising Erotic Energy will be explored. We will end on providing an action step on Generating Passion.



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](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.