



Raising Erotic Energy Training Program

Action Step 1

Take A Ritual Bath

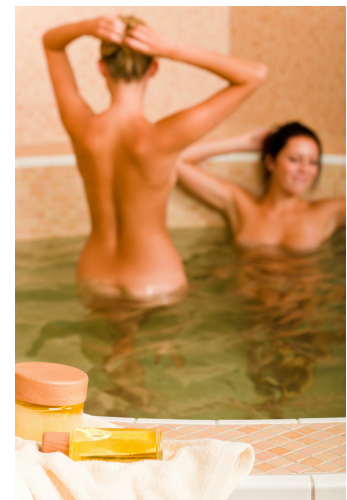


Creating A Sex Positive World
Through Adult Sexual Education and
Erotic BDSM Performance Art

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.

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.



What event would you like to prepare for by taking a ritual bath?



What is the intent of your event?

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.

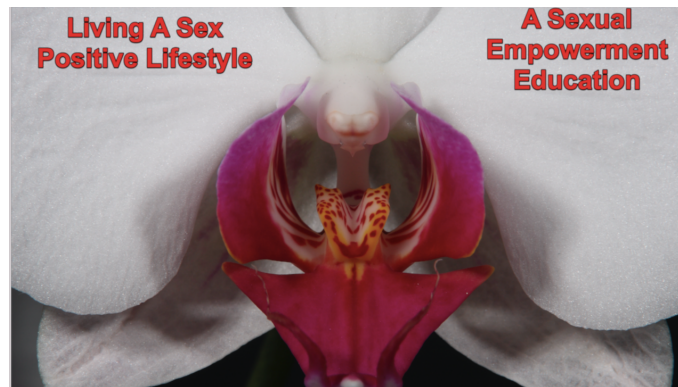
What Elements do you want to include in your ritual bath?



What do you envision as important elements of the event? What do you want to accomplish by participating in the event?

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.



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.

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.