



Breaking Taboo

Part 1

By Gigi Raven Wilbur

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Taboo





Raven's Lair

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

Breaking Taboo Part 1

What is a taboo? How do taboos affect us in our daily lives? What impact do taboos have on human development? Jack Morin defines taboo as “a form of psycho-social control more potent than even the most rigid moral code. . . . A taboo is a prohibition collectively shared by a society, with a force so strong that it is rarely questioned or even discussed. It just is.” (Morin, p.16.)

We have many taboos, myths, and social conditioning in our culture. Some of them are subtle; we do not realize how much they inhibit our sexual freedom. Many are based on moral codes that no longer apply in modern society.

There is a power in breaking taboo. Through the process, one can empower oneself, become sexually liberated, and broaden one’s horizons in the freedom of sexual expression. Through the process of breaking taboos, one can discover freedom in gender expression, gender identity, sexual orientation, sadism, masochism, and many other areas.

There are several steps involved in breaking a taboo. The steps that I find helpful are as follows:

- Name the taboo. Giving the taboo a name also gives it substance. It ceases to be something vague and ambiguous.
- Research and learn factual information about the taboo.
- Discuss the taboo and question the taboo with trusted friend(s) and/or lover(s).
- Become familiar with the taboo and get to know the object of the taboo. For example, if you have an anal taboo, get to know your anus through touch and looking at your anus in a mirror.
- Reclaim your right to have mastery over your own life.
- Engage in an activity which will serve to break the taboo.

There is power in facing and overcoming fears. There is a power in naming, especially naming sexual acts and BDSM activities, owning different sets of names we use in role play, and naming ourselves. For example, think about the empowerment we achieve when a Domme calls her submissive a dirty slut.

Related to the power of naming is the power of reclaiming. In our modern society, we often get lost in the masses. We become invisible. We become a number. Through reclaiming our right to role play and take on new names for ourselves, we become thriving players rich with intense experiences. We get in touch with our bodies, our nature, and our full identity. Through the process, we become fully alive.

Reclaiming is a process of truly owning our identity. An example would be when a gay male refers to himself as a sissy, faggot, and/or a fairy. By owning the derogatory words that others use to dehumanize us, we become empowered, and the words lose much of their power to hurt and harm.

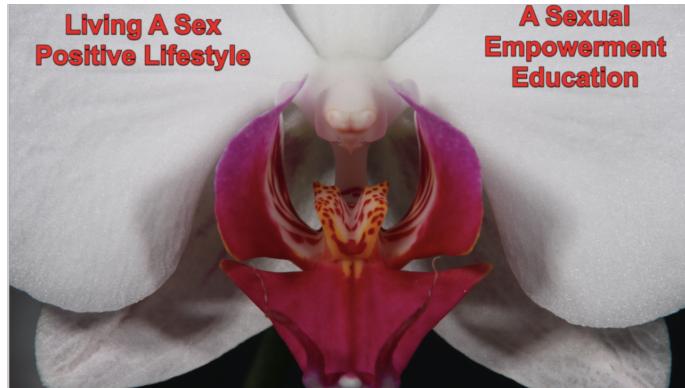
A couple of years ago, I wrote a ritual for Samhain for the Radical Faeries and for Earth Spirit Alliance. The Pathway of Psychosexual Darkness touches on many of the myths, taboos, and social conditioning forces that affect many in our culture. This provides a good starting place for breaking sexual taboos. I have included the Pathway of Psychosexual Darkness in the training program.

Action Step 1

In the training program, I have included the Identifying Taboo Evaluation. Read through the evaluation and determine how these taboos affect your life.

The Pathway of Psychosexual Darkness is a starting place to break any taboos that are influencing your life negatively. There are many taboos that hold us back from living a full sexually expressive life. While the ritual addresses many modern-day taboos and archetypes, it by no means covers them all. You may discover a different set of archetypes and/or taboos during your journey. If so, address them when you reach the Realm of Transfiguration, which is at the end of the ritual.

In this video, we covered Breaking Taboo, what a taboo is, and identifying taboos that are holding us back from living a Sex Positive Lifestyle. The next training film is The Pathway of Psychosexual Darkness. In the video, you can confront modern day taboos and learn factual information to help break taboos.



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/
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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.

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.