

The Erotic Body Map Training Program

Action Step 1

Discover Your Erogenous Zones



Raven's Lair

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.

Raven's Lair Training Programs contain one or more of the following:

- Artistic Images of the Naked Body (Nudity)
- Images of Sexual Activities
- Erotic BDSM Performance Artistic Images
- Sacred Sexuality
- Kinky Sex Images
- Tantric & Taoist Sexuality Practices

We present adult materials with a sex positive attitude and value system. If you find nudity or any of the above information & images offensive, then stop reading this PDF File now.

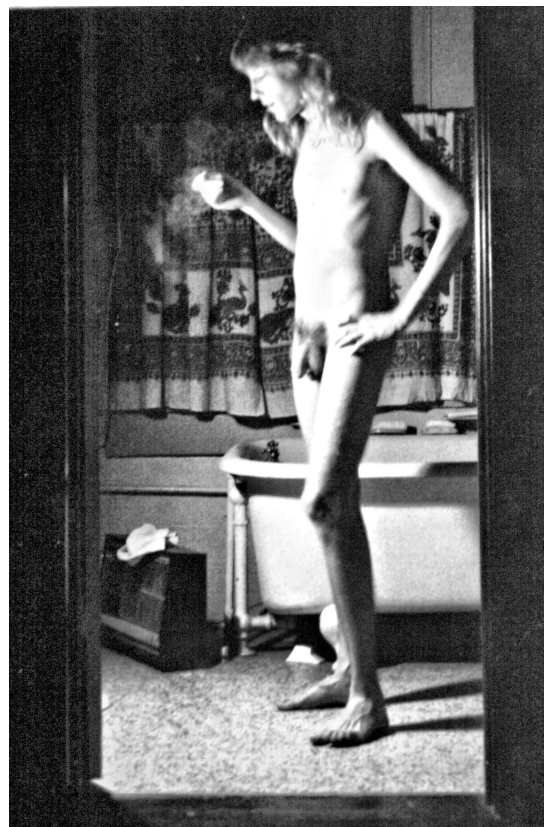
On the other hand, if you want to start living a sex positive lifestyle free of shame and guilt, these training materials are for you.



Discover Your Erogenous Zones

Plan a time you can be alone for private time, free of distractions, and prepare a sensual environment for this exercise. You may want to put clean sheets on your bed. Remember to turn off your cell phone. Take a bath or shower and take time to clean your whole body. Make this a sensual cleaning, taking time to feel the water on your body.

After your bath or shower, lay naked on your bed. Take several deep breaths. This is your time to be sensual with yourself and discover new sensations. Start awakening the kundalini; there are several methods to try out, including sexual fantasy, erotic stimulation, genital stimulation, erotic talk, sex toys, visual erotic stimulation, genital massage, and any method that you use to get sexually aroused. There is not a right way or a wrong way to raise the kundalini, find what works best for you. The important element is to get yourself aroused. Remember, raising the kundalini is a matter of focus. Focus on what you find erotic.



Once you are fully aroused, start exploring your body. Start with what is familiar and explore different types of sensations. Different types of touch can include light feathery touch, light massage, producing vibrations, fingernails drawn across the skin, light slapping, and deep tissue massage. Use your imagination to create different sensations on your body and discover how your body responds when the kundalini is fully awake in areas you already know are erogenous for you.

Go on an inner journey into erotica and discover how your body works at a sexual level. This action step is a process to explore a variety of erotic stimulations. As you explore your body, make a mental note of





what types of stimulation provide sexual pleasure. Are there areas that need a sexual warm up before stimulation feels good? Be sure to focus on how your body feels with different types of stimulation.

Explore Your Whole Body with a Symphony of Sensations

After exploring areas that you are familiar with, start exploring areas you have not associated with being erotic. For each person, these will be different. When I performed this exercise, I discovered that a light sensual foot massage was a hot erogenous zone for me. Before that point, I had no idea my feet could provide such a luxurious sensual experience.

Be sure to explore every part of your body, even your more private areas. Some examples include your breasts, nipples, underarms, butt cheeks, inner thighs, feet, neck, lips, ears, anus, genitals, eyelids, face, and anywhere you feel comfortable exploring. Remember this is an exercise to discover, not a time for social judgements to creep in. You are on a fact-finding mission, and it is ok if an area doesn't respond erotically. It is also ok if an area does respond erotically. Everyone responds differently and that makes for the beauty of diversity.



Don't be afraid to push your boundaries a little bit. If touching an area doesn't work or gives you the creeps, just move on to another area. But be sure you are listening to how your body responds and not to preconceived thoughts of what is proper.

Make a mental note on where and what types of touch turn you on sexually, areas that are neutral, and areas that are a turn off. In the next training, you will be completing your Erotic Body Map to illustrate your unique neurological erogenous zones as well as areas that turn you off sexually. Through this process, you may discover new erogenous zones that you wouldn't have expected. Know that you are safe in your explorations.



What turned you on sexually? _____

What areas are neutral, neither a turn on or a turn off? _____

What areas are a sexual turn off? _____



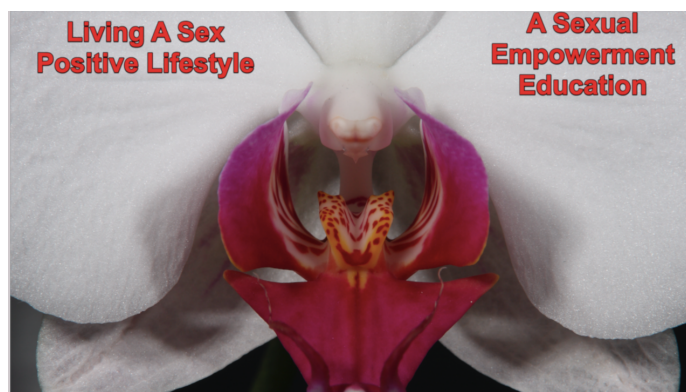
Sex Positive Experience

Make this a sex positive experience. While exploring your body, if sex negative thoughts arise, replace them with sex positive thoughts. This is the time to fully explore your body and determine what your body enjoys. Determine where you find pleasure within your body. Often from living in a sex negative culture, we experience negative thoughts about our bodies because of social conditioning. As these negative thoughts come up, ask yourself "Is it true?" and "where are these thoughts coming from?" Replace the negative thoughts with positive statements. Remind yourself that you are here to listen to your body and allow your body to tell you how the sensations feel. This is a time to fully discover your sexual body and the pleasures of the flesh.



You are making great progress by facing new challenges and exploring all the areas of your body that have potential to be stimulated erotically. It takes courage to explore and break social taboos and discover the truth about what works in your body and discovering new erogenous zones.

What did you discover about your body? _____



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.



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