

The Erotic Body Map Training Program

Action Step 2

The Erotic Body Map



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.



Map Out Your Body

The Erotic Body Map template is a tool to graphically illustrate the unique erotic map of your body. **The templates and codes are included below.**

It is a non-verbal communication tool used by sexual partners to convey the types of sensations that get each other turned on at an erotic level, which utilizes color coding and symbol codes to map out how each person gets turned on by erotic touch.

The Erotic Body Map

Use the Female or the Male Erotic Body Map and The Code Sheet locate below. Map out your body's erogenous zones based on the information that you discovered in the last exercise using The Code Sheet's colors and symbols.



The Female Erotic Map

The Female Erotic Map is for females to map out their unique erotic zones of their body. Use the color codes and symbol codes to illustrate where and how you like to be touched to raise erotic energy and turn you on sexually.

There are 2 full sized female figures, front and back. Use the symbol codes and color codes to map out your pleasure areas. Included is a photo of the vulva and anal area. Code these areas to illustrate the detailed erotic touch that you desire as well as off limit zones.



The Male Erotic Map

The Male Erotic Map is for males to map out their unique erotic zones of their body. Use the color codes and symbol codes to illustrate where and how you like to be touched to raise erotic energy and turn you on sexually.



There are 2 full sized male figures, front and back. Use the symbol codes and color codes to map out your pleasure areas. Included is a photo of the male genitals and anal area. Code these areas to illustrate the detailed erotic touch that you desire as well as off limit zones.

We are each wired differently at a neurological level. This template is a tool to graphically illustrate our unique erotic map of our body. Use colored pencils or crayons to color-code your erogenous zones using the following color-code representations.



Be honest with what you discovered about your body. There is no right or wrong in how the body is wired neurologically, as it was wired by nature. It is we humans who attempt to put judgements on eroticism. The body is designed the way it is. Unfortunately, living in a sex-negative culture can inhibit the gifts of eroticism that nature provided us with. Isn't it time to use a healthy approach and fully embrace the gift of erotic ecstasy?

If you are single, explore your new knowledge by playing with the erotic hot spots on your body. Discover new levels of erotica. Start putting together some erotic stimulation toys. Be sure to obtain new sensation toys that are dedicated for sex play only.

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Examples can include a feather duster, hair brush, massage toys, and dildos. Any object that provides sensory stimulation that you find erotic. I will go into more detail in the next training section on toys.

If you are in a sexual relationship, have your partner complete these exercises. Once you have both completed your body maps, sit down together and share with each other what you each discovered.



Remember this is not a time to be judgmental. The objective is to learn and communicate with each other how to be better lovers and share ways to bring each other to higher levels of sexual ecstasy.

After sharing your body maps, take some time to put your new knowledge about each other into practice. This is the rewarding part of today's lesson. Explore together and

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provide each other with the erotic stimulation you have each identified and see how much bliss you can raise in each other's body.

If you are single, take some time to put your new knowledge about what you discovered into practice by utilizing mindful masturbation (solo lovemaking). This is the rewarding part of today's lesson. Explore and provide your self with the erotic stimulation you have identified and see how much bliss you can raise in your body.



Codes

Red – Hot Area – This area is a highly erotic area of my body.

Orange – Warm Area – This area can be a turn on if stimulated just right.

Yellow – Luke Warm Area – I have to be in the right mood for stimulation to feel erotic here.

Green – Neutral Area – Touching here is not a turn off or a turn on.

Blue – Cool Area – I do not like stimulation here, it turns me off sexually.

Black – Cold Area – If I am stimulated here, I shut down totally on an erotic level.

The Symbol Codes

Timing can be an important factor for many of our erogenous zones. Often, we need to be warmed up first before an erogenous zone is ready for stimulation. This tends to hold true especially for sensitive areas and often for the genitals and anus. For the areas that you need to have warmed up before stimulation feels good, draw a **circle** around the area.

Variety is the spice of life. This holds true for many erogenous zones. Constant stimulation becomes a turn off. For erogenous zones that turn cool with too much stimulation, draw a **square** around the area. This indicates that you like being touched here but for short periods of time. Stimulate this area for a short time, move on to another area, then return for another short period of stimulation.

Sometimes less is more. Some erogenous zones respond better to light feathery touch. Other areas respond to heavy sensations. Draw a **star** for light touch zones and draw a **lightning bolt** for heavy touch areas. Sometimes light touch followed by heavier touch is desirable. If this is the case, show the order and combination of light and heavy sensations by drawing a series of stars and lightning bolts.

Sometimes an area of our body is highly ticklish. Being tickled can be a sexual turn on for some people. It can be a sexual turn off for others. Indicate if you like being tickled or if it turns you off. Draw a **triangle** on areas that are ticklish.

Finally, if you have an order in how you like to be touched, number the areas in the sequence that you desire.



The Symbol Codes

Warm up before stimulation



No constant stimulation



Light Touch

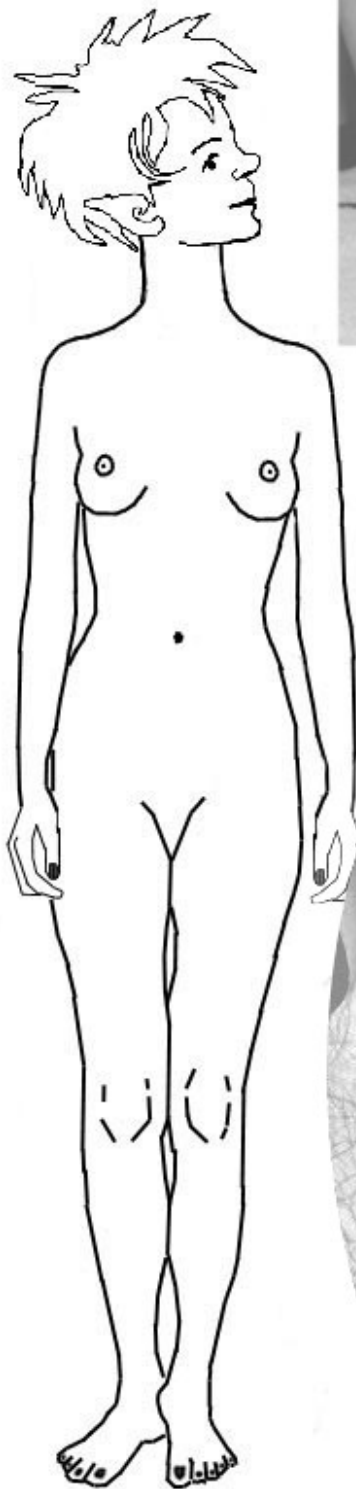


Heavy touch



Ticklish area

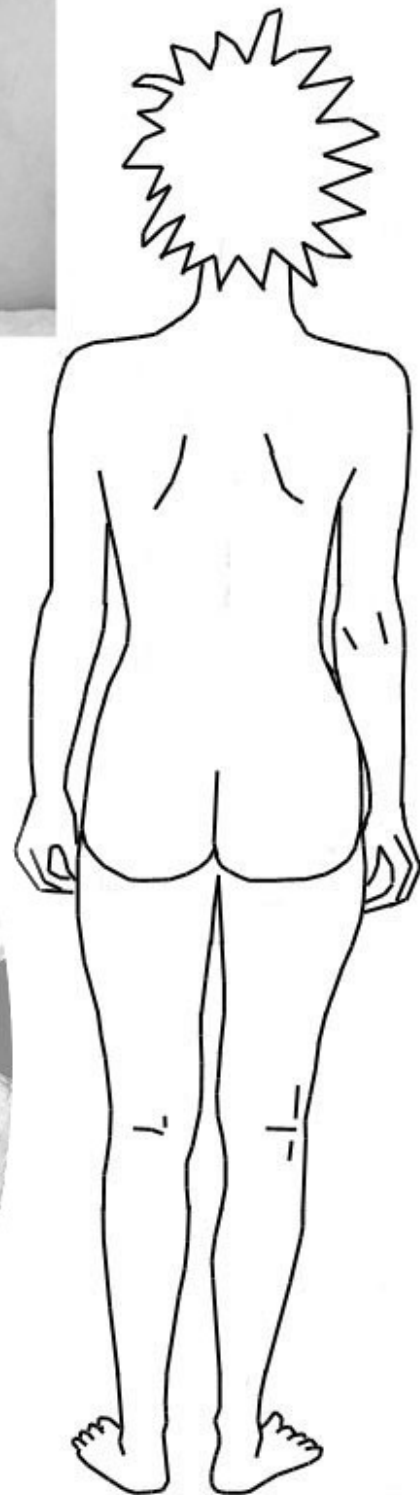


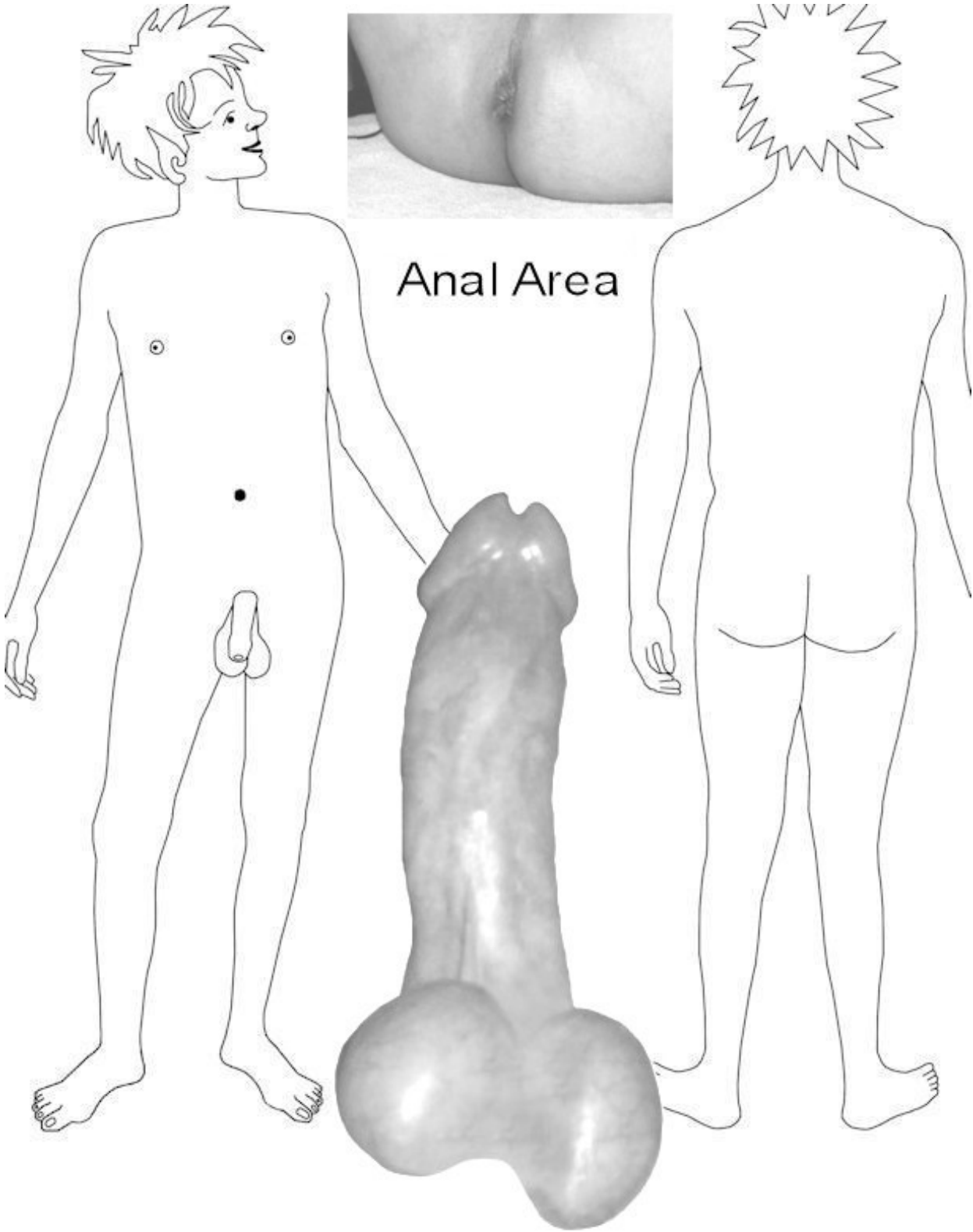


Anal Area



The vulva







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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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