The Non Genital Orgasm

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https://www.ravenslairleather.com/

Raven's Lair

Creating A Sex Positive World

Through Adult Sexual Education and

Erotic BDSM Performance Art

The Non-Genital Orgasm

In this training, I will act as your guide in experiencing an energy orgasm which is called The Non-Genital Orgasm.

I learned about this at a bisexual conference when I attended Kate Bornstein's workshop on The Non-Genital Orgasm. I was given permission to cover these methods in my work as a sacred harlot.

I will be guiding you through an inward journey. Listen to this guided journey to a non-genital orgasm in an environment where you can enter into a type of trance state. As you listen to the guided presentation, lay on your back. For this inward journey, you need to be in a space where there will be no interruptions. Be sure to turn off your cell phone.

It is recommended that your space has ambient lighting and is a quiet space. Do not listen to this guided journey while operating machinery or while driving.

The non-genital orgasm is a process that includes the following components:

Instructions, definitions, and directions.
Building and circulating erotic energy. 20 minutes
The Big Draw. About a minute
Time to fully experience The Energy Orgasm. 30 minutes.

Instructions:

What is an orgasm?

Different types of orgasms. Giggle-gasms Temper-gasm Laughing-gasm Cry-gasm

If an energy orgasm does not occur, be patient. You may need to practice the non-genital orgasm a few times before you are ready to orgasm. For some people it takes practice before they reach an energy orgasm.

Before we begin, I will cover the components and have you practice them. The components are:

The Lover's Breath – Take a deep inhale forcing air deep into your lungs. Hold the breath for a moment. Open your throat and sigh the breath out slowly. Be sure to sigh out loud as the sound sends vibrations into your core. Do a practice run for 3 breaths.

PC Muscle Exercises – The pc muscles are your sex muscles. To locate them, when you urinate and stop the flow of urine, you are using your pc muscles. Squeeze your pc muscles on the exhale and relax them on the inhale. Or do the reverse.

Taoist and Tantric techniques – Gyrating the pelvic floor. If you have a medical condition that affects your mobility, check with your doctor before engaging in this activity. This step can be skipped if needed. To gyrate the pelvic floor, thrust your pelvic area forward and then backward. Thrust in each direction as far as feels comfortable.

If you find it difficult to do all 3 of these activities together, just do the Lovers Breath and PC Muscle squeezes.

After we complete raising erotic energy, we will perform the big draw.

The Big Draw – Don't do this step yet, I just want you to be familiar with how to do the big draw. On my signal after building erotic energy, take 3 really deep breaths. On the third inhale hold the breath for 30 seconds. Lift your head and feet up and clench all the muscles in your body, especially your abdominal and pc muscles and hold. At the end of 30 seconds I will que you too relax and breath in your natural breathing rhythm. Close your eyes and experience the energy flowing through your body.

When we start, I will guide you. I will provide a time check every 5 minutes for the duration of building erotic energy.

Action Step Exercise

The Guided Non-Genital Orgasm Journey

(Building and circulating energy - 20 minutes:) Let's begin. Get comfortable and lay on your back with your arms beside you and your feet uncrossed. Close your eyes and start with The Lover's Breath take deep breaths forcing air in and slowly relaxing the breath out with a sigh.

Start squeezing and relaxing your PC Muscles coordinating them with your breathing.

Now Gyrating the pelvic floor, coordinating the gyrations with your breathing. Continue all these activities together as I guide you. I will give a time check for each 5 minutes for the duration of 20 minutes.

(Statements during the 20 minutes: Give 5 minute time checks.)

Notice how good it feels to breath.
Squeeze your pc muscles and notice the erotic energy building with each repetition.
Pump sex energy through your body with each gyration of the pelvic floor.
Notice how good your body feels as you build erotic energy.
Remember to take deep breaths and sigh the breath out with your throat open.
Feel the vibrations resonate through your chest as you exhale.
Notice how good your genitals feel with each squeeze and release of your pc muscles.
As you gyrate your pelvic floor, notice how the energy feels in your root charka.
Be fully present with your body, experience each feeling in your body.
Be aware of each deep breath and how good it feels throughout your body.
You may notice tingling sensations in various areas in your body. Notice how good they feel.
Rock your pelvic floor with each breath.
Squeeze orgasmic energy throughout your entire body.
Circulate the orgasmic energy with each breath.
Squeeze your sex muscles and notice how good it feels to squeeze and release.
Be fully present with your entire body. Focus on the energy in your body.

(At the end guide everyone through The Big Draw.) Take 3 deep breaths. On the third inhale hold the breath for 30 seconds. Lift your head and feet up and clench all the muscles in your body, especially your abdominal and pc muscles and hold. (At the end of 30 seconds) Relax and breath in your natural breathing rhythm. Close your eyes and experience the energy flowing through your body.

(Allow 20 – 30 minutes to enjoy your orgasm in while listening to the music on the recording.)

Bring focus back to your environment.
Wiggle your fingers and toes.

Become aware of any sounds in your space.
When you are ready open your eyes.
This concludes the Non-Genital Orgasm.

Conclusions

If an energy orgasm did not occur, be patient. You may need to practice the non-genital orgasm a few times before you are ready to orgasm. For some people it takes practice.

For those who did experience an energy orgasm, be sure to continue to explore further. With practice, the experiences can take you to different experiences.

I would love to hear about your experience with the non-genital orgasm. If you have questions, feel free to ask. I am here to share information that you probably can't get from other sources. Be sure to leave a comment or email me at admin@ravenslairleather.com.

Be sure to check out Raven's Lair Adult Sexual Education Training Videos at https://www.ravenslairleather.com/videos
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I hope you had a wonderful experience with the non-genital orgasm.

Instruction Video Transcript

Hello and welcome. I am Ladyboy Gigi and tonight I'm covering the non-genital orgasm. In this training, I will act as your guide in experiencing an energy orgasm, which is called the non-genital orgasm.

The Non-Genital Orgasm

I learned about the non-genital orgasm at a bisexual conference when I attended Kate Bornstein's workshop on the non-genital orgasm. I was given permission to cover these methods in my work as a Sacred Harlot. I will be guiding you through an inward journey.

Listen to this guided journey, to a non-genital orgasm, in an environment where you can enter into a type of trance state. As you listen to the guided presentation lay on your back. For this inward journey, you need to be in a space where there will be no interruptions. Be sure to turn off your cell phone. It's recommended that your space has ambient lighting and is a quiet space. Do not listen to this guided journey while operating machinery or while driving.

The non-genital orgasm is a process that includes the following components: Instructions, definitions, and directions, building and circulating erotic energy, which takes about twenty minutes, doing the big draw, and it takes about a minute for this one, and then time to fully experience the energy orgasm, which is about thirty minutes. So on to the instructions.

Orgasms

What it is an energy orgasm? There are different types of orgasms, there's giggle gasms temper gasms laughing gasms and cry gasms, and many more. If an energy orgasm does not occur be patient. You may need to practice the non-genital orgasm a few times before you're ready to orgasm. For some people it takes practice before they reach an energy orgasm.

The Lover’s Breath

Before we begin, I will cover the components and have you practiced them. The components are as follows: The Lover's Breath. Take a deep inhale forcing air deep into your lungs, hold the breath for a moment, open your throat, and sigh the breath out slowly. Be sure to sigh out loud. as the sound sends vibrations into your core being. Let's do a practice run for three breaths [inhale] [sigh] [inhale] [sigh] [inhale] [long sigh] Make sure you feel the vibrations resonate in your chest.

Sex Muscle Exercises

The next component is to perform PC muscle exercises. The PC muscles are your sex muscles. To locate them, when you urinate and stop the flow of urine, you are using

your PC muscles. Squeeze your PC muscles on the exhale and relax them on the inhale, or you can do the reverse. Squeeze your PC muscles on the inhale and relax them on the exhale. It doesn't really matter which technique you use, either works fine. Find the method that works best for you.

Gyrate the Pelvic Floor

The next component are based on Taoist and Tantric techniques. Gyrating the pelvic floor. If you have a medical condition that affects your mobility, check with your doctor before engaging in this activity. This step can be skipped if needed. To gyrate the pelvic floor thrust your pelvic area forward and then back. Thrust in each direction as far as feels comfortable for you. If you find it difficult to do all three of these activities together, just do the lover's breath the PC muscle squeezes.

The Big Draw

After we complete raising erotic energy, we will perform the big draw. The big draw is another component. Don't do this step just yet, I just want you to be familiar with how to do the big draw. On my signal, after building erotic energy, take three really deep breaths. On the third inhale, hold the breath for thirty seconds. Lift your head and feet up, and clinch all the muscles in your body, especially your abdominal and PC muscles, and hold them. At the end of thirty seconds, I will queue you to relax and breathe in your natural breathing rhythm. Close your eyes and experience the energy flowing through your body, after completing the big draw.

When we start I will guide you. I will provide a time check every five minutes for the duration of building erotic energy. So, this concludes the instruction part. I will do the guided non-genital orgasm journey in a separate audio tape.

Non-Genital Orgasm Text from sound track (Transcribed)

Hello and Welcome! I am Ladyboy Gigi and this is the guided non-genital orgasm journey. I will be taking you on a journey to experience an energy orgasm.

So let's begin.
Get comfortable in your environment and lay on your back with your arms beside you and your feet uncrossed. Close your eyes.

Start with the Lovers Breath. Take deep breaths forcing air in and then slowly relaxing the breath out with a sigh. Be sure to be vocal with your sigh. Now, start squeezing and relaxing your PC muscles. Coordinate the squeeze and relax with your breathing. Now start gyrating the pelvic floor and continue all these activities together.

Start the journey:

Notice how good it feels to breath.

Squeeze your PC muscles and noticed the erotic energy building with each squeeze. Pump sex energy through your body with each gyration of your pelvic floor.

Notice how good your body feels as you build erotic energy.

Remember to take deep breaths and sigh the breath out with your throat open wide open.

Feel of the vibrations resonate through your chest as you exhale.

Notice how good your body feels as you build erotic energy.

Notice how good your genitals feel with each squeeze and release of your PC muscles.

As you gyrate your pelvic floor notice how that energy feels in your root chakra.

Be fully present with your body.

Experience each feeling that flows in your body.

Be aware of each deep breath and how good it feels throughout your body.

You may notice tingling sensations in various areas of your body, notice how good they feel.

Rock your pelvic floor with each breath.

Squeeze orgasmic energy throughout your entire body.

Circulate the orgasmic energy with each breath.

Squeeze your sex muscles and notice how good it feels to squeeze and release.

Be fully present with your entire body.

Focus on the energy in your body.

Remember to breathe deep and sigh on the exhale opening your throat wide.

Notice how good it feels to breath and circulate erotic energy.

Pump sex energy through your body with each gyration at the pelvic floor.

Remember to take deep breaths and sigh the breath out with your throat open.

Feel the vibrations resonate through your chest as you exhale.

Be aware each deep breath and how good it feels throughout your body.

You may notice tingling sensations in various areas of your body.

We've just reached the first five minutes, continue squeezing breathing and gyrating.

Notice how good it feels to perform the lover’s breath.

Pump sex energy through your body with each gyration of the pelvic floor.

Be fully present with your body and experience each feeling in your body.

Be sure to breath deep, forcing air in on the inhale, and sighing the breath out on the exhale.

Feel the vibrations resonate through your core being and as you exhale squeeze orgasmic energy throughout your entire body.

Circulate the orgasmic energy with each breath.

Be fully present with your entire body, focus on the energy that's flowing through your body.

Squeeze your sex muscles and notice how good it feels to squeeze, how good it feels in your genitals, how good it feels to release.

Pump sex energy through your body with each gyration of the pelvic floor.

Notice how good your body feels as you build this erotic energy and remember to take deep breaths.

Sigh the breath out with your throat open.

Notice how good it feels to work this energy all through your body.

Breath deep, force the air in and relax and sigh the breath out with your throat open.

Pump sex energy through your body with each gyration of the pelvic floor.

Feel the vibrations resonate through your chest as you exhale.

Be aware of each deep breath and how good it feels to circulate energy through your body with breathing.

Circulate the orgasmic energy with each gyration and with each breath and with each squeeze of your sex muscles.

Circulate the orgasmic energy with each breath.

Be fully present with your entire body.

Focus on the energy circulating in your body.

Notice how good it feels to breath and circulate erotic energy.

Squeeze your PC muscles and notice the erotic energy building, filling you full with each repetition and the squeeze and release.

Now we've reached ten minutes. Continue squeezing breathing and gyrating.

Be aware of each deep breath and how good it feels to throughout your body.

You may be aware of each deep breath and how good it feels to breath.

You may notice tingling sensation in various areas of your body.

Take notice how good they feel.

Rock your pelvic floor with each breath.

Squeeze orgasmic energy throughout your entire body.

Pump sex energy through your body with each gyration of the pelvic floor.

The pelvic floor is your root chakra. It's the center of your energy.

Take deep breaths and sigh the breath out with your throat open.

Really breathe deep.

Take deeper and deeper breaths.

Be fully present with your body.

This is your experience, this is your time.

Be fully present with your body.

Feel your entire body as you build this erotic energy and circulate it.

Rock your pelvic floor with each breath.

Pump sex energy through your body.

Notice how good your body feels as you build this erotic energy on this journey within.

Remember to take deep breaths and sigh the breath out with your throat open.

Feel the vibrations resonate through your chest as you exhale with a sigh.

Be aware of each deep breath and how good it feels to circulate erotic energy through your body.

Circulate the orgasmic energy through your body.

Notice how good it feels and how tingly it can feel in your body.

Rock your pelvic floor with each breath.

Pump sex energy through your body.

Through breathing and sighing the breath out, notice how good it feels to breath.

This is your time to raise erotic energy and to feel pleasure.

Squeeze those PC muscles and then relax them, find your natural rhythm, your body knows the rhythm.

With the breathing, the squeezing, and the gyrations; allow your body to develop its own rhythm as you perform each activity.

Raising erotic energy.

Now we're at fifteen minutes, five minutes to go.

Continue breathing deep.

Remember to sigh on the exhale.

Allow the sigh to resonate and vibrate through your chest.

Notice how good your body feels as you builder erotic energy.

Squeeze orgasmic energy throughout your entire body.

Circulate this orgasmic energy with each breath.

Squeeze your sex muscles and notice how good it feels in your genitals.

Be fully present with your entire body.

Focus on the good tingly feelings within your body.

This is your time to feel pleasure, to go on an inner journey.

Pump sex energy through your body with each gyration of the pelvic floor.

Feel the vibrations resonate through your chest as you exhale.

Feel the cool air coming in as you force air into your lungs on the inhale.

As you gyrate your pelvic floor notice how good the energy feels in your root chakra.

Squeeze orgasmic energy throughout your entire body.

Circulate the orgasmic energy with each breath.

Squeeze your sex muscles and notice how good it feels in your genitals.

Be fully present with your body, be fully present with yourself.

Focus on the energy flowing through your body.

Remember to breathe deep, forcing air deep within your chest and then sigh on the exhale.

Pump sex energy through your body with each gyration of the pelvic floor.

Squeeze orgasmic energy throughout your entire being.

You are an energy being.

You are worthy of experiencing pleasure.

Be fully present with your entire body and with the energy flowing through your body.

Notice how good it feels to squeeze your sex muscles.

Notice how good your genitals feel.

Be aware each deep breath and how good it feels to circulate erotic energy throughout your body.

Squeeze orgasmic energy throughout your entire body.

Rock your pelvic floor with each breath.

Squeeze orgasmic energy throughout your entire being.

We're about to begin the big draw.

Take three deep breaths, remember on the third deep breath I'll have you squeeze every muscle in your body.

Take your first deep breath, force air deep into your lungs. Hold the breath for a few moments and release it with a sigh. Really sigh out with the release of the breath.

Inhale again breathing really deep filling your chest with air. Hold for a moment and exhale with a sigh.

Now on this third deep breath your going to hold it for about thirty seconds. For this third deep breath take a really deep breath then hold tense, every muscle in your body. Hold the breath squeeze your PC muscles. Squeeze your abdominal muscles. Hold the breath. Continue holding and squeezing. Hold the breath just a little longer.

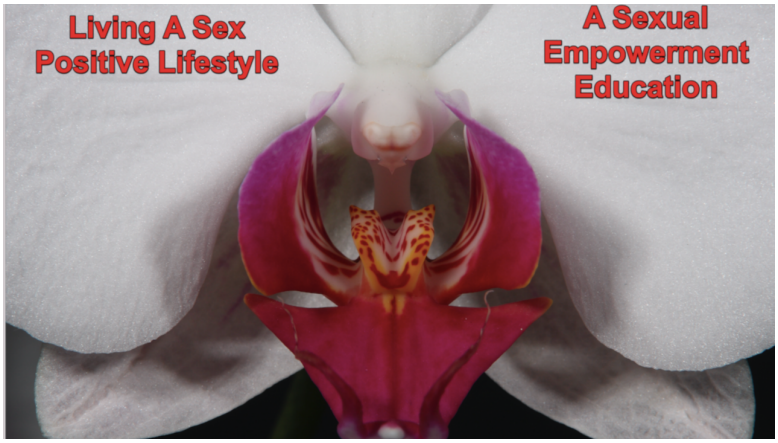
And now release and relax. Allow your body to go into its own natural breathing rhythm as you listened to some music and experience the energy going through your body. Enjoy listening as you take this journey.

[Music Plays for 30 minutes]

Start bringing focus back to the environment you're in. Notice any sounds in the space your in. Wiggle your fingers and toes. Become aware of any sounds in your space. When you're ready open your eyes.

For those who did experience an energy orgasm be sure to continue to explore further. With practice the experiences can take you to higher levels of consciousness.
If an energy orgasm did not occur be patient you may need to practice the Non-Genital Orgasm techniques for a few times before you ready to orgasm. For some people it takes practicing two, three, or four times.

I would love to hear about your experience with the Non-Genital Orgasm. If you have questions, feel free to ask. I am here to share information that you probably can't get from other sources. Contact me at admin@ggwilbur.com.



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.