



The Body Image Healing Training Program

Action Step 12

Genitalia Exercise



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.



Genitalia Exercise

Start getting to know your genitals. For one month, explore your genitals, perineum area (The area between the anus and the genitals.), your nipples/breasts, your anal area and other areas of your body that you find pleasurable; each day for about 20 minutes using a hand mirror. You may explore visually and through touching. It would be good to pick the same time of day to do this throughout the month. It is important that you find a time where you can have privacy while doing the exercise.

Here are some ideas on how to spend time with your genitals: Feel free to draw pictures, which can be realistic and/or abstract interpretations. Get to know your genitals. Talk to them, give them a name, and give them an identity of their own. Imagine that they can talk to you. What would they want to tell you? Get to know every aspect of their physiology. Write a poem about your genitals while looking at them in a mirror. Do a sculpture of your genitals. Get some body paint and paint your body to accentuate your genitals. Get creative and think of some other ways to spend time with your genitals.

The main focus of this exercise is to get in touch with your sexiness and to develop a sex-positive attitude about your sexual body. Have fun getting to know your genitals and other erogenous zones.

List the activities you explored as you got to know your genitals.



Mirror Exercise 1:

During the third week in spending time with your genitals, add some time to complete the mirror exercise 1. On a daily basis spend some time naked in front of a mirror so that you can see your entire body. Take notice of what you find that you don't like about your body and name it. This is the time to simply acknowledge the things that you don't like about your body. There is a power in naming.

Things I don't Like about my body include:

After you have identified and named the things you don't like about your body, look at the things you do like about your body. Name them as well. What do you find sexy? How has your body served you in good ways? List them here:

The point in this exercise is to identify what you find attractive with your body and acknowledge the things you are critical about.



Mirror Exercise 2:

For the last week of spending time with your genitals, add some time to complete the mirror exercise 2. On a daily basis, spend a few minutes naked in front of a full-length mirror so that you can see your entire body. Start out in your sexy outfit, and then do a sexy strip tease for yourself. As you strip and while you are naked, tell yourself what you find sexy about your body. Tell your body and your sex what you like about them. Praise yourself for being a beautiful sexual human being.

Things I find sexy about my body:

Things I like about my body and my genitals:



Pamper Exercise:

Throughout the month, complete the pamper exercise. Once a week, take some time to pamper your body. Take a long soothing bubble bath or a long soothing shower, if you don't have a bathtub. If you have a partner, have them scrub your body and pamper you during this bath time. During the bath or shower, take some time to masturbate or have your partner service you in any way that feels good to you. You do not need to bring yourself to orgasm unless you want, but include genital stimulation as part of the bathing experience.

Things I would enjoy doing to pamper my body include:

Refer back to this list to remind yourself of activities you enjoy.



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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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.