



# The Erotic Body Map Part 1

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## Creating a Sex-Positive World

### Through Adult Education & BDSM Performance Art

### The Erotic Body Map Training Program

## Introduction

Welcome! I am Ladyboy Gigi. My life vision is to create a sex-positive world through adult education. I have studied human sexuality, both academically and experientially, most of my adult life. I have a B.A. in Philosophy and a Master's Degree in Social Work. It was in my studies in Philosophy that I took a course in ancient religions where I discovered the practice of spiritual sexuality. It struck a chord in me. In these practices, there was no concept of sex being sinful. It was just the opposite; sex was considered a sacred act.

I became fascinated, and I studied many different cultures and many different writings on sexuality, some dating over 3,000 years old. Over the years I became an expert on sexuality. Now I am a sex educator and a certified Sexologist.

**Warning:** If you have ever experienced sexual trauma and still have unresolved sexual issues, do not take this training program until you have obtained counseling from a trained mental health professional.

**Who would benefit:** The Erotic Body Map Training Program is for individuals who are single, individuals in a sexual relationship, individuals who want to learn about sexual energy, and individuals who want to live a sex-positive life.

**What to Expect –** The training program offers several challenges and opportunities for growth: Develop a new perspective about sex. Change your personal rules about sexuality. Develop courage to be vulnerable with yourself and your partner.

## The Erotic Body Map Training Program Part 1

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Just to let you know, I have performed every exercise in this training program and while there were times where I had to face some of my own fears, the benefits far exceeded the work and courage I had to muster. By facing my fears and learning how my body operates on a sexual level, I became more confident and discovered a new sense of freedom in my sexual expression. Knowledge is self-empowering.

The training program consists of 5 videos. In the first video, we will explore a Sex-Positive Approach and Erogenous Zones. In the second video, we will learn about the body's sexual neurological system and raising the Kundalini. The last 3 videos include action steps to practice to gain mastery in identifying and communicating sexual practices. Therefore, in the third video, we explore how to identify and discover your erogenous zones. The fourth video provides detailed information to map out the erogenous zone of your body. In the last video, exercises are provided to put all you have learned into practice.

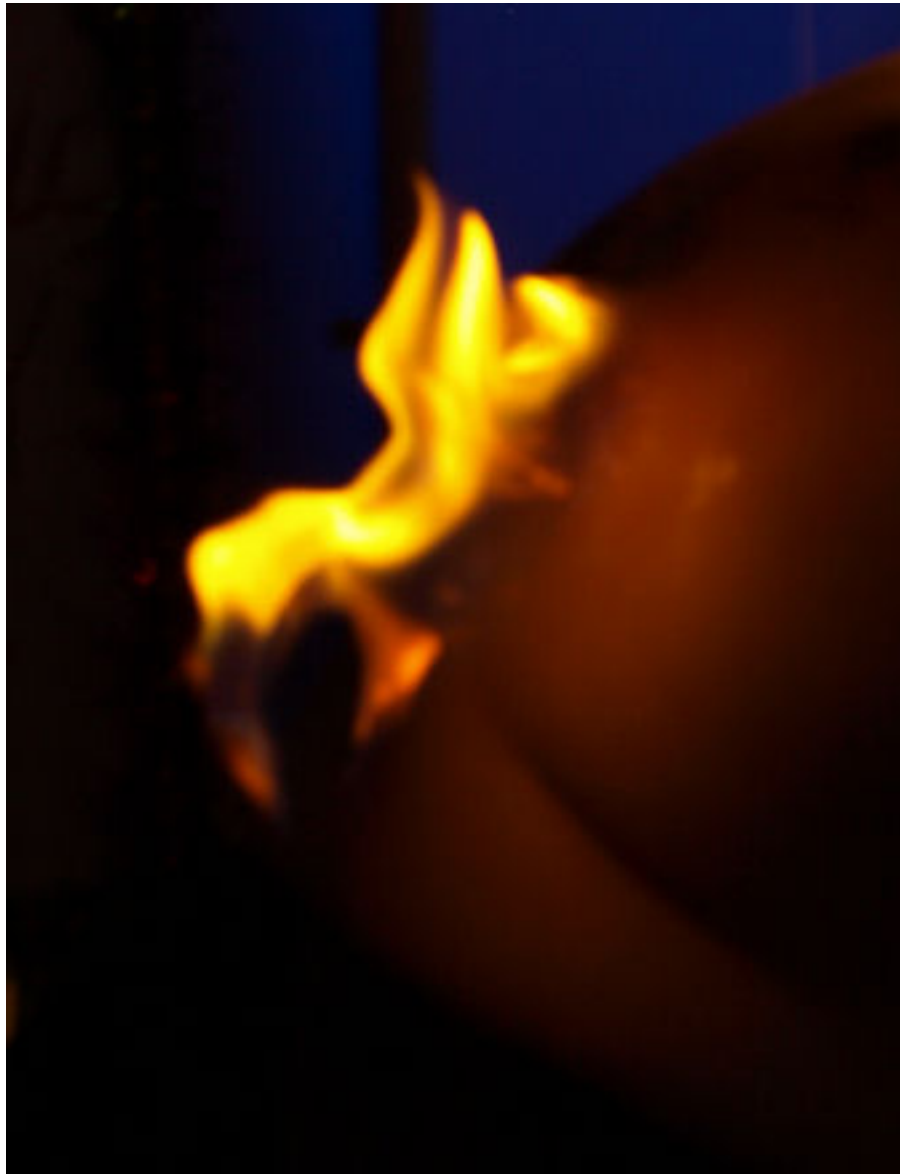
You too will feel the sacred nature of sexual expression between consenting adults as well as feeling a deeper connection with your sexual energy and your primal nature as you complete The Erotic Body Map Training.



## Learn about a Sex-Positive Approach and Erogenous Zones

We live in a sex-negative culture and are subjected to sex-negative conditioning and sexual taboos. Way too often, we are influenced by sex-negative conditioning which blocks us from experiencing a healthy and fulfilling sex life. I have come across many people who have an assortment of problems in their sexual relationships.

One problem I have had come across with clients many times over the years is about sexual communication. Often, there is little or no communication between couples when it comes to sex and specifically on how they like to be stimulated sexually. I can't tell you how many times a person tells me, "I just act like I am enjoying what my partner



is doing because I don't want to hurt their feelings.” I advise them that if they want to experience sexual ecstasy with their partner, then it is essential to communicate about sex. Yet the communication does not necessarily need to be verbal. It can include non-verbal communication as well.

For many people, they have not explored erotic stimulation and what turns them on sexually due to social conditioning and stigmatization of parts of the human body. Let's face the facts, sometimes the body can be messy and smelly. But that is easily remedied through bathing and practicing good hygiene before engaging in sex.

By completing The Erotic Body Map Training Program, you will be able to identify your erogenous zones and be able to communicate this information to your partner. You may want to have your partner do this exercise too, so they can share their erotic information with you.

I understand that talking about sex can be difficult. It is no wonder! We live in a sex-negative society with a lot of sex-negative conditioning. Many of us are taught that sex is a sin. We have many taboos around human sexual expression. Isn't it time to experience a different approach to sex and break unhealthy social conditioning?



## A Sex-Positive Approach

A sex-positive approach is to see sex as a sacred act and approach sexuality with reverence and gratitude. Sex is about raising and sharing energy and bringing each

other to a state of ecstasy. There are many cultures that have developed a healthy set of values and attitudes about sex. There are many documents dating back thousands of years which include, but are not limited to, writings about Tantric Sex Practices, Taoist Sexual Techniques, and the Kama Sutra. There are even Sumerian texts that put sex in a positive light.

Sex is a form of art with many techniques which can bring us to a higher state of consciousness. The Erotic Body Map Training Program is the first step to enriching your sexual experiences. While I can provide the tools and techniques, it is up to you to put them into practice as you explore the exciting frontier of sexual enlightenment.

Take courage and face your fears. By making a decision to face fear and make a commitment to follow through, you will experience personal growth and experience new levels of sexual awareness. By taking this journey, you will learn new things about your body and have new sensations and experiences. But it does take courage and you have already taken the first step by taking this course. Fortunately, there is a fun and exciting way to overcome communication problems centered around sex.

To address this sexual communication problem and to improve sexual communication skills, I developed the Erotic Body Map. It includes a structure to improve sexual



communications, both verbally and non-verbally. I have both partners draw a map of their body, mapping out their pleasure zones as well as the type of stimulation that feels awesome. It is important to discuss what each of you have mapped out with each other as the first step in open, healthy communication about your sexual desires. By completing the Erotic Body Map with your partner, each of you will discover how your partner enjoys being stimulated and how they reach sexual ecstasy.



# Learn How Your Body Works Erotically

The first step in mapping out your erogenous zones is to identify how your body responds to erotic touch. This can be a little bit tricky if you don't know how erogenous zones work.

Our bodies have many erogenous zones. Each of these areas provides erotic sensations of varying degrees from person to person. For each person, these areas can change over time. Mood, sensual cycles, menstrual cycles, and many other factors can influence how our bodies respond to erotic touch. Some erogenous zones are highly sensitive and can get us highly turned on sexually. Some erogenous zones have to be warmed up before stimulation feels erotic. And there are some areas of the body that can be a complete turn off at an erotic level.

The entire body has nerve endings that respond to touch in one way or another. The entire body is a sensory organ and has the capacity to register erotic sensations. It is interesting to note that the genitals are stimulated when we walk. Yet this type of stimulation usually doesn't register at a conscious level and isn't usually erotic. When we focus on sex, a transformation occurs and genital stimulation becomes highly erotic.

The important point to note is that stimulating an area of the body when we are not sexually aroused will feel different than stimulating the same area when we are aroused.

## Summary:

In this first training we covered a few of the problems living in a sex-negative culture causes everyone to experience difficulty in sexual relationships. With a sex-positive approach we all can learn, grow, and develop a healthy sex life. Having a deeper understanding of erogenous zones and how they operate can open the door to not only a more fulfilling sex life, but also bring greater intimacy to relationships.

Our next lesson will cover the sexual neurological system and the concepts of cold and warming up. The kundalini is a symbolic metaphor that will be covered.





## 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.