



The Erotic Body Map Part 3 of 4

By Gigi Raven Wilbur, CSC

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Raven's Lair

Creating A Sex Positive World
Through Adult Sexual Education and
Erotic BDSM Performance Art

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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.



Creating a Sex-Positive World

Through Adult Education &
BDSM Performance Art

The Erotic Body Map Training Program

The Erotic Body Map Training Program Podcast

Show Title: The Erotic Body Map Training Program Part 3 of 4

Release Date: 3/8/2024

Transscript:

Hello & Welcome! You are listening to another episode of Adult Bedtime Stories. I am Ladyboy Gigi. At Raven's Lair, 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 do not watch the video, just listen to the audio version of the podcast.

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. The podcast video contains nudity and artistic images of the nude body. **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.

Tonights video training is on The erotic body map training part 3. To watch the podcast on video go to ravenslairleather.com/podcast.

Tonight's training video will cover Discover Your Erogenous Zones, A Symphony of Sensations, Sex Positive Attitude, Action Step 1, Map Your Body. Female Map, Male Map, The Coding System, and Action Step 2.

I would like to share some of the things that made me feel hesitant in this process. When I grew up, I was exposed to a lot of sex negative attitudes about the body. They included things like sex is sinful, if you masturbate you are killing your sperm, certain areas of the body are smelly and should not be touched. There were more, but these cover many of them that held me back from exploring my body.

I asked if these statements are true and where did they come from. Overall, they were not true.

My thinking for each statement is as follows. Since I was created with a sexual body that when stimulated, brings me to a state of ecstasy and helps me reach a more mindful state of mind, how can that be a sin. Killing sperm happens if you are having sex to procreate as well as with masturbation, as usually only one sperm out of millions enters the egg to fertilize it. The rest die. The whole body can be washed and clean before touching it.

I realized most of these statements came from several sources. Many of them came from religion, gutter humor jokes, parents, and social conditioning. Many are the result of sexual taboos.

This helped me to change my attitude about my body and thus start exploring sexuality. As I explored my body, I realized I could explore a variety of sensation with the use of sensory toys. Sensory toys can be items that produce different types of sensations. I explored my body using a variety of toys. For example, I played with temperature ranges by placing metal dildos in warm or cold water, exploring different textures which included a silk scarf, a hair brush, a clean scouring pad, vibrating insertable sex toys, and other items that produce a variety of tactile sensations.

Often I had to overcome negative social conditioning around sex. It helped me to remember my intention of discovering what feels good for my body and what gets me turned on at a sexual level.

I spent several weeks on Action Step 1 trying out different sensations and utilizing different pressures. I explored light sensations barely touching different areas with my finger nails and other objects. I explored heavier sensations with massaging myself and by pressing harder with sensation toys. I explored my entire body utilizing these methods. I even utilized light spanking and light fist pounding on my butt cheeks.

Once I completed my explorations, I completed The Erotic Body Map using the color codes and symbol codes. Through this process I discovered that my orgasms were more intense and felt better than if I only stimulated my genitals to reach orgasm. I spent more time and focused on what my body was feeling. Through this process, I started having full body orgasms, non-ejaculatory orgasms, deeper ejaculatory orgasms, and multiple orgasms. My erections were harder and I felt more pleasure from sex.

When I only stimulated my genitals, the orgasms were fairly quick. They felt good, but they were very different from full body stimulation orgasms.

So here is The Erotic Body Map Training Video Part 3.



Video 2

Discover Your Erogenous Zones

Welcome! I am Ladyboy Gigi. My life vision is to create a sex-positive world through adult education. This video will provide you with your first action step, discovering your erogenous zones.

Introduction

Often when it comes to our bodies, in a sex-negative culture we develop sex rules and touching rules that are based in a moral system that was developed long ago by people who practiced strict moral codes that no longer apply, especially to a person who wants to develop a sex-positive lifestyle. Open your mind to exploring your body fully. Shut out social conditioning messages and find what works for you and how your body responds to erotic touch.

There are different types of knowledge. One type is academic knowledge, learning by reading and research. Another type is experiential knowledge, learning through what we experience in life. Another type of knowledge is social wisdom, learning from our social circles and social networks.

When I was young, I learned about orgasms before I was capable of actually having an orgasm. My first knowledge came in the form of social wisdom. I learned orgasms feel great but it is wrong to masturbate and you have to wait until you get married before having sex.

Then I started reading factual information about orgasms and learned about the orgasmic cycle in men and women. I learned the physiological process of the sexual response system and about the chemical release in the brain which brings on euphoric feelings during orgasm. By this time, I thought I knew all there was to know about orgasm. I certainly had learned a lot of information.



Then I had my first orgasm. By then, I knew it was actually good to masturbate and that people have been doing it since the beginnings of humankind. I had just reached puberty and it was my first orgasm. I then realized I didn't really know about orgasms at all, until that first experience. Sure, I knew a lot of factual information and I knew a lot of social wisdom, but a lot of it was just plain wrong. There was some social wisdom which did turn out to be good information. But it was the experiential knowledge that brought a full understanding of what an orgasm is.

I bring this up because it is easy to think we have knowledge and a full understanding from academic knowledge and social wisdom alone. It is not until we gain experiential knowledge that we obtain a deeper meaning and understanding.

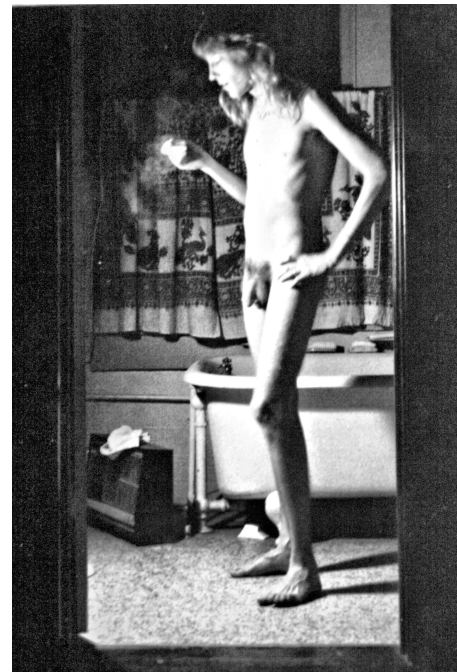
Discover Your Erogenous Zones

For this exercise know that some areas and sensations will work on an erotic level and some won't. Don't be afraid to experiment and explore. How else will you really know how your body responds? It is ok to experience sensations you don't like as they teach you what to avoid in the future. But if you avoid an area due to preconceived ideas, then how will you know what it feels like? I have a challenge for you, through the action step exercise, discover an erogenous zone on your body that you didn't know about.

Action Step 1: 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. Tomorrow, 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.

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 off the flesh.

Map your Body

Welcome! I am Ladyboy Gigi. My life vision is to create a sex-positive world through adult education. In this video, you will learn how to map out your erogenous zones utilizing the information you learned from Discovering Your Erogenous Zones Exercise in the previous video. Be sure to print out the Body Map corresponding to your sex and the Code Sheet.



Map Out Your Body

The Erotic Body Map template is a tool to graphically illustrate the unique erotic map of your body.



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 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.

The Color 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

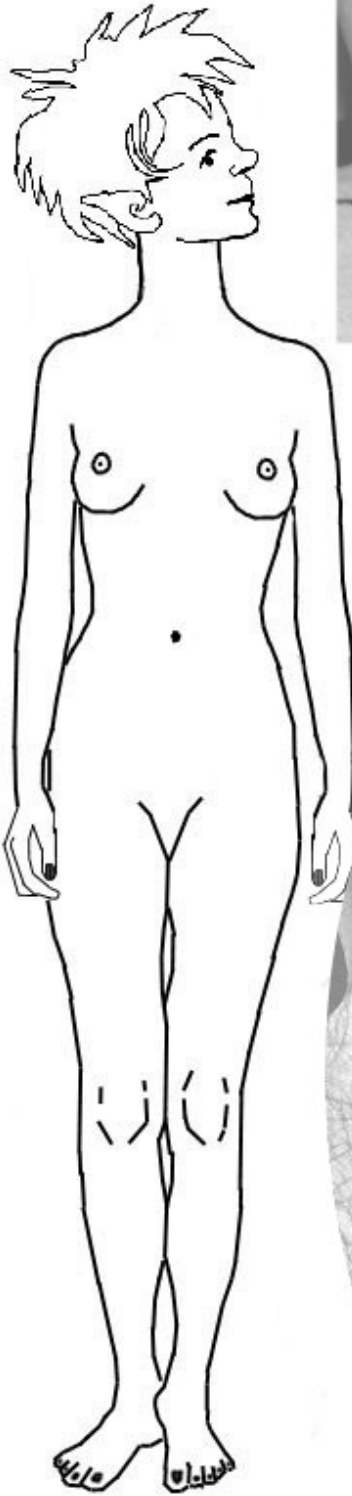


Heavy touch



Ticklish area

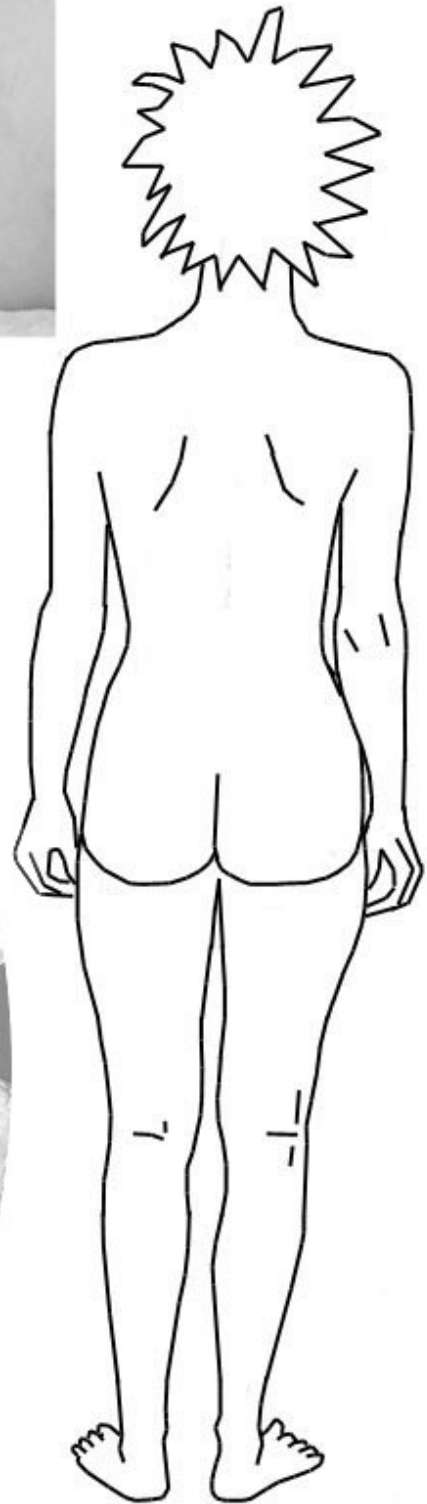


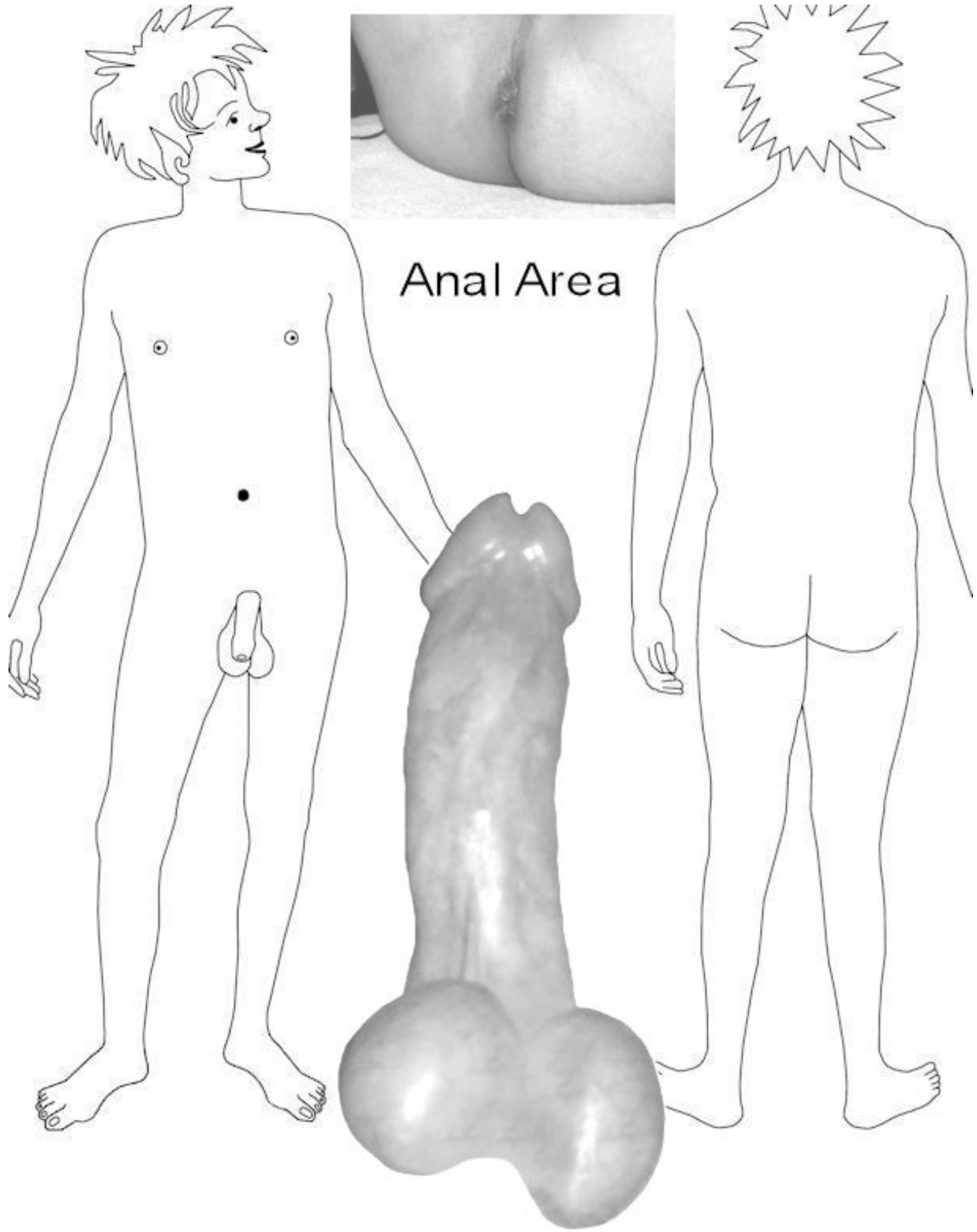


Anal Area



The vulva





Anal Area

Action Step 2: The Erotic Body Map

Print out the Female or the Male Erotic Body Map and The Code Sheet. 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.

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

Summary:

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.

It is amazing how mapping out your body can be so intimate. By now, you have a great tool to use in communicating how your sexual body works. Know that by sharing this information with a partner (or if single putting this new information into practice when you masturbate), it will create a genital / heart connection bringing greater states of ecstasy.

Tomorrow's training is exploring some exercises to utilize the power of The Erotic Body Map.

Station Break Info:

And now we are to station break. If you want to watch the video version of this podcast go to the link below/. Be sure to download the transcript of the show, and the 2 Action Steps. They can be obtained at <https://ravenslairleather.com/podcast>.

Review & Highlights:

What I Got Out of The Body Mapping Process

In our sex negative culture, often we don't set aside enough time for sexual play. In addition, many males are conditioned from early in life masturbation experiences to rush sex in order to not get caught in the act. By conditioning the body to hurry through sex, it takes developing a reconditioning to take time for sexual pleasure. It is especially important for males who experience premature ejaculation, or the term I prefer is early ejaculation.

I have a training video on how to learn how to break the early ejaculation cycle and learn how to extent sexual pleasure. In the future, I will cover early ejaculation on Adult Bedtime Stories for those who want more information.

Through the Erotic Body Map process and through learning some Tantric techniques, I learned how to enjoy sexual pleasure and reach higher states of sexual ecstasy. Below I will cover techniques in a variety of sexual activities to explore. While each of us are different in how we express ourselves sexually, I encourage you to explore new techniques in sexual pleasure. The techniques I enjoy may or may not work for you. But try them out and determine what does feel good in your body.

While there are ways and methods to bring variety to sex, I will outline some techniques to try out. I utilize other techniques not outlined here so that our sex does not become too routine. After you explore the techniques I will cover here, feel free to add techniques and develop your own form of sexual expression. By doing so, sex does not become a formula. Play with spontaneity with your sexual expression.

The main point is to take more time with sexual pleasure. In our culture, many people set orgasm as the goal of sex. Instead focus on the goal of experiencing sexual pleasure and allow the orgasm to occur if and when it happens.

For sex to be great, explicit communication between partners is necessary. It is important to learn about the amount of pressure to use, where and what order your partner desires stimulation, and their sexual boundaries and off limit areas.

Foreplay & Erogenous Zones

When I am with partner and when I have solo sex, I start stimulating erogenous zones around the body before genital stimulation. When I am playing with a partner, I follow what they identified on their body map. When I masturbate, I start with stimulation of my entire body touching from the outer body to the inner body. Tantric circles is a process of stimulating around an area and slowly working in to the erogenous zone. For example I touch around my chest and slowly circle in to the nipple, as my nipples are a hot erogenous zone.

I play with different areas of my body to awaken sexual desire and build it up high before stimulating my genitals. By the time I stimulate my balls and cock, my desire is intense.

I like to build anticipation for myself and my partner. Once I start stimulating my genitals, I start with a feather light touch, increasing sexual desire. Then I start stroking the entire shaft from the base to the tip slowly at first. If I get close to the point of no return (close to an ejaculation), I resume stimulating my body.

I love taking my time with feeling sexual pleasure. I also utilize deep slow breathing to circulate sexual energy throughout my body. Using these methods help me reach full body orgasms once I do reach orgasm. Often I will experience multiple non ejaculatory orgasms in the process of edging an orgasm.

Blow Jobs & Eating Pussy

I love oral sex, both giving and receiving. When I give a guy a blow job or perform oral sex with a woman, I start by forming a connection utilizing coordinated breathing as we gaze into each other's eyes. We form a genital heart connection. Then I play with erogenous zones on the body to raise sexual desires.

To raise the pleasure further, I start with kissing and licking areas around the genitals. Using the Tantric Circles technique, I take oral sex to greater heights of pleasure. As my partner gets more and more aroused, I lick closer to the genital area. As their desire builds, I then stimulate the balls on men or outer labia if I am with a female, licking them lightly.

For men, I slowly work my way up on the balls to the base of the shaft, and then slowly licking up the shaft. I stop just under the glands of the cock, licking around the front, sides, and back of the shaft. Once he is writhing with desire, I slowly take the tip of his cock into my mouth and flick my tongue around the head. I stimulate the glands slowly licking around the tip and then down to the corona. I take my time before taking his cock a little deeper down the shaft. I tantalizingly work down the shaft, going a little deeper with each downward motion and then pulling back to the tip.

Once I reach the base of the shaft, I signal him to start thrusting as I give a deep throat blow job. To be able to perform a deep throat blow job, I had to practice using a dildo until I was able to overcome the gag reflex.

For women, I gently kiss and lick the outer labia on both sides. For some of my female partners, they enjoyed it when I lightly nibbled the outer labia. As the desire builds, I lick the smooth skin between the outer and inner labia. I slowly lick up one side and down the other side. As her desire builds, I start licking the inner labia, giving each side plenty of attention.

Then I lick the area around the clitoral hood. Some women enjoy direct clitoral stimulation and some do not. The clit is very sensitive and has a lot of nerve endings, more than the glands of the cock. For women who do not like direct clitoral stimulation, I lick the immediate area around the clit. For women who do like direct clitoral stimulation, I lick it very gently unless they want more pressure.

Penetrative Sex

For penetrative sex, I start with foreplay and stimulating the bodily erogenous zones as well as oral play on the genitals. I take time as I outlined above with body stimulation and then oral stimulation.

As desire builds, I gently rub the tip of my cock on the vulva before entering the vagina. When I enter, I only enter the tip of my cock and pull out. I like to build up the hunger for my cock. I slowly enter again going slightly deeper, stimulating a little more. I pull out again and rub the vulva with my cock and penetrate a little deeper again. I continue teasing inside and outside going a little deeper with each slow thrust until I reach full penetration.

Once I am fully inside, I build the rhythm of thrusting slowly at first, then increasing to faster thrusts. If I get close to reaching an orgasm, I slow down until we are ready to cum.

I have a video training program on Anal Play and Anal Sex that I will feature on a future episode of Adult Bedtime Stories. For now I will cover a few techniques. For anal penetration, after I stimulate the body, I give my partner a Taoist anal massage to help relax the anal muscles before attempting penetration. I also enjoy rimming my partner. Rimming is kissing, licking, and sucking lightly on and around the anal opening. The use of a dental dam or other barrier prevents anal bacteria from being accidentally ingested.

I rub my cock and the tip around the butt cheeks, perineum, and anal opening, applying just enough pressure to feel good to the receiver. It is good to stimulate externally before entering the annus.

When the receiver is ready for penetration, I apply just a little pressure and have them use their anal muscles to take me in. I have them squeeze, relax, and push out with my cock at the anal opening. With a little practice, the cock will enter a little at a time.

Once inside, I hold still allowing the rectum to adjust to having a cock inside. Then I start thrusting in and out very slowly. As the desire builds up for the receiver, thrusting can intensify. As with vaginal penetration, I vary the pressure of the thrusts as well as the speed of the thrusts.

With some of my partners, I have them be on top of me so that they can take my cock in and out at the pace that they desire.

Body Map

The Erotic Body Map takes the guess work out of pleasuring one's partner. It also provides a process to discover one's own sexual body. When I was young, before I knew how to have great sex, I would ask my partner after making love, if it was good for them. By using the Erotic Body Map, I now know that we both experienced great sex. It really takes the guess work out of sex. I feel more confident as a lover.

When I first explored my sexual body, I discovered that sex is complex and is a skill that needs to be learned and developed. By going through this process, I developed greater erotic skills and became a better lover.

We will cover the final part of the Erotic Body Map in our next episode of Adult Bedtime Stories. In the final part of the Erotic Body Map, we will cover some erotic exercises for both singles and couples to improve the skills learned from this training so far.

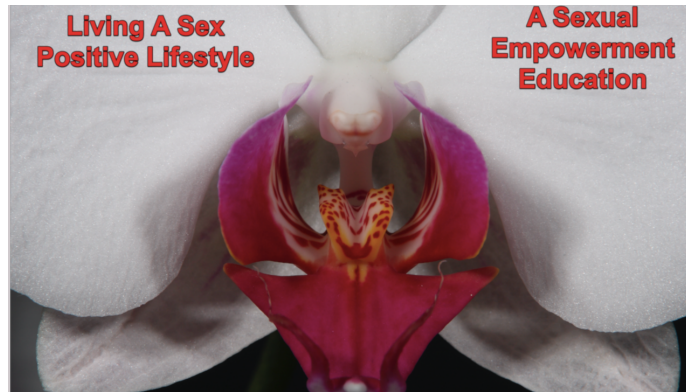
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Description

In our culture, it is assumed that we will instinctively know how to have sex. This is a myth and a misconception. For sex to be great, we need to learn about our sexual bodies as well as our partner's sexual responsiveness.

The Erotic Body Map Training Program is a great process to improve one's sexual pleasure. Our whole body is neurologically wired to receive sexual pleasure. By exploring the body, identifying erogenous zones, mapping them out, and communicating them to your partner, you will form a deeper connection with your partner as well as experience more sexual pleasures. Many people who have completed the training experienced their first full body orgasm. Men can experience full body orgasms as well as women.



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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