



Edging an Orgasm Training Program

Action Step 4

Edging an Orgasm



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 watching this video 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.



Edging An Orgasm

After you have completed The Raising Erotic Energy Action Step, start Edging an Orgasm using the methods listed below.

Practice Edging an Orgasm daily for a month.

After that, utilize Edging an Orgasm whenever you desire.



Edging An Orgasm Methods

Start by raising erotic energy throughout your entire body. Spend extra time on your erogenous areas. As the sex energy raises, circulate it through your body. Stimulate your genitals once you are highly aroused. Build up the sexual energy until you get near the point of no return, that point where an orgasm is immanent. Stop genital stimulation and breath deep.

Take a few moments to circulate the sexual energy throughout your body and allow the sex energy to subside a little bit. Just enough to back away from the point of no return.



After you have cooled down a little, start stimulating your genitals to bring yourself close to the point of no return. Repeat this process without reaching an orgasm.

The sexual body includes physical stimulation, circulating sexual energy utilizing breath work as well as exploring erogenous zones of your entire body, emotional sexual feelings, and mental sexual thoughts. Sexual mental thoughts can include sexual fantasies, erotic stories, imagining past erotic experiences, and any mental activities that get you turned on sexually. Emotional components of sexuality can include feeling sexy, feeling connected with your body (and connected with your partner), and feeling attractive.

By combining the physical, mental, and emotional components of sex, we enter into a higher form of consciousness. We become highly attuned to sexual stimulation. We become present and in the moment. Our awareness shifts to a more intuitive pattern of thinking. I think of this state of consciousness as our sexual consciousness and as a higher state of consciousness.

Accidental Orgasms

If you practice edging an orgasm and find that you accidentally pass the point of no return and experience an orgasm, enjoy the orgasm. For many people, it takes practice to learn the skill of edging. Know that it is ok to reach orgasm.

There are some techniques that can help for your future edging sessions. They include the following:

- Build awareness of the point of no return.
- Utilize the squeeze / relax technique.
- Utilize the lover's breath technique.
- Exercise your pc muscles daily.
- Stop genital stimulation.
- Utilize body mindfulness.

Build Awareness of the Point of No Return

To build awareness of the point of no return, masturbate to climax. As you do, focus on what is taking place as you reach the point of no return and on what occurs in your body as you orgasm. Notice your PC Muscles and what occurs with them when you reach the point of no return and as you orgasm. Notice what occurs in your pelvic area.

Practice just being aware of your body as you get close to the point of no return. What thoughts are you experiencing and do your thoughts help take you over the edge. Take



notice of how your genitals respond as you get close to the point of no return and then reach orgasm.

Perform building awareness repeatedly to become more aware of the point of no return.

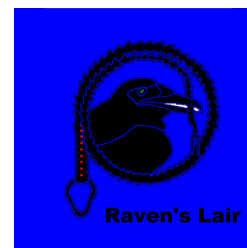


The Squeeze / Relax Technique

For some people, when they get close to the point of no return, squeezing the PC Muscles and holding the squeeze will keep them from going over the edge of the point of no return. For others, relaxing the PC Muscles and keeping them relaxed for a few moments stops the orgasm. Try each method and see which works best for you.

The Lover's Breath Technique

Performing the Lover's Breath as you get close to the point of no return will help circulate the erotic energy away from the genitals and throughout the rest of the body. Perform the lover's breath 4 – 6 times or until you are no longer near the point of no return. Then resume masturbation to build up erotic energy again.



Exercise Your PC Muscles Daily

Your PC Muscles are your sex muscles. By exercising them daily, they will become stronger and provide not only greater orgasm control, but also give you greater awareness of you sex energy as you build it up.



As your sex muscles become stronger, both females and males will have stronger erections and have greater awareness of their genitals.

Stop Genital Stimulation

As you get close to the point of no return, stop all genital stimulation. Touch other areas of your body to help circulate erotic energy into your body. Notice how different and good your body feels when you are highly aroused.

Explore different pressures. Use light feather like touch and harder touch. Explore with dry touch and then use massage oil. Explore all of your erogenous zones. Once you have receded from the point of no return, resume genital stimulation to get close to the edge again.

Repeat this process 4 – 6 times. On the final building of erotic energy, bring yourself all the way to orgasm if you so choose.

Sensation toys can add another dimension to erotic touch. Sensation toys can include things like feathers, massagers, neuro-wheels, and more. Anything that produces sensations on the skin can be used as a sensation toy.

Body Mindfulness

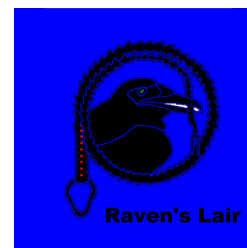
Too often we get stuck on performance issues, especially when playing with a partner. To break away from performance issues, focus on being fully present with your body. Focus on what your body is feeling and allow your self to fully immerse in the erotic sensations in your body as you raise erotic energy,

In our culture, we are taught to be goal oriented, often with orgasm as the goal. Instead focus on pleasure. An orgasm usually only lasts a few moments. By focusing on pleasure instead, pleasure can last as long as you play with your body and experience erotic sensations.

By focusing on giving and receiving pleasure, we develop body mindfulness. Our consciousness shifts from problem solving and rational thinking into experiencing and intuitive thinking. We become attuned to our body. We become connected with our self. We enter into a trance state and surrender to the ecstasy of pleasure.

With practice, you will transform your sex life. As you gain mastery with these techniques, you will discover a deeper meaning in sexuality. Edging an orgasm brings spirituality into sex. We reach a higher state of consciousness and learn how to be fully present and at home within our physical body.





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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