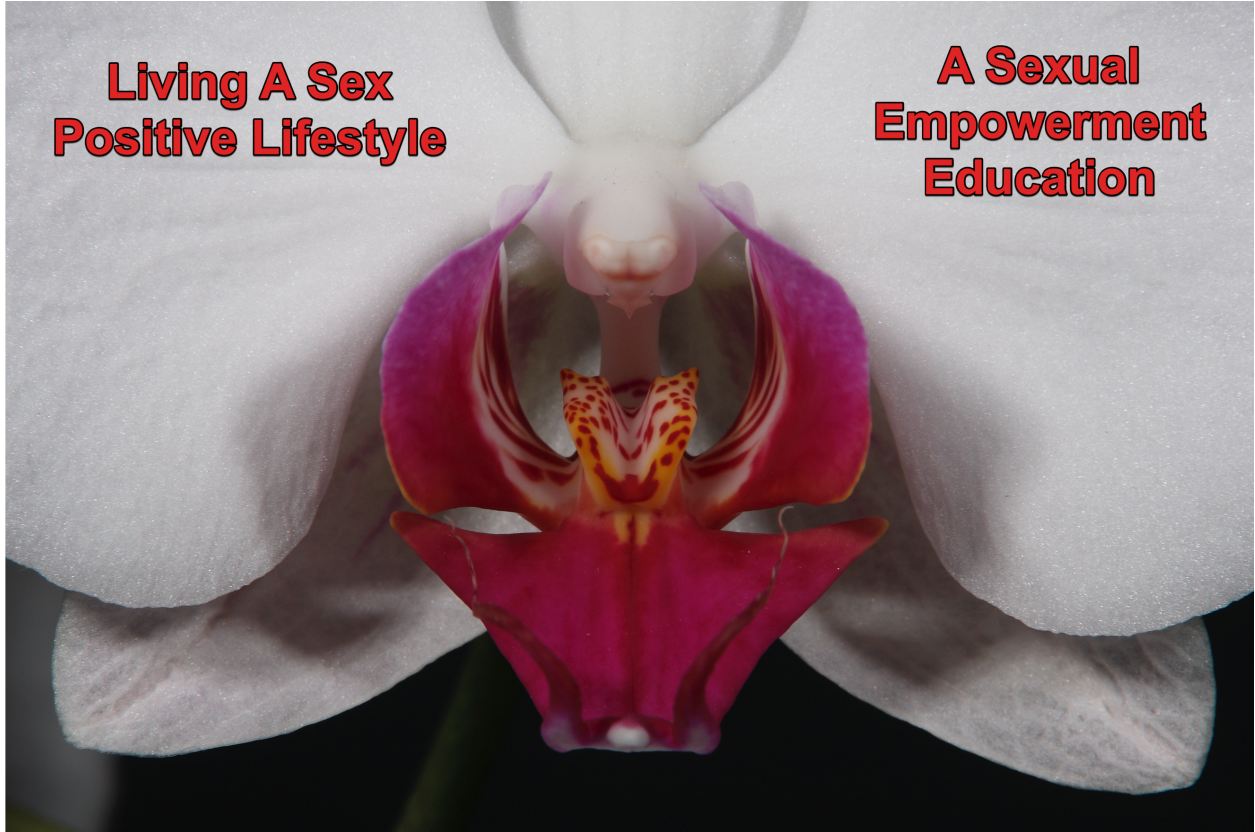


**Living A Sex
Positive Lifestyle**

**A Sexual
Empowerment
Education**



The Erotic Body Map & Raising Erotic Energy

By Gigi Raven Wilbur
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Raven's Lair

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

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 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.



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Adult Bedtime Stories - Raising Erotic Energy

Show Title: The Erotic Body Map & Raising Erotic Energy

Release Date: 2/9/2024

Transscript:

Hello & Welcome! You are listening to another episode of Adult Bedtime Stories. I am Ladyboy Gigi. Tonight I am starting the next video training series. If you want to watch the video, go to my website <https://ravenslairleather.com/podcast>. Otherwise the audio of the video will be included in tonight's podcast.

Tonight we are covering Raising Erotic Energy as part of The Erotic Body Map Training. What is sexual energy? How does one raise sexual energy? In the training video, we will cover sexual energy and much more. In this training we will cover how to remove blockages that dampen one's sexual desire and how to identify your primary sense for sexual arousal.

Often, we think that we must be aroused or in the mood before sexual interest can occur. That is in part a myth. Often, we think that desire must precede sexual activities. Learn Tantric based techniques to raise your sexual energy.

The benefits of Raising Erotic Energy include the following:

Generates a feeling of being connected.

Elevates one's mood to feel happier.

Raises our sex energy and our desire for sex.

Raises our ability to be more mindful and fully present in our daily activities.

We become more impassioned with life and life activities.

Releases oxytocin, serotonin, and dopamine which elevates our mood and brings more joy to life.

Brings radiance to our being.

In the training that will be presented shortly, I cover a daily practice to raise sexual energy. I have been doing this practice for many years. By completing this practice daily, it will increase the levels of serotonin, dopamine, and endorphins which help elevate mood and help us feel more connected in life. This has transformed my life.

On top of that, the practice brings me to a state of sexual ecstasy and I reach a state of higher consciousness. While I perform this practice each morning, I know people who do the practice just before going to bed at night. It can be done at any time of day that works for you. I do think it should be done at a consistent time each day to gain the benefits.

So, here is the Raising Erotic Energy Training video.

Raising Erotic Energy

Introduction

Welcome to Living A Sex Positive Lifestyle. I am Ladyboy Gigi and I am excited about Living A Sex Positive Lifestyle. I developed this video to bring people to an enlightened sexual experience.

Our topic today centers on sexual energy and our sex drive. It is interesting that some people seem to have a high sex drive and some have a low sex drive. Yet, to a degree this is a myth. Sex drive isn't something we have or don't have, it is something that we generate. Even people with a low sex drive can raise their sex drive through daily practices.

Today we will cover Raising Sexual Energy.

Do you feel sexy and sexual? Do you want to have more sexual energy? In our busy lives we often get caught up in life and sex gets put on the back burner.

Learn how to recharge your sex life with a daily practice that takes 15 – 30 minutes per day to perform. With this practice, you can recharge your sex energy.

Have you ever noticed how some people exude sexiness and sexual passion? We don't just have sexual energy, we generate sexual energy.

This training will guide you through the process of raising sexual energy.

Before I cover raising sexual energy, I would like to cover a few concepts that will aid the process.

Sex Is Energy and Sex Generates Energy

While sex is a physical activity, it is also a form of energy. As we are stimulated sexually, our neurological system transforms. Our entire sense of touch transforms and our neurons send electrical signals to the



brain from the body. The brain sends signals back to the body. As sexual energy builds up, our sense of touch changes how we perceive the sensations. They become more focused and we experience more and more erotic sensations and pleasure.

If you think about it, when we walk across a room, our genitals are being stimulated, but we usually don't pay much attention to the sensations. On the other hand, when we engage in genital sexual stimulation, we become highly focused on the sensations and the sensations are highly charged erotically.

There is a concept in Tantra called the Kundalini. The Kundalini is the sleeping serpent within all of us and it is our sex energy. Through sexual stimulation, sexual fantasy, and other means, the Kundalini awakens. As it awakens, our body and our mind transform.

On a more scientific perspective, as we become aroused, many physiological processes occur in our bodies. Our bodies release oxytocin, serotonin, and dopamine. These are the chemicals that reward our pleasure centers. They also act to open and heighten our sense of touch to become more pleasurable and raise passion.

When we regularly release these chemicals within us, we actually change our mindset. I think of it as entering into a higher state of consciousness. During sexual activities, we can become more focused in the present moment. Our awareness becomes focused on our body and our partner. We feel connection. We become more present with our self and with our partner. We become energized.

While there are things that can block us on a sexual level, when sex is not blocked and is fully functioning, we have the capacity to reach states of ecstasy that are transformational.

Sexual Blockages

In our modern culture, we are impacted by stress, complex lives, and day to day life. With career, jobs, family obligations, and living life, we are often operating from our rational side of the brain. On top of that, stress and tension have become a part of our lives. Stress and tension put us into a fly or fight mode. Our body and brain release adrenaline to empower us to fight or fly. As this occurs on a frequent basis, it dampens our sex drive as well as unleashing unhealthy chemicals in the brain.



We feel disconnected and focused on the future or the past. Our minds race with thoughts, worries, and concerns. We shift into problem solving mode and struggle with life problems. Sex gets put on the back burner and becomes a non-priority.

While I am painting a black and white scenario for illustration purposes, this does occur more often than you might think.

So, how does one get back on track with having a fulfilling sex life? We will cover techniques and practices that put us back on track today, later in this webinar.

Getting in The Mood

Often, we think that we must be aroused or in the mood before sexual interest can occur. That is in part a myth. Often, we think that desire must precede sexual activities. Fortunately, there are activities and practices that will help us get in the mood so to speak. While each of us are neurologically wired differently for sex, we do have a lot in common. Let's explore some of these differences first, as they will provide insights into activating sexual energy.

Create a Conducive Environment

Create an environment for your explorations in raising sexual energy. Turn off cell phones. Put a lock on the door for uninterrupted play time. Create an environment that is relaxing and helps set the mood for sex. Use candle light or other ambient lighting for your space. Decorate the room with erotica and create a sensual atmosphere. I even have an alter with erotic statues, photos, candles, incense, and massage oils.



Choose a time where you can have uninterrupted private time. If you live with a partner, let them know you need a private space to perform your erotic meditations. If kids are an issue, pick a time when they are out of the home.

This is your time to explore your body and raise erotic energy. When I lived in a house with lots of roommates, I would use bath time for my erotic adventures. At that time, I had a box with all my erotica environment supplies to utilize during bath time.

Identify Your Primary Sexual Sense

Each person has a primary learning style. We also have secondary learning styles. Some people learn best from visual materials. Others learn best from auditory information. Some are tactile/ kinesthetic learners, they learn best through a hands-on approach. This does not mean that we can't learn through other senses, but a person retains and learns best through their primary sense.

People also have a primary sense for arousal and sex. For example, if a person's primary sense for sexual arousal is from visual stimulation, they will respond better to seeing sexy images and through seeing their partner in a sexy outfit.

For those whose primary sense for sexual arousal is auditory, they will respond better to sexy talk and hearing sexy sounds.

For people whose primary sense for arousal is tactile / kinesthetic, they will respond better to touching and being touched.

Another primary component for sexual arousal is emotive. For them, sex has to have an emotional component. They respond sexually when their partner provides a sense of love, appreciation, and other emotional support.

It is important to determine your own and your partner's primary sense for arousal. Often, we assume our partner will respond the same way we respond. If my primary sense for arousal is visually based and my partner is based in auditory stimulation and I primarily provide sexy images and visual stimulation, then my partner will not respond as well sexually. In this case, if I talked sexy and described how sexy images look verbally, then they will get turned on at a higher level.

To determine one's primary sense for sexual arousal, determine what types of stimulation gets you sexually aroused. If seeing sexy images really turns you on, then you are more of a visual person. The same applies to the other senses.

Some people have more than one primary sense for sexual arousal. For example, one may get turned on sexually through visual and auditory stimulation equally.

For some people, a non-primary sense can be either a turn off or be neutral, providing no erotic stimulation. An example would be phone sex. For an auditory person, phone sex is great. For others, phone sex doesn't do anything for the libido.

By determining your primary sense as well as your partner's, you can provide each other with better sexual stimulation. For example, if one partner is visual and the other is auditory, utilize both visual and auditory stimulation for each other. Have your partner perform a strip tease while you describe every juicy detail. Or perform a strip tease and describe the entire performance.



Sexual States of Consciousness

Sexual states of consciousness are like a type of trance state. Preparing the headspace through fantasy or replaying past experiences helps get a person into the right headspace for sex. The conscious mind shifts to an erotic state and we become more receptive to erotic experiences.

We are divine entities within a physical body with a mind. All these areas need attention to awaken our sexual system. A good practice for getting into a sexual headspace is taking a ritual bath.

A Ritual Bath

A ritual bath or shower is a great way to prepare yourself for many activities. Some people use ritual bathing for solo sexual explorations / self-lovemaking, making love with a partner, intense BDSM scenes, pagan rituals, sacred sex, and sex magick.

Before entering the bath, contemplate the upcoming event. Get in touch with your emotions and feelings. Listen to what your heart is telling you. Form a genital/heart connection.

When you perform a ritual bath, you are preparing yourself on several levels. You are cleaning your body and spirit. You are raising erotic energy. You



are getting into a good headspace for the upcoming event. You are centering and grounding your entire being.

A ritual bath can involve the following elements:

Meditation

Sensual Touch

Sensual Washing with hot soapy water

Erotic Massage

Bath Play Time with fun sexy bath toys

Masturbation without climax to raise erotic energy

Envisioning

Contemplation

Forming a Genital / Heart Connection

Centering

Grounding

Sensual Rinsing allowing the water to fully stimulate your body

A ritual bath is not just a serious event. You can bring out the inner child to explore, play, and have fun. I like to utilize bath toys, which include a rubber duck, a dildo, a rubber squirting fish, and other waterproof sensation toys.

As you play and wash your body, contemplate the upcoming event. Enter a light trance state. Envision the event and the intent of the event. The intent for raising sexual energy can be as simple as opening oneself to experiencing erotic pleasure.

By taking the time for a ritual bath, you can be fully in the headspace you want to be in for the event. You are fully energized and ready. You are in sacred space, not just physically but also spiritually. Your body is the temple of your energy being. By energizing the body in a ritual bath, you also energize your spirit.



Guided Erotic Meditation

A guided erotic meditation is a great way to start the process of raising sexual energy. Tape record a guided erotic meditation that you customize for yourself or use the recording included in the downloads.

I enjoy my erotic meditation laying naked on my bed. As the meditation plays, I gently caress my body. For some people, they enjoy the meditation without physical stimulation. Try both ways and see what works best for you.

Raising Sexual Energy

Utilize the following suggestions to help you raise sexual energy. I have provided information for each of the senses. Identify your primary erotic sense and be sure to include your primary sense. You can use other senses as well if you find it helps you become aroused.



Remember to take deep breaths to release tension and enhance relaxation. I will cover how to perform The Lover's Breath shortly. Breath work helps in both raising sexual energy and helps circulate sexual energy throughout the entire body.

Explore your whole body through erotic touch. Often in our culture, we don't spend enough time with the whole body at a sensual / sexual level. Genital stimulation is best when our sex energy is fully awakened.

Sexual Fantasy

Explore one of your sexual fantasies. If you do not have sexual fantasies, there are many erotic short stories that can ignite sexual fantasy. Visualize or tell yourself about every detail that turns you on sexually. The mind is our greatest sex organ. Use your imagination to create a hot sexual fantasy scene.



Fantasy is similar to emotions in that there are no good or bad emotions. It is how we act or react from emotions that is good or bad. For instance, I can either use my anger to strike out at someone or I can channel my anger to motivate myself to create social change.

Like emotions, fantasies are within our inner world. They do not exist in the material world. While we can experience the forbidden, the darker side of sexuality, break taboos, enjoy lighter fantasies and many other sexual fantasies; they are contained within the safety of our mind. Within our mind, there is no good or bad fantasy, as long as it is a fantasy that brings us pleasure.

Each individual utilizes fantasy in different methods. For instance, fantasies can be visualized as images you picture in your mind, be a story you tell yourself, it can be imagined as a tactile experience or felt as an emotional experience. There is no right way or wrong way to fantasize, use the method that works best for you.



A Hot Sexual Experience

Related to fantasy is traveling through our memories of past sexual experiences. Recall a sexual experience that was amazing and brought you to an exceptional orgasm. Remember every detail that made the experience special.

Sensual Talk

Describe what you experience through your other senses out loud that is sexy and erotic. Utilize dirty talk to get yourself even more excited if dirty talk turns you on. Write out a script and make a recording of a hot sex scene. Play the recording as you raise sexual energy.

Visual Stimulation

Mirrors are great as an erotic visual aide. Do a strip tease in front of a mirror. Masturbating in front of a mirror can add a visual element. Erotic art is another great way to bring visual stimulation to your sex play. Photography or video can also add to the visual stimulation. For many people, pornography is a great stimulus.

Tactile / Kinesthetic Stimulation

Dance naked and move your body in ways that feel erotic. Erotic dance is a great way to circulate sexual energy throughout the entire body. Utilize erotic touch and feel all over your body as you raise erotic energy. Touch your erogenous zones.

Awakening the Kundalini

Perform the Lover's Breath to raise sexual energy. Take a deep breath forcing air into your lungs. Hold it for a few moments. As you exhale open your throat and audibly sigh the breath out. The sound should be loud enough to resonate vibrations through your chest.



Gyrate the hips, rocking the pelvic floor forward and back. Pump erotic energy with motion while breathing the Lover's Breath. Include PC muscle squeezes. Coordinate breathing, hip gyrations, and pc muscle squeeze and relax.

The PC muscles are your sex muscles. They are the muscles you use when you stop the flow of urine when you urinate. A simple set of PC Muscle squeezes is to alternate rapidly squeezing and relaxing the muscles. Perform the squeezes for a few minutes as you gyrate your hips, rocking the pelvic floor.

Raise erotic energy through sensual touch and masturbation. I start with outer body stimulation and slowly work into erogenous zones and to the genitals.



Identify the point of no return. Learn how to get close without orgasm. Experience the pleasures of raising sex energy. After all, an orgasm lasts only for a few moments. Raising sex energy can last for hours and brings pleasure through the process.

Raise but don't climax. Climax and orgasm can be experienced at another time. Experience raising sex energy and focus on spreading the energy through your body. Complete this exercise for 15 - 30 minutes per day.

Daily Practice

Perform raising sexual energy every day for 60 days. Over this time period, notice how your energy is raised not only erotically, but also for your daily life. I highly recommend you perform this practice at the same time of day, each day.



The benefits include the following:

Generates a feeling of being connected.

Elevates one's mood to feel happier.

Raises our sex energy and our desire for sex.

Raises our ability to be more mindful and fully present in our daily activities.

We become more impassioned with life and life activities.

Releases oxytocin, serotonin, and dopamine which elevates our mood and brings more joy to life.

Brings radiance to our being.

Reduces feelings of being in a slump. I no longer feel like I got out of the wrong side of the bed so to speak.

As you raise erotic energy, explore your entire body. Utilize different pressures ranging from a feather touch to deep tissue massage. Vibrators and sensory toys can also be utilized. Examples of sensory toys include feather duster, hair brush, comb, scarves, and other items that produce sensations on the skin. Be sure to obtain sensory toys that are not used for other purposes.

Use this time to fully explore how your body responds to different sensations, especially sensations that bring erotic pleasure. This is the time to learn about your body, what turns you on sexually, and how you like to be touched. We will expand on this when we present The Erotic Body Map. But for now, explore and discover all your erogenous zones.

Conclusion

This brings us to the end of our webinar for today. I want to thank you for joining Living A Sex Positive Lifestyle.

Be sure to download the MP3 and PDF files for today's downloads. I have included a set of practices to add for those who want to generate passion in other areas of life and The Guided Erotic Meditation.



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/
LadyboyGigi](https://www.patreon.com/LadyboyGigi)

End of Erotic Body Map & Raising Erotic Energy Training Video Transcript

Station Break:

And now we are to station break. Due to having a lung infection, I am late on getting the podcast finished. But I am feeling better now.

Be sure to download the transcript of the show, The Erotic Body Map & Raising Erotic Energy training program includes worksheets and extra information. Be sure to download the MP3 and PDF files for today's downloads. I have included a set of practices to add for those who want to generate passion in other areas of life and I've included The Guided Erotic Meditation. They can be obtained at <https://www.ravenslairleather.com/podcast>.

Review & Highlights:

In this training, we covered a lot of information about sexual energy and ways to raise one's sexual desires. I would like to share some of my experiences. From living in a sex negative culture, there are many taboos and misconceptions around sex. Sex is complex and more than just a physical activity.

Sex Is Energy and Sex Generates Energy

I learned in my sexology classes that sex is composed of mind, emotions, body, energy, and spirit. When it comes to sexual energy, the more we raise sex energy, we are also generating sex energy. As I get more and more aroused, my desire for sex increases.

Sexual Blockages

Sex negative cultural influences act as sexual blockages. In our culture we are also influenced by the puritan work ethic as well as other religious influences that act as sexual blockages.

There is a power in naming and reclaiming. I find it is good to question and explore our attitudes and values. My family is Christian. Growing up, sex was considered sinful. When I questioned if this was true, I realized that the creator designed our bodies as sexual bodies. I realized that sex is a gift of the creator. When I studied ancient religions, I learned that there are many ancient religions that considered sex as a sacred act. It

was this process that helped me embrace my sexuality as sacred and beautiful. By redefining sex as sacred, I no longer felt shame and guilt about sex.

Our attitudes and values impact how we see the world.

Getting in The Mood

Sex is a process. Each morning shortly after I wake up, I raise sexual energy through mindful masturbation. On many occasions, when I start raising sexual energy, I don't feel sexual desire. As I stimulate my body, sexual desire builds up. As it builds up, I become more focused on sex and pleasure.

It helps to create a conducive environment for sex. I have an altar or shrine with erotic pictures and sculptures.

Identify Your Primary Sexual Sense

My primary senses are visual and tactile kinesthetic. In addition to erotic art on my altar, I have a large mirror by my bed. Seeing sexual images and seeing my naked body helps me get fully aroused sexually. I also have an assortment of stimulation toys to stimulate different areas of my body.

For people who get turned on sexually through auditory stimulation, reading erotic stories out loud can be a sexual turn on. For people who get turned on through emotive stimulation, write statements for yourself that you find supportive and up lifting.

Sexual States of Consciousness

When I become fully aroused, I have noticed that I am fully in the present moment. I become fully attuned to the pleasures within my body. My awareness shifts into mindfulness. I enter into a higher state of consciousness. I feel a connection with the universe. I sense my life has a higher purpose. I become aware of my inner essence of being an energy being within a physical body.

A Ritual Bath

To prepare for rituals and sex, I take a ritual bath. As I wash my body, I envision the upcoming event. During my bath, I stimulate my erogenous zones and start the process of raising sexual energy. As I bathe my body, I envision purifying my spirit. A ritual bath prepares me to be at my best for the event.

Guided Erotic Meditation

A guided erotic meditation is another method to raise sexual energy. I have used a recorded meditation that I have on my phone. Sometimes I guide myself by utilizing erotic meditation that I script as I meditate. Both methods work well for me.

Raising Sexual Energy

Sexual Fantasy

Sexual fantasy is one of my favorite methods to raise sexual desire. I find that if I envision the fantasy with erotic details, I get really horny. Many of my fantasies involve BDSM which adds intensity to sex.

Past Sexual Experience

Some of my past sexual experiences have been incredible sexually. As a polyamorous bisexual, some of my sexual experiences involved my girlfriend, my boyfriend, and me having sex together. We have explored many different ways to penetrate each other in various positions. Some positions involved oral, anal, and genital sex. By replaying these past experiences in my mind, I get really turned on sexually.

Sensual Talk

Some of my partners got really turned on when I talked about different sexual activities. In addition, there is a lot of sexual stories that spark the imagination. Reading these stories together out loud often ended up with lovemaking.

Visual Stimulation

While I am not super into porn, I do love erotic art. Many of my partners have been into watching porn together with me. Another activity I enjoy is performing a strip tease for each other. It is especially hot with erotic nude dancing.

Tactile / Kinesthetic Stimulation

Tactile / kinesthetic stimulation can involve a lot of different activities. Erotic dancing, stimulation toys, and utilizing erotic touch have been tantalizingly erotic. I love going body surfing in the nude. I discovered that if I catch a wave just right and arch my back, the waves provide amazing genital stimulation.

Awakening the Kundalini

All these methods I have covered are great ways to awaken the kundalini. We are each neurologically wired differently. Explore and experiment with different methods to raise sex energy and see which methods work best for you. Discover how sex energy works within your body.

Daily Practice

Once you have learned how to raise sexual energy, set some time for experiencing sexual pleasure daily. By making this a daily practice, it will over time help raise your mood. By raising sexual pleasures daily, I feel more connected in my life and feel more passion in life.

Remember to download the materials and work sheets from my website. They include additional information and sexual pleasure exercises. In our next episode, we will cover more information about The Erotic Body Map.

Show Links:

<https://ravenslairleather.com/podcast>

Short Description:

Join us for an inner journey into sexual enlightenment and discover how sexual energy works within your body. We are each wired differently at a neurological level and sex energy works differently in each of us. Through the training and Action Steps, you will learn about how sex energy works in your body. Reach higher levels of sexual ecstasy and form a deeper connection with yourself and your partner.

The Erotic Body Map is designed to help both single people and couples to reach sexual ecstasy at higher levels and improve sexual communication that is based in sex positive practices.

Start living a sex positive lifestyle and experience a whole new approach to sexual enlightenment free of shame and guilt. Experience erotic pleasures and discover the potential of sexual ecstasy and how it can improve your life.

We love to hear your comments and suggestions so please take a moment to give us your feedback.

Be sure to subscribe to the show.

Producer: Ladyboy Gigi

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. S/he currently practices as a prostitute priestess, providing sex-positive education and sex healing work in Aphrodite's Temple*.

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 has 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 provides sex-positive information about human sexuality and alternative lifestyle choices. Visit KPFT at: <http://www.kpft.org/>.

Currently, Ladyboy Gigi produces a podcast on iTunes called Adult Bedtime Stories. Each week a new episode is released featuring a topic on sexuality. 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 will be 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. To subscribe and listen, go to: <https://itunes.apple.com/us/podcast/adult-bedtime-stories/id1327711830?mt=2>

* Note: The Sacred Sex Temple (Aphrodite's Temple) is a sacred space that is based on ancient sacred sex temples that existed in many ancient civilizations around the world. Aphrodite's Temple is currently available during Earth Spirit Alliance pagan festivals in the spring and fall. If you are interested in having Aphrodite's Temple be a part of an event you are offering, contact Ladyboy Gigi for more information at admin@ravenslairleather.com.