



Edging An Orgasm Part 1

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.

Edging an orgasm requires building sexual skills mentally, physically, and at an intuitive level. Learning these skills will improve your sexual and love making abilities. In this video, we set the foundation for edging an orgasm.

We will cover:

PC Muscle Exercises
The Lover's Breath
Raising Sexual Energy

Edging an Orgasm

Edging an orgasm is a sexual technique that can transform your sex life. For most people, it takes time and practice to learn but once mastered, it can take your sex life to a whole new level of sexual ecstasy.

Edging is the process of raising one's sexual energy through either masturbation or penetrative sex with a partner almost to the point of no return, that point where orgasm / ejaculation is almost immanent. As one gets close to the point of no return, circulate the pre-orgasmic energy throughout the entire body to dissipate the energy and after the energy recedes, then return to more sexual stimulation to raise the sexual energy again and repeat the process. This training provides methods to get close to the point of no return without reaching it.

The benefits of edging are amazing. People who experience premature orgasms will learn better orgasm control and thus experience sex for the amount of time they desire. After edging for several hours, the resulting orgasm is amazing. If I were to rate how good an orgasm is through regular sex verses through the practice of edging, there is no comparison, it is extraordinary. Edging takes orgasms off the chart, being that





exceptional. The Edging an Orgasm Video Training Series provides step by step instructions and sexual exercises to learn effective edging techniques for both women and men.

Edging an Orgasm

Edging an orgasm is a sexual technique that can transform your sex life. For most people, it takes time and practice to learn but once mastered, it can take your sex life to a whole new level of sexual ecstasy. It may sound easy, but it is more difficult than one might think.

Edging is the process of raising one's sexual energy through either masturbation or penetrative sex with a partner almost to the point of no return, that point where orgasm / ejaculation is almost immanent. As one gets close to the point of no return, circulate the pre-orgasmic energy throughout the entire body to dissipate the energy and after the energy recedes, then return to more sexual stimulation to raise the sexual energy and repeat the process.

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Practicing edging on a regular basis will provide orgasm control. Generate Passion It helps with overcoming premature ejaculation as well as issues with difficulty reaching an orgasm.



Women who have not experienced an orgasm can learn how to orgasm. Practicing edging an orgasm provides increased awareness of one's body as well as how sexual energy flows in the body. It increases body awareness.

Edging can bring a person to experience multiple orgasms. Through the process of edging as well as some other techniques, I have experienced out-of-body spiritual orgasms.

Preliminary Steps

In our culture, we are not taught about our sexual bodies and how they work. The sexual body is a highly complex system composed of glands, genital tissue, neurological wiring, energy, the heart, and the brain. To experience great sex, learning about the sexual body is important. We are all neurologically wired differently. The following exercises are designed to assist you in learning how your sexual body works. By practicing these exercises and learning how your sexual system works, you will be able to practice edging an orgasm. If you skip these exercises, you will have difficulty with edging, if not failing at the edging techniques completely.

PC Muscle Exercises

The PC Muscles or pubococcygeus muscles (pronounced pew-bo-cox-uh-gee-us) are the sex muscles. By exercising these muscles every day, you will develop a healthier sex life. You will have better orgasms, have better control over your orgasms, and improve your sex drive.

There are other advantages in practicing these exercises. For pregnant women, well-developed pc muscles will help in the birthing process. These exercises will also help if you have problems with hemorrhoids or problems with incontinence.

To identify the PC muscles, when you urinate, stop the flow of urine. The muscles you use to stop the flow of urine are your PC muscles. To exercise these muscles, squeeze and release them. As you squeeze and release, coordinate this with your breathing. Either squeeze with the inhale and relax on the exhale, or relax with the inhale and squeeze on the exhale.



Action Step 1 PC Muscle Exercises

Perform the following exercises daily. I find it helpful to schedule a time each day. If you do the exercises the same time each day, it becomes a routine and is easier to keep on the program.

One set of exercises is to squeeze and release the PC muscles as rapidly as you can.

Another set of exercises is to first squeeze lightly, then squeeze harder and release them.

Another set of exercises is to squeeze for 10 to 30 seconds and then release for 10 to 30 seconds. Start with 10 seconds. Over time as the muscles get stronger, add time till you get to 30 seconds.

Do these exercises for 30 minutes on each exercise every day. If your muscles become sore, start with five minutes on each exercise every day and slowly built up to 30 minutes.



Women should read *Female Ejaculation and The G-Spot* by Deborah Sundahl pages 69 – 74 for specific female PC Muscle Exercises.

Men should read *The Multi-Orgasmic Man* by Mantak Chia and Douglas Abrams Arava Pages 36 – 41 for specific male PC Muscle Exercises.

I find it helpful to associate doing the exercises with a daily activity. I usually do these exercises each day right before I take a nap. I also do them when I wash the dishes, which makes the chore much more fun. These exercises can be done just about anywhere. They can be done while sitting in a meeting, reading a book, watching TV, and during many other activities.

Breathing Techniques

Deep breathing is also a very important component that will aid in relaxing the entire body. When we tense up, we generally respond to tension by breathing shallow breaths. Deep breathing will help in the relaxation process as well as improve our experience of sex as a whole. Deep breathing circulates sexual energy throughout the entire body. A great breathing technique to use is called The Lover's Breath.



The Lover's Breath – Take a deep inhale forcing air deep into your lungs. Hold the breath for a moment. Open your throat and sigh the breath out slowly. Be sure to sigh out loud as the sound sends vibrations into your core. Do a practice run of 3 breaths now and see for yourself how powerful the Lover's Breath is.

Raising Sexual Energy

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.

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.

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.



Conclusion

This concludes Edging an Orgasm Part 1 Video Training. Be sure to complete all the Action Steps and take your time with each step. These Action Steps have been designed to be fun and playful as well as help you live a more positive lifestyle.

In this video, we have covered:

PC Muscle Exercises

The Lover's Breath

Raising Sexual Energy

Enjoy & have a good time with your 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.



<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.