



The Raising Sexual Energy Training Program

Action Step 3

Raising Sexual Energy



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

Sexual Empowerment Education
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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.

Practice Raising Sexual Energy daily 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.



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.



Write a sexual fantasy that gets you sexually excited:

[illegible]

Write a sexual experience that was amazing and brought you to an exceptional orgasm. Remember every detail that made the experience special:

[illegible]



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.

Write a sexy and sensual script and/or dirty talk that turns you on sexually (Record the script):



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.

List the erotic visual aides you want to use for your adult play space:



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. Utilize stimulation toys to create erotic stimulation on different areas of your body.

List different methods to stimulate your body that you find erotic:



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.

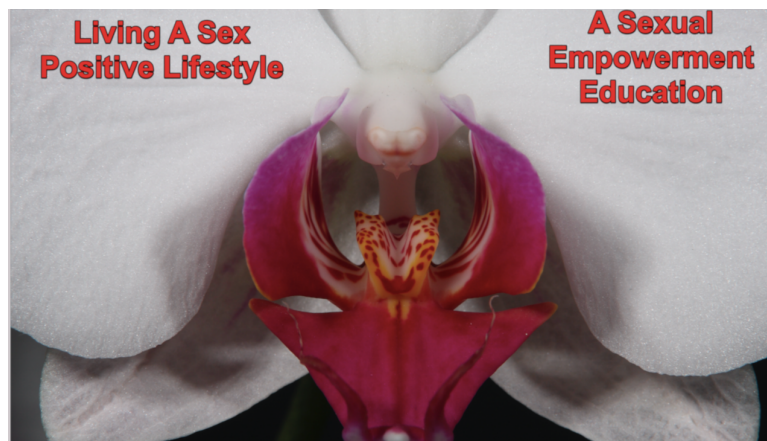
Releases oxytocin, serotonin, and dopamine which elevates our mood and brings more joy to life.

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.



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.