



Raising Erotic Energy Training Program

Action Step 2

Guided Erotic Meditation



Creating A Sex Positive World

Through Adult Sexual Education and
Erotic BDSM Performance Art

A Sexual Empowerment Education
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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.

I present a guided erotic meditation as a means to start the process of getting in touch with your erotic energy.

Be sure to perform the erotic meditation each day to raise your sex energy.

If you would like to make the guided erotic meditation more personal, use the script below as a template to create your own guided erotic meditation. Feel free to adapt this meditation to personalize your experience. You may edit it, filling in details that you would enjoy. Then record your edited copy to use for your meditations.





The Guided Erotic Meditation

Let us begin.

Sit or lie down and get comfortable. All right now, close your eyes. Take three slow deep breaths on my count. Allow your entire body to relax.

As you inhale, bring in relaxation. Hold the breath for a moment as you relax. Exhale and allow stress and tension to flow out of your body. Take a second deep breath and hold it for a moment. Exhale slowly. Inhale, bringing in erotic energy. Hold the breath as you absorb erotic energy. Exhale and release any lingering tension. Now, keep breathing with your own natural rhythm. You are safe and secure here.

As you relax, go deeper into yourself. You may feel heavy or light. Your hands and feet may tingle. Feel how good it feels to relax.

Notice how much more relaxed you are now. Notice how good it feels.



Breathe in slowly expanding your chest with the inhale. Hold the breath for a few moments. Exhale slowly. Take one more deep breath, filling your lungs even fuller for this final deep breath. Hold it and notice how good it feels. Now exhale very slowly. Notice how you are more relaxed than when we first started.

Take a moment to notice your thoughts. Step back from your thoughts and allow them to drift by. They are available to bring back once we finish this meditation. Just let them drift and be.

Concentrate on your body and how it feels. Start with your head relax all your muscles. Take notice of your face and relax your entire face. Moving down to your neck and shoulders, release all muscle tension.

Your arms are relaxed all the way down to your wrists and down to your fingers. Feel your upper body and release. Feel the relaxation spread down to your abdomen, sides,

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and lower back. Moving down, relax your hips and pelvis. The relaxation is drifting down to your legs and feet, all the way down to your toes.

(Short Pause)

It is now time to take a journey which will raise erotic energy within your body.

As you relax even deeper, think of a place that would make a good environment for love making. It could be a meadow. It could be a cabin deep in the woods. It may be near a gurgling stream or by a fountain. It may be on a deserted beach or it could be a place of your own imagination. Choose a place that feels safe, comfortable, and sensual.



As you visualize this place, observe all that is there. There may be a soft bed, or there could be blankets and soft cushions on the ground under a canopy. You may see items like candles, incense, and wind chimes. This is your place; visualize all that you want there. Perhaps there are bottles of scented oils to use for an erotic massage. This is your place; let it be what you want it to be.

As you visualize this place, you see an area that is in the shadows. Or you may see a shadowy space on a trail off in the distance. As you observe this shadow place, you feel that there is a presence there. Instinctively, you know that this presence is your dream lover, even though you cannot see them yet. As you watch, you see their form start to emerge from the shadows. Their features still are not clear enough to make out, but you do notice that the form is very sexy and you feel drawn to their form.

You notice movement. The person is slowly making their way toward you, but still a little hard to see in the distance. As they approach a little further, you start to make out some of their features. You see the shape of their hair and their face. You see how sexy they move. You know that they are coming to be with you at this time and the attraction between you grows deeper.

As they step out of the shadows into the light, you notice how beautiful your dream lover appears. You may notice their eyes or perhaps some other feature that stands out for

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you. You notice that this person definitely feels passion for you. Their eyes are inviting and compassionate. They invoke a feeling of acceptance and appreciation of you.

As your partner comes closer, notice what they are wearing. It could be a sexy outfit. It could be a seductive outfit. You like what you see. They slowly approach and you feel a desire building within you. You look into your partner's eyes and know that they desire a kiss. Somehow you know instinctively that this kiss will be like no other that you have experienced. Take a little time to take in this moment and imagine every detail.

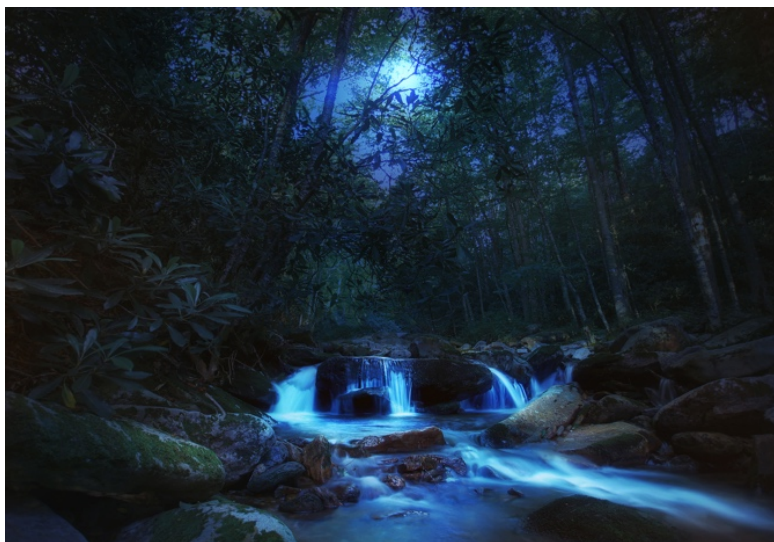
(Short Pause)

You move closer together. You feel your lips touch and part slightly. You feel each other's breath, deep and warm. Your tongues barely touch and you taste your lover's sweet mouth. You explore together, this deep kiss, becoming playful and exploratory. As you continue to kiss, you feel one another's mouth and the fullness of your lips. Tongues dart in and out, touching and retreating. You feel the embrace as you explore fully the suppleness of warmth as you kiss and express the love you have for each other.

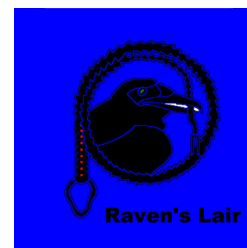
The kiss becomes even more impassioned as nibbling and soft biting occurs, perhaps on the tongue, or on the upper or lower lip. You squeeze even tighter in your embrace, feeling the warmth of your bodies grow and build. As you continue to kiss, you feel inspired to explore even deeper in the passion of kissing, becoming bolder and more playful. The embrace loosens slightly and you know that the end of this first kiss is approaching. Take what time you need, and kiss even deeper.

Short Pause

You and your lover step back from each other. Your lover has a slightly mischievous look in their eyes. Your partner slowly unfastens and takes off an article of clothing teasingly and seductively, it drops to the ground. You realize that your lover is going to slowly reveal their sex to you. This is a special moment as your lover reveals the hidden mystery of their beautiful body. Your lover slowly unfastens another



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article of clothing, slowly revealing the covered flesh underneath. You notice graceful and sexy movement, as clothing is tauntingly removed, item-by-item. Then there is but one item remaining, covering their genitals. Slowly it is pulled down just a little, revealing the pubic area, then back up. Then with a very slow motion, the sex is revealed to your on-looking eyes. The fabric glides slowly to the ground.

Your lover stands naked before you with a daring look at you, inviting you to remove your clothes. No words are needed here; you know that you want to please this mysterious person. Slowly you start to unfasten an article of clothing. You remove it slowly, revealing a part of yourself. It feels sexy. The cool air feels refreshing against your exposed flesh. Seductively, you remove more allowing each piece to fall to the ground.

Your lover responds with a smile and hungry eyes that want to see more. You feel the heat build between your legs and take off more clothing. And now you are at the last article. As you tug at it you feel the heat emerge, but you want to tease a bit too. So, you expose just a little, then pull it up and turn around. Then you pull down exposing your backside and pull it back up slowly. You turn again, facing your partner, watching their reaction. You see your partner fully aroused. With all the sensuality you can muster, you remove the last item and stand fully naked gazing at one another. Take a few moments to fully enjoy revealing your intimate self and the beautiful body you see in front of you.

(Short Pause)

It is difficult to tell who moved first, but you slowly approach one another and kiss. You feel their naked body embrace you, skin against skin. Tongues explore darting in and out. You feel the heat emanating from your partner, combining with your own body heat. A gentle breeze caresses your exposed flesh.



Your partner gently guides you to lie down and begins to caress and touch your body. A soft touch, then the glide of a fingernail traces along your skin. You know where you

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want to be touched and show your partner through your writhing movements. Your partner responds, touching and caressing your exposed flesh. As your desire builds, somehow your partner realizes and responds to your every need. That space down there between your legs begins to burn even hotter with passion. More teasing touches and a lick of the tongue send more ripples of desire throughout your body.

As you continue to breath, you feel your lover's breath near your sex. A tongue leaves a wet trail on your body. Another breath and you feel the tingly coolness. Your lover's tongue goes wild, lapping on and all around your body bringing erotic sensations throughout you. And then slows down, licking everywhere your body craves attention. As before, your partner senses your every need and responds, bringing you to greater sexual ecstasy. You take what time you need, and enjoy the attentions being favored on your body.

(Short Pause)

As you feel waves of sensation, your partner slows down and then you receive a kiss. Your partner lies beside you. You reach over and start to explore their body. Teasing and touching, gently caressing all over, you notice how good it feels to provide sensation. Watch and see how your lover responds to



your touch. You may notice some writhing and hear soft moans as you raise their desire. As you feel ready, you move near their sex, breathing gently smelling their musky scent. You may feel a hunger growing to taste your lover, and as you do you lick their body. Explore, play, and touch their body as you desire.

The passions build, and as you feel ready, you both move into position to make love. You feel your sex gently brush against your partner's genitals. The rhythmic rubbing begins, slowly at first. You feel the wetness of both your bodies and thrust even more, rubbing genitals against each other.

When you are ready for penetration, feel your sex merge and intermingle with your

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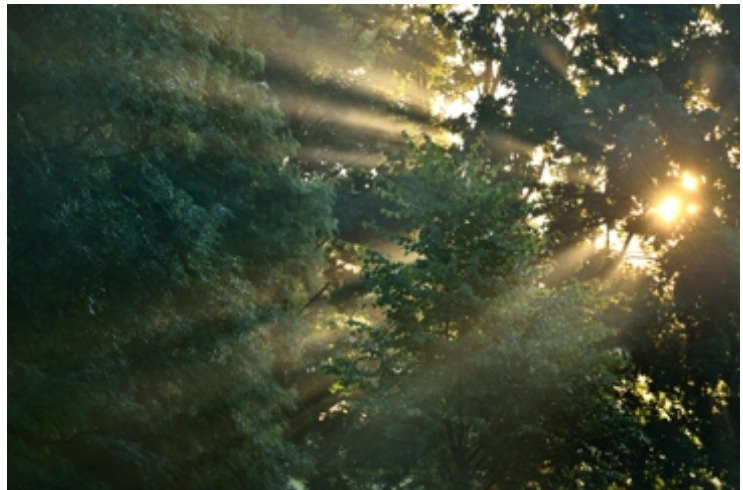
partners, you move together in the lovemaking dance. The rhythm builds and you feel the weight of each other's body coming together. You feel your partner reach closer to orgasmic ecstasy. Together, you continue the lovemaking building your passions to greater heights. Take time making love together and enjoy these moments of sexual ecstasy.

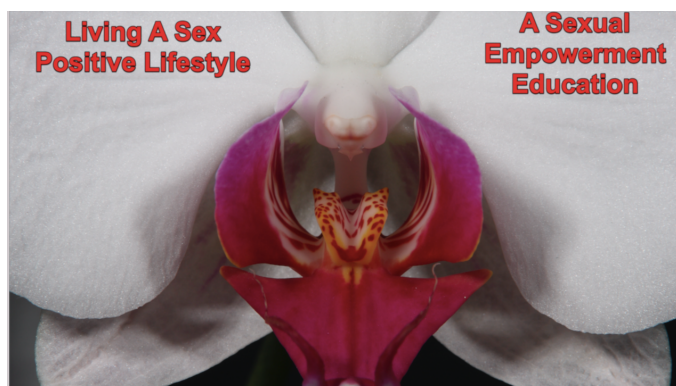
(Short Pause)

As you breathe, you gaze into your lover's eyes and hold each other. Lovingly, you pull apart and stand. Your partner gives you one last kiss before departing.

(Short Pause)

Shortly, I will count to 3. As I count you will become aware of your surrounding and on 3 be fully alert, energized, and present here. One, you start to hear sounds in your environment. Two, you wiggle your fingers and toes. You stretch and move your body. And now three, you open your eyes feeling refreshed and energized.



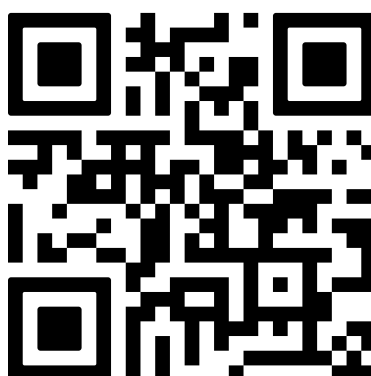


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At Ravens Lair, our vision is to create a sex positive world through adult sexual education and erotic BDSM performance art. Raven's Lair provides these training materials free of charge as a means to step out of the dark ages when it comes to sexuality.

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.

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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.