



Body Image Healing Part 1

By
Gigi Raven Wilbur

<https://RavensLairLeather.com>

In this training session, we cover Sex Negative Cultural Influences and Defining Beauty. How does sex negative influences affect our body image? What is it to be beautiful and what are the attributes of beauty?



Raven's Lair

Creating a Sex-Positive World
Through Adult Education and
BDSM Performance Art

Body Image Healing Part 1

Introduction



Welcome! I am Ladyboy Gigi. My life vision is to create a sex-positive world through adult education.

There was a time in my life that I felt ugly and awkward. I thought at that time that I was worthless and unattractive. Who would want to go out with me? Through a long process, I discovered how to heal my body image and I realized through the process that I am beautiful and sexy. In this training, I have created a step-by-step body image healing process so you too can discover your beautiful sexy self.

Who would benefit:

The Body Image Healing Training Program is for people who would like to feel attractive and beautiful. Women especially are taught that a large part of a woman's value is to be attractive, sexually alluring, and beautiful. Even many men are beginning to feel that they don't measure up to the six-pack abs chiseled manly look that is becoming increasingly popular.

If you feel you don't measure up to the standards of beauty or feel that you are not sexy enough, this training program is for you. For some people who feel attractive, but feel that they are not sexy or beautiful enough, you too will benefit from this



training program.

What to expect:

By completing the training and exercises, you can expect healing on a psychosexual level. The training is designed to provide you with the tools to not only improve your beauty, but also learn how to become radiant within your own body.

The training program offers several challenges and opportunities for growth: Develop a new perspective about being sexy and attractive. Learn new aspects about beauty that you can adopt into your being. Learn how questioning the status quo and projecting your unique attributes will bring out your special and beautiful self. While one size doesn't fit all, this training offers flexibility for each person to adopt the training that will meet your own particular needs. For example, not everyone wants to be sexy. Some people prefer to feel beautiful in a regal sense. This training offers a variety of different methods to both internalize and externalize beauty and improve how you feel about your body.



Throughout this training material, you will be presented with **action steps**. The action steps are exercises to perform. While it is important to learn at an academic level, academic learning only improves your knowledge. For real change to occur, it takes a different type of learning. The action steps will provide you with experiential learning and this type of learning is where life transformations occur.

Sex-Negative Cultural Influences

Do you feel beautiful and sexy? Do you love the way you look? Unfortunately, many women in our culture don't see themselves as beautiful. This also applies to many men as well, but men tend to keep these feelings a bit more guarded without openly expressing them.

Through no fault of your own, we live in a sex-negative culture in which we are conditioned by social pressure and subliminal forces to devalue ourselves. In our culture sex = sin. An important negative impact from living in a sex-negative culture touches all of our lives. The negative impact is that we all are influenced with an unrealistic concept of beauty that no living human being can ever measure up and be

counted as being beautiful. Women especially are affected. In the last 100 years, we have seen a rise in many eating disorders and other mental health issues that are related directly to body image and the concept of beauty.

In our sex-negative culture, women are brought up to be sexy and alluring to men.

Throughout childhood and early adulthood, women are socialized to look pretty and attractive so they can attract a husband. Yet, there are many double standards. A woman should not look too attractive or she may cause a man to lose his self-control. Often in rape cases, the defense presents a case that the woman was dressed too sexy which caused the man to lose self-control.

When you think about it, it is easy to see some of the roots of this problem. In media, we are bombarded with images of beautiful people. With advertising, the images are often laden with sexy images which convey an unspoken and subliminal message that if we purchase the product being advertised, then we too will attract sexy beautiful people and become a sexy beautiful person. Included in the advertising is often a profound sexual enticement of the potential of obtaining sexual gratification.



What human being can measure up to airbrushed and photo-shop images of body beautiful that proliferates advertising? On top of this, who has a team of make-up artists that adds the final touches to creating perfect physical beauty? Then with a team composed of a director, choreography experts, lighting experts, and set designers, how can a real-life person ever measure up? Through advertising and the film industry, we are presented with a one-dimensional concept of beauty. Everything is focused on physical beauty with an emphasis on youth and sexiness. In some cases, the models are presented in highly revealing outfits that few would wear in day to day life, much less wear in a public setting.

Yet, in our culture, the concept of beauty has evolved from being based in a large part on multi-media. You might say that your concept of beauty is formed on other influences and on other ideals. While that may be true, to some extent we all are influenced by the Hollywood version of beauty.

I am not saying this is good or bad, what I am saying is that this is the situation that exists in our culture. By identifying how our concept of beauty has been influenced by Hollywood and multi-media, we can learn and grow into a realistic concept of beauty that is achievable in real life. Throughout the Body Image Healing Training Program,

you will learn techniques to not only heal on a psychological level in regards to your own body image but to also discover techniques to become the beautiful person you were born to become.

Defining Beauty

To assist you in this training, it would be great if there was a definition of beauty. Unfortunately, all the definitions I have come across fall short of providing a meaningful working definition. But some can act as a guide. Webster's Dictionary defines beauty as "the inherent quality in an object of pleasing the eye, ear, or mind; a fine specimen." While this describes beauty, it doesn't really define what beauty is or what makes something pleasing. I find it interesting that we each know what is beautiful for ourselves, (others may disagree on our assessment) but to define beauty is illusive.



While beauty may be purely a subjective quality, there does seem to be a general consensus about a category of things that definitely are beautiful and things that are not beautiful. I am not saying everyone fully agrees, but there are patterns of beauty that emerge.

So, while beauty seems to defy definition as to the properties of beauty, we each tend to know it when we see it. I tend to think of beauty as having a set of complex properties. One property that I find helpful is that the things we find beautiful attracts us and our attention. While not everything that attracts our attention is beautiful, if we find beauty in something, there is a force of attraction working.

Pay attention to the things that attract you and stand out for you. Sometimes an element of attraction can provide insight into the building blocks of beauty. In these building blocks, we can discover new elements to incorporate into our presentation of ourselves.

For this training, I want you to think about what beauty means to you. How do you define beauty? What do you find beautiful in others and what do you find beautiful in yourself? I would like to challenge you to really search deep into your concept of beauty and examine the details of what you find beautiful. I am amazed often on some of the traits in people that I discover there is beauty. Sometimes little things like a hand gesture catches my attention. Often, I see beauty in a person's eyes and smile. Sometimes an outfit and how a person moves grabs my attention. Become aware of the things that you find beautiful.

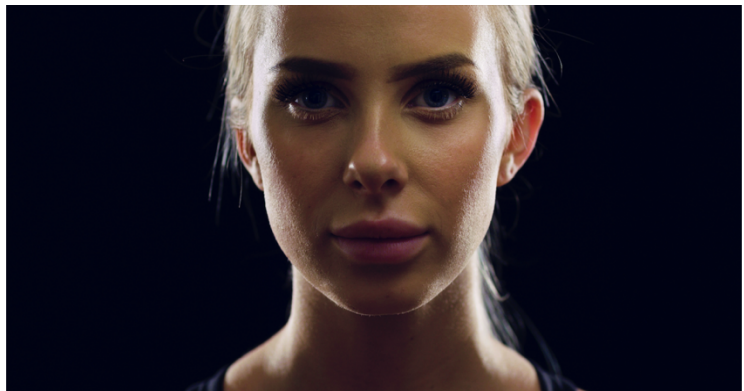
Some of the elements of beautiful people can include the following: Self-esteem, self-confidence, physical attraction, charisma, warm natured, sexy, welcoming personality, good attitude & values, compassionate, zest for living, passion, and loves adventure.

Many of these elements can be learned and adopted into our life. While some elements of physical beauty can't be changed, some elements of physical beauty can be changed.

In our society, women are socialized to value beauty at a higher level than men. In some cultures, the reverse is true. There is growing research that indicates beauty in men and women provides many advantages in life.

To improve how beautiful other people perceive you to be, there are methods you can learn to project yourself as beautiful. It doesn't matter if you are young or old, skinny or robust, big or small, or pretty or plain. They include the following:

Attitudes and Values
Internal vs External Validation
Alluring Attire and Being Sexy
Mind Talk
Compassion
Charisma
Self Confidence
The Victory Stance
Morning Affirmations
Passion
Raising Sexual Energy
Telling Your Story



While it is not necessary to improve or adopt all of these elements, just improving and adopting the elements that fit your personality will improve your sense of being beautiful. The more elements you improve in your life, the brighter your beauty will shine.

Action Step 1: Explore your concept of beauty. Identify at least 5 details of beauty that stand out for you each day for a week. These can be little things like the shape of a friend's smile, the way a person walks, an outfit you find attractive. Discover the things you find beautiful in other people.

Conclusion

In this training, we have covered living in a sex negative culture and some of the ways it impacts our lives. We examined how our culture is bombarded with a Hollywood concept of beauty and how a real human being could never measure up to these standards. An exploration of different forms of beauty was explored.

In the next training, we will go in depth on Attitudes and Values, and Internal vs External Validation. See you in the next training!



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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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.