



Body Image Healing Part 5

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In this training session, we cover Passion, Raising Sexual Energy, The Art of Masturbation, and Telling Your Story. Discover how passion can improve your outlook on life. Learn about your sexual body by raising sexual energy. Take masturbation to a new level in the Art of Masturbation. Explore how Telling Your Story can elevate you.

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Raven's Lair

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

Body Image Healing Training Program Part 5

Passion

Have you ever noticed how some people have a lot of passion, especially in a vocation or hobby? Is passion something that a person either has or doesn't have? Fortunately, the answer is no. Passion is something we generate within our self.

There are many benefits of having something you are passionate about. For starters, passion is a force that gives us more energy. With passion, we become fully alive. Passion can awaken a sense of adventure and discovery.

With passion, we have a sparkle in our eyes. We become more complete as a person. In a very real sense, we become more beautiful when we develop passion and practice the things that we feel passionate about. Following passion tends to make us feel happier and more fulfilled with life.

Action Step 10: Generate Passion Exercise

Complete the Generating Passion Exercise to identify your interests and generate passion in your life.

Raising Sexual Energy

Having sexual energy helps us project a radiant glow. Fortunately, even if your sexual energy is low, it can be raised easily. People don't have erotic energy. We generate erotic energy.

Some of the benefits of raising erotic energy include the following: With higher levels of erotic energy you have more energy for life. Erotic energy fires us up and increases motivation as well as interests.

Erotic energy stimulates pheromone production. Pheromones make us more attractive and stimulate erotic desire.

Raising erotic energy elevates passion, not just sexual passion, but passion in other areas of life as well.

Raising erotic energy stimulates the body to produce more hormones and other chemicals in the body which improves our mood.

To raise erotic energy, there is a concept called the kundalini.

The Kundalini

There is a concept named the kundalini, the sleeping serpent within each person. The kundalini is a symbol of our sex energy. While it sleeps, our sexuality is dormant. As the kundalini awakens, we become sexually aroused. As this happens, the sensation of touch changes and becomes erotically amplified. The changes occur throughout the entire body. Touch received when the kundalini sleeps can be totally different than when the kundalini is fully awake. So, explore your body when the kundalini is fully awakened and discover what there is to find through erotic touch. You may be pleasantly surprised.



Awakening the kundalini is a matter of focus. As we focus on sensuality and sex, the kundalini starts to wake up. To awaken the kundalini, there are several methods to try out, including sexual fantasy, erotic stimulation, genital stimulation, erotic talk, sex toys, visual erotic stimulation, genital massage, Tantric Breathing Exercises, and any method that you use to get sexually aroused. There is not a right way or a wrong way to raise the kundalini, find what works best for you.

Action Step 11: Raising Sexual Energy Exercise

Raise sexual energy within your body for 15 to 20 minutes per day. This can be performed with the guided erotic meditation or other activities you want to combine it with. Raising erotic energy with morning affirmations is a great way to amplify the affirmations.

Guided Erotic Meditation

A guided erotic meditation is a great way to raise erotic energy. I have included both a written copy and a recording of a guided meditation. Feel free to rewrite the script to include your own personal erotic details or use it as written.

Masturbation & Exploring Genitalia

Since the beginnings of human kind people have practiced the art of masturbation. In our sex-negative culture, masturbation is considered taboo. Many people see masturbation as a selfish act.

Yet, studies have shown that masturbation is practiced more frequently than any other sexual act during a person's life. It is certainly an erotic act that is readily available. Even unborn infants masturbate while in the womb.

In a sex-negative world, often masturbation is used primarily to relieve sexual tension. For many people, pornography is used as part of the masturbation ritual. In the modern world, climax is the goal for many people. While there is nothing wrong with setting a goal to climax, there is a trapping with the goal of climax and orgasm. We lose focus on the journey and tend to rush on to achieve the goal. By rushing to the goal, the orgasm tends to be more of a physical sensation of release.



Even other forms of sex can lead to the same result when we rush to the end result. A quickie can be great. I have experienced quickie sex many times. Unfortunately for many people in modern society, all they have time for is quickie sex. I believe there is a puritan work ethic at work. One should not spend time for pleasure, you must be productive. This applies to masturbation and quickie sex. Sex is not productive.

For me, this rule is counterproductive. Sex is a basic part of our nature. We are designed to engage in sex. We have sexual bodies. By denying sex, we are going against our instincts and our nature. Without a healthy sex life, we lose passion and part of the beauty of our physical form.

Our bodies are neurologically wired for many types of pleasure. We don't stop eating delicious food because it gives us pleasure. Why should we stop enjoying awesome sex? There is a better way which is learning the art of masturbation.

Action Step 12: The Genitalia Exercise

Get to know your genitals in a new way. Complete The Genitalia Exercise. Remember to keep your negative mind talk in check while performing this exercise.

The Art of Masturbation

Some people practice mindful masturbation. Mindful masturbation is about forming a genital-heart connection and being fully present with yourself while engaged in masturbation. There are different writings about techniques and practices of mindful masturbation, but the focus centers on presence and forming a genital heart connection.

Before I go into the art of masturbation, I would like to cover some of the stereotypes and myths which surround masturbation. Here are some of the myths:

Masturbation is selfish.

Masturbation causes mental instability or insanity.

Masturbation is cheating on your partner.

Masturbation causes blindness or poor vision.

Masturbation is sinful.

Masturbation should only be conducted in privacy and only by yourself, if it is practiced at all.

Masturbation causes narcissism.

Masturbation causes hairy palms.

Masturbation involves stimulating only the genitals.

The true art of masturbation is about loving yourself and giving yourself pleasure. It is about taking time to be intimate with yourself. It is about exploring your body and learning how to reach your higher consciousness through ecstasy. It is about working with the erotica of the entire body, not just the genitals.



Unfortunately, we don't have a good language with precise meaning when it comes to spirit and mind. While these are interesting words, what does reaching higher consciousness through ecstasy mean? Reaching the higher consciousness through ecstasy is about forming a primal connection between one's body and spirit / mind.

The art of masturbation includes being fully present with your body and forming a genital / heart connection. It is about generating and raising erotic energy to new heights. It is about developing your sex muscles with pubococcygeus muscle exercises (PC muscles / Kegel Exercises). It is about loving yourself.

I have heard people say you can't love another until you can love yourself. Masturbation can be a tool to learn how to love oneself. Learn how your body works at an erotic level.

Learn where and how your body responds to erotic touch. This requires exploration and opening oneself fully to pleasure. How can we teach a partner how to touch our body if we don't have experiential knowledge of full body pleasure?

Action Step 13: Learning the Art of Masturbation

Practice the art of masturbation daily. This does not mean you have to reach orgasm each day, but rather that you raise erotic energy and become more receptive to pleasure. Reach orgasm when it feels right to do so. The important principle is to provide yourself with erotic pleasure each day. Over time, the erotic energy you raise will radiate within your body and you will shine with erotic beauty.

Telling Your Story

We all have been through pain and suffering at one point or another. We have all struggled with some of the things that occur in life. It is through these struggles that we have learned and grown.



By opening up and sharing our life lessons we show that we are vulnerable and human. We are not perfect. Yet, we strive to improve.

Think about some of your difficult life lessons. What did you learn? How did you grow?

It is here that we can discover some of our meaningful stories. By sharing our stories with others, we shine brighter. Story telling is a part of our evolution. It is a powerful way to shine out as beautiful human beings. So, I end with storytelling as a tool to enrich our beautiful essence.

Action Step 14: Telling Your Story Exercise

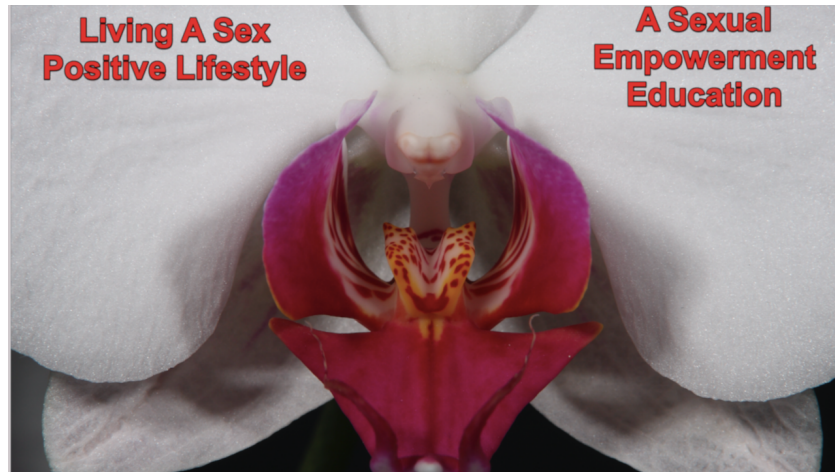
Pick an area in your life that you have overcome a difficulty or solved a life challenge. You can either write a story or review the situation in your mind. Pick a friend or lover and share your story with that person.

Conclusion

In Body Image Healing, we have covered many aspects of beauty and what it means to be beautiful. While we can't change some aspects of our physical body, we can change many other aspects. Body Image Healing is a process where we can utilize many tools and exercises to become radiant in our being. Our physical form is composed of stardust and we are energy beings contained within a physical body. Even the word radiant reflects what we are as well as the potential of who we can be.

While I have covered many areas in Body Image Healing in a short time frame, take your time with the tools and exercises. By completing body image healing, we can transform ourselves and develop a healthy definition of beauty.





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.