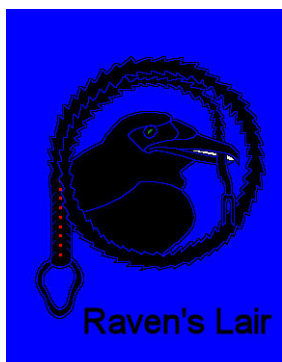


Sexual Affirmations Action Step

By Gigi Raven Wilbur

Sexual Empowerment Education



Raven's Lair

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

Sexual Affirmations Action Step

Action Step:

The purpose of this assignment is to help you get in touch with your sensual / sexual body, to help you feel confident as a sexy human being, and to help you project yourself as a beautiful sexy person.

From living in a sex-negative society, we are all impacted with sex-negative social conditioning which erodes our healthy sense of being a beautiful sexy person. These exercises are designed to build a healthy body image and to help us create a new script to override sex-negative social conditioning.

If you find yourself being critical and/or having negative thoughts, stop for a moment and tell yourself, "For this exercise I will focus on the positive." When negative thinking became persistent, I found it helpful to stop and place all my negative thoughts into a mental trash can, reminding myself that I can pick them up later if I feel that I still need them.

Pay attention to your mind talk (the things we tell ourselves in our mind) while doing these exercises. Through sex-negative social conditioning, we are taught to be overly critical of our bodies, especially our sexual bodies.

We can change our mind talk through conscious effort, but it takes practice. When you find your mind talk is being overly critical, stop for a moment and ask yourself, "Is this really true?" Check out your mind talk and see where it is truly coming from. Try restating your overly critical mind talk in a positive statement and see how that feels. For example, if I look at myself in the mirror and my mind talk says, "My arms are too long," I can restate the criticism in the positive by stating, "My arms are slender and elegant in their length."

Part of the focus of these exercises is to get in touch with our genitals. In a sex-negative culture, we are conditioned to distance ourselves from our sexual bodies. These exercises are structured to help us form a new connection with our sexual body.

Sexual Affirmations

Directions:

Read these affirmations out loud daily. Pause after each statement and contemplate on the meaning and how you can incorporate the statement into your life.

By practicing these affirmations daily, you will start to experience a sex-positive attitude in your life. I challenge you to practice these affirmations for 60 days and see for yourself what a difference it can make in your life.

Congratulations on your journey into a healthier approach to adult sexuality.

Use these affirmations as written for at least 2 months. Afterward, add new affirmations of your own and remove statements that no longer are needed. You will discover new personalized affirmations as you perform the Mind Talk exercises. You can add other affirmations as you discover traits that you want to change.

As you change and adapt new affirmations, use them for at least 2 months before making new revisions. For affirmations to work in changing your life, it takes a minimum of 2 months of daily use. When I write a set of new affirmations, I use them for 6 months to a year before revising them. I have found that the new affirmations provide a deeper transformation when used over a longer time period. The 2-month rule works great for generalized affirmations, but as you develop your own personal affirmations longer use will be beneficial.

Sex-Positive Affirmations

Sex is sacred.

My genitals are a gift and provide erotic ecstasy.

Sexual guilt is a byproduct of sex-negative social conditioning. I choose to condition myself in a better way, without guilt and shame. Sex is about respect of the sexual body in others and myself.

I love sex. Sex is an adventure of connecting with spiritual energy.

There are many appropriate diverse forms of sexual expressions and activities to explore. It is not about good or bad, it is about what turns me on sexually within the

guidelines of safe, sane, and consensual. I listen to my sexual body, not to preconceived notions and sex-negative conditioning.

Sex is a sacred act. I am accepting of all forms of healthy sexual expression. While I may not personally be into some forms of sex, I accept and acknowledge the diversity of different sexual interests and understand there are many different paths to sexual enlightenment.

I will explore sexuality with freedom and innocence. I choose not to live in the dark ages when it comes to my personal sexual development. I determine what is amazing sex for myself. I give myself permission to experience new sexual techniques and experience new sexual activities to determine if they work for me.

Raising sexual energy and engaging in sex brings my conscious mind to a state of ecstasy.

I am an energy being housed within a sexual body temple. I am beautiful, sexy, and radiant just as I am.

Erotic arousal transforms plain physical stimulation into electrifying perceptions of ecstasy. When we walk, we are stimulating our genitals, but we barely notice. It is when we become erotically aroused that the transformation occurs. This is a part of the magic of sex.

Masturbation can be an expression of self-love. I love myself and so will give myself pleasure, for I am worthy of self-love. I am worthy of receiving pleasure.

I own my own unique form of sexual expression that I am discovering on my path of developing a sex-positive lifestyle.

When two or more people engage in sexual activities together, a powerful energy exchange occurs which brings a bonding force between them.

When I raise sexual energy, I become fully present, experiencing the moment. When I am sexually charged, I enter into my higher consciousness and experience the energy being within my body. I experience the energy being within my partner.

I have a right to be freely sexually expressive in appropriate environments either with myself or with informed consenting adults.

From time to time I can raise sexual energy keeping on the edge of orgasm, but not reaching orgasm, to spread erotic energy throughout my body in order to fully experience the journey, instead of reaching the goal of orgasm.

Orgasm is more than a release; it brings a state of bliss and transcendence.

I celebrate being a sexy and sexual creature.

My sexual body is beautiful in both form and function.

We all start out in the womb as female; female is the primary sex. We all have a mixture of female and male characteristics. Some are well hidden and some are pronounced. I decide which aspects of male or female that I want to accentuate in my life. My sex is complex and beautiful.

Sex and gender are a diverse spectrum, more than just female and male. I celebrate the different varieties of gender diversity and gender expression.

I strive each day to learn more about living a sex-positive lifestyle. I am actively learning new information about my personal form of sexual expression and learning new sexual techniques that help me become fully awakened at a sexual entity.

I am more than a physical body, I am a luminescing entity within a physical form. My physical body is composed of matter formed by the stars. As I raise sexual energy, my inner core being shines brightly and I become connected with the flow of the energy of the universe. I reach and gain understanding of my true nature and become one with all that exists.

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. S/he currently practices as a prostitute priestess, providing sex-positive education and sex healing work in Aphrodite's Temple*.

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 has 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 provides sex-positive information about human sexuality and alternative lifestyle choices. Visit KPFT at: <http://www.kpft.org/>.

Currently, Ladyboy Gigi produces a podcast on iTunes called Adult Bedtime Stories. Each week a new episode is released featuring a topic on sexuality. 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 will be 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. To subscribe and listen, go to:

<https://itunes.apple.com/us/podcast/adult-bedtime-stories/id1327711830?mt=2>

* Note: The Sacred Sex Temple (Aphrodite's Temple) is a sacred space that is based on ancient sacred sex temples that existed in many ancient civilizations around the world. Aphrodite's Temple is currently available during Earth Spirit Alliance and Council of Magickal Arts pagan festivals in the spring and fall. If you are interested in having Aphrodite's Temple be a part of an event you are offering, contact Ladyboy Gigi for more information at admin@ravenslairleather.com.