



## Edging an Orgasm Training Program

# Action Step 3

## Generating Passion Exercise



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

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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.

Raven's Lair Training Programs contain one or more of the following:

- Artistic Images of the Naked Body (Nudity)
- Images of Sexual Activities
- Erotic BDSM Performance Artistic Images
- Sacred Sexuality
- Kinky Sex Images
- Tantric & Taoist Sexuality Practices

We present adult materials with a sex positive attitude and value system. If you find nudity or any of the above information & images offensive, then stop watching this video now.

On the other hand, if you want to start living a sex positive lifestyle free of shame and guilt, these training materials are for you.



## Generating Passion Exercise

To generate passion, the first step is to identify the things that you have an intense interest and enjoy experiencing. A simple exercise is to sit with a pen and sheet of blank paper and start writing everything down that comes into your head when you think about your interests. Set a timer and write everything down that you can think of for 15 minutes. It doesn't matter if the interest is great or just a flight of fancy. This is brainstorming so write down everything that comes to mind. Later, you will review the list and rank the level of interest. [\(Enter your answers in the Brainstorming Section below.\)](#)

After the timer goes off stop writing. If there is an interest you didn't write down, don't worry, you can add it later. For each item on your list, give it a ranking score between 1 and 10, where 1 is low interest and 10 is high interest. If a new interest comes to mind while you are ranking the interests, add it to the list and rank it.



After you have ranked each interest, make a new list that includes all the interests that scored 8 or above. Over the next month, engage yourself in one interest from the second list for an hour each day. When you get to the end of the list, go through the list again, until you reach the end of the month.

At the end of the month, review the second list and determine which of the interests did you enjoy pursuing. Did some interests bring you joy and passion? Did the hour fly by when performing some interests and drag on for others? Pick 1, or 2 at the most, that stood out for you and you found the most enjoyable.

For the winning interest, set an hour a day aside to pursue the winning interest for a month. By practicing your interest daily, you will generate passion. After you have explored one interest for a month, you can either continue practicing that interest or explore another interest from your list.

To keep passion alive, it is important to set aside time to practice your interests daily. If you don't have an hour to spare, then set aside 30 minutes per day. By generating passion, there is a good chance that you will have more energy for other areas of your life.



Brainstorming:

A simple exercise is to sit with a pen and sheet of blank paper and start writing everything down that comes into your head when you think about your interests. Set a timer and write everything down that you can think of for 15 minutes.

After listing your interests, for each item on your list, give it a ranking score between 1 and 10, where 1 is low interest and 10 is high interest. If a new interest comes to mind while you are ranking the interests, add it to the list and rank it.

Lined writing area consisting of 18 horizontal lines for brainstorming and ranking interests.



List interests that ranked 8 or higher below.

Over the next month, engage yourself in one interest from this list for an hour each day. Each day select the next interest from this list. When you get to the end of the list, go through the list again, until you reach the end of the month.

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## Daily Passion Exercise:

At the end of the month, review the second list and determine which of the interests did you enjoy pursuing. Did some interests bring you joy and passion? Did the hour fly by when performing some interests and drag on for others? Pick 1, or 2 at the most, that stood out for you and you found the most enjoyable.

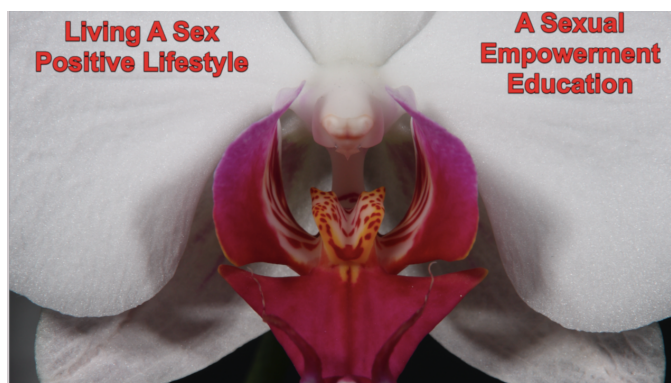
For the winning interest, set an hour a day aside to pursue the winning interest for a month. By practicing your interest daily, you will generate passion. After you have explored one interest for a month, you can either continue practicing that interest or explore another interest from your list.

List your top passion below and what makes it exciting for you.

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## 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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