



The Body Image Healing Training Program

Action Step 13

Masturbation 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.



The Art of Masturbation

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?



Masturbation Exercise

Practice the art of masturbation daily for a month. 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.

Form a Genital / Heart Connection

This can be done solo by looking in a mirror and placing your hands on your own body or with a partner.



With a Partner:

Stand naked facing each other. Place your right hand over your partner's heart and your left hand over their genitals. Have them place their hands on your heart and genitals. Look into each others eyes. Coordinate taking slow deep breaths together and exhaling together. Focus on feeling the heart energy and the genital energy. Continue to gaze into each other's eyes as you breath and feel the energy. Take at least 10 minutes as you feel the connection of genital / heart energy in your partner and in your self. Allow each breath to strengthen and circulate the genital and heart energy.

Performed Solo:

Stand naked facing the mirror. Place your right hand over your heart and your left hand over your genitals. Look into your eyes in the mirror. Take slow deep breaths. Focus on feeling the heart energy and the genital energy in your body. Continue to gaze into the reflection of your eyes as you breath and feel the energy. Take at least 10 minutes as you feel the connection of genital / heart energy in your self. Allow each breath to strengthen and circulate the genital and heart energy.

After you have completed this exercise for a month, answer the following questions:

How does it feel to take time to pleasure yourself each day?



What did you experience while forming a genital / heart connection?

[illegible]



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.