



# Edging An Orgasm

By Gigi Raven Wilbur

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## Raven's Lair

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

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 reading this PDF File 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.



Creating a Sex-Positive World

Through Adult Education &  
BDSM Performance Art

Edging an Orgasm Training Program

**Show Title:** Edging an Orgasm

**Release Date:** 4/19/2024

**Transscript:**

Hello & Welcome! You are listening to another episode of Adult Bedtime Stories. I am Ladyboy Gigi. At Raven's Lair, we present adult materials with a sex positive attitude and value system. If you find nudity offensive, then do not watch the video, just listen to the audio version of the podcast.

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. The podcast video contains nudity and artistic images of the naked body. **Warning:** If you have ever experienced sexual trauma and still have unresolved sexual issues, do not take this training program until you have obtained counseling from a trained mental health professional.



Tonights training video is Edging an Orgasm. Edging an orgasm is a sexual technique that can be done by women, men, intersex individuals, and transexual individuals. While it seems simple at the surface, it does take time to train one's body. It involves the following components:

- PC Muscle Exercises
- The Lover's Breath
- Raising Sexual Energy
- Sexual Fantasy
- Generating Passion
- Sexual Blockages
- A Primary Sexual Sense

A Ritual Bath  
The Practice of Edging  
The Point of No Return  
Wholistic Sexual Body  
and Mindfulness

The first step is developing and exercising the PC Muscles. The PC Muscles are your sex muscles. By doing daily PC muscle exercises, over time you gain stronger erections and develop greater orgasm control.

The Lover's Breath is a technique that helps circulate pre-orgasmic energy throughout the whole body. It also helps with orgasm control.

Raising Sexual Energy is the means to raising sexual pleasure to greater heights and getting in tune with the sexual body and sexual energy. Sexual Fantasy is one method that helps with raising sexual energy. We will cover several methods to help raise sexual energy in the training video.

I cover Generating Passion as a method to develop not only sexual passions, but also developing passion in other areas of life.

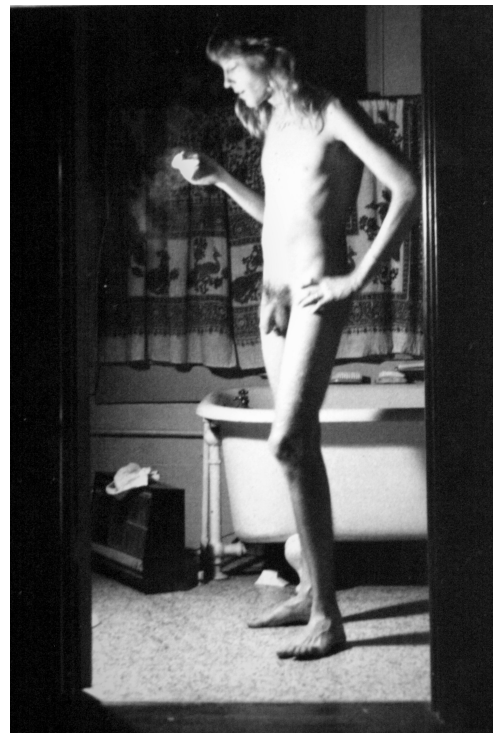
Sexual Blockages can interfere with sex. In the training, we cover several techniques to overcome sexual blockages. Some of the methods include identifying your Primary Sexual Sense and taking a Ritual Bath.

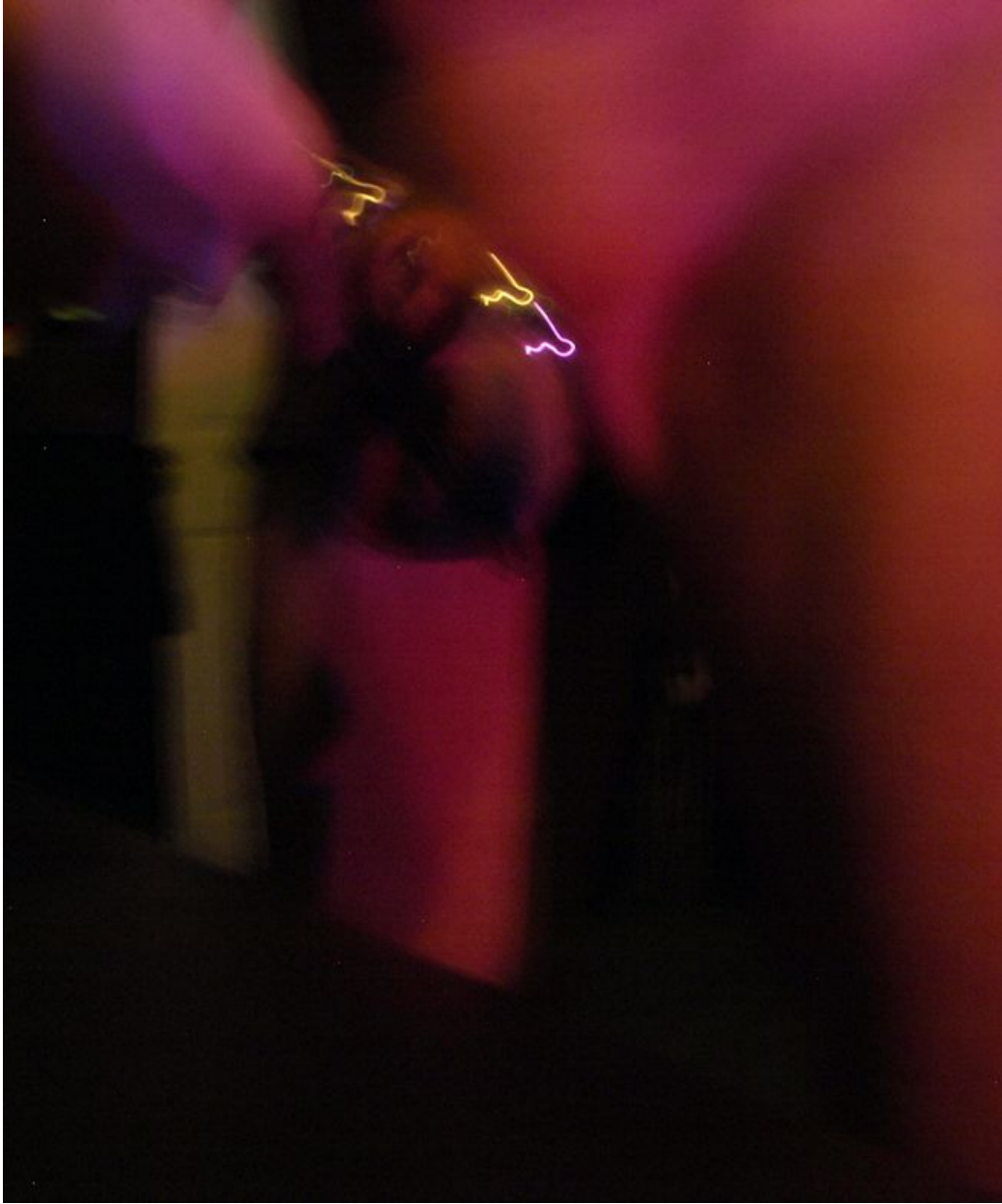
Then we cover the Practice of Edging. It includes identifying the Point of No Return and how to stay just at the edge of the point of no return.

Sex is more than a physical activity. We cover the Wholistic Sexual Body and Mindfulness as techniques to involve many components of sexual activities to enrich the sexual experience.

I am excited to bring the Edging an Orgasm Training on Adult Bedtime Stories. So, here I will start the training.

Start Edging an Orgasm Training.





## Edging an Orgasm

Edging an orgasm is a sexual technique that can transform your sex life. For most people, it takes time and practice to learn but once mastered, it can take your sex life to a whole new level of sexual ecstasy. It may sound easy, but it is more difficult than one might think.

Edging is the process of raising one's sexual energy through either masturbation or penetrative sex with a partner almost to the point of no return, that point where orgasm / ejaculation is almost immanent. As one gets close to the point of no return, circulate the pre-orgasmic energy throughout the entire body to dissipate the energy and after the energy recedes, then return to more sexual stimulation to raise the sexual energy and repeat the process.

The benefits of edging are amazing. After edging for several hours, the resulting orgasm is amazing. If I were to rate how good an orgasm is through regular sex verses through the practice of edging, there is no comparison. Edging takes orgasms off the chart. They are extraordinary.



Practicing edging on a regular basis will provide orgasm control. Generate Passion It helps with overcoming premature ejaculation as well as issues with difficulty reaching an orgasm.



Women who have not experienced an orgasm can learn how to orgasm. Practicing edging an orgasm provides increased awareness of one's body as well as how sexual energy flows in the body. It increases body awareness.

Edging can bring a person to experience multiple orgasms. Through the process of edging as well as some other techniques, I have experienced out-of-body spiritual orgasms.

## Preliminary Steps

In our culture, we are not taught about our sexual bodies and how they work. The sexual body is a highly complex system composed of glands, genital tissue, neurological wiring, energy, the heart, and the brain. To experience great sex, learning about the sexual body is important. We are all neurologically wired differently. The following exercises are designed to assist you in learning how your sexual body works. By practicing these exercises and learning how your sexual system works, you will be able to practice edging an orgasm. If you skip these exercises, you will have difficulty with edging, if not failing at the edging techniques completely.

## PC Muscle Exercises

The PC Muscles or pubococcygeus muscles (pronounced pew-bo-cox-uh-gee-us) are the sex muscles. By exercising these muscles every day, you will develop a healthier sex life. You will have better orgasms, have better control over your orgasms, and improve your sex drive.

There are other advantages in practicing these exercises. For pregnant women, well-developed pc muscles will help in the birthing process. These exercises will also help if you have problems with hemorrhoids or problems with incontinence.

To identify the PC muscles, when you urinate, stop the flow of urine. The muscles you use to stop the flow of urine are your PC muscles. To exercise these muscles, squeeze and release them. As you squeeze and release, coordinate this with your breathing. Either squeeze with the inhale and relax on the exhale, or relax with the inhale and squeeze on the exhale.



## Action Step 1 PC Muscle Exercises

Perform the following exercises daily. I find it helpful to schedule a time each day. If you do the exercises the same time each day, it becomes a routine and is easier to keep on the program.

One set of exercises is to squeeze and release the PC muscles as rapidly as you can.

Another set of exercises is to first squeeze lightly, then squeeze harder and release them.

Another set of exercises is to squeeze for 10 to 30 seconds and then release for 10 to 30 seconds. Start with 10 seconds. Over time as the muscles get stronger, add time till you get to 30 seconds.

Do these exercises for 30 minutes on each exercise every day. If your muscles become sore, start with five minutes on each exercise every day and slowly built up to 30 minutes.





Women should read *Female Ejaculation and The G-Spot* by Deborah Sundahl pages 69 – 74 for specific female PC Muscle Exercises.

Men should read *The Multi-Orgasmic Man* by Mantak Chia and Douglas Abrams Arava Pages 36 – 41 for specific male PC Muscle Exercises.

I find it helpful to associate doing the exercises with a daily activity. I usually do these exercises each day right before I take a nap. I also do them when I wash the dishes, which makes the chore much more fun. These exercises can be done just about anywhere. They can be done while sitting in a meeting, reading a book, watching TV, and during many other activities.

## Breathing Techniques

Deep breathing is also a very important component that will aid in relaxing the entire body. When we tense up, we generally respond to tension by breathing shallow breaths. Deep breathing will help in the relaxation process as well as improve our experience of sex as a whole. Deep breathing circulates sexual energy throughout the entire body. A great breathing technique to use is called The Lover's Breath.



The Lover's Breath – Take a deep inhale forcing air deep into your lungs. Hold the breath for a moment. Open your throat and sigh the breath out slowly. Be sure to sigh out loud as the sound sends vibrations into your core. Do a practice run of 3 breaths now and see for yourself how powerful the Lover's Breath is.

## Raising Sexual Energy

It is interesting that some people seem to have a high sex drive and some have a low sex drive. Yet, to a degree this is a myth. Sex drive isn't something we have or don't have, it is something that we generate. Even people with a low sex drive can raise their sex drive through daily practices.

Do you feel sexy and sexual? Do you want to have more sexual energy? In our busy lives we often get caught up in life and sex gets put on the back burner. Learn how to recharge your sex life with a daily practice that takes 15 – 30 minutes per day to perform. With this practice, you can recharge your sex energy.

This training will guide you through the process of raising sexual energy.

Before I cover raising sexual energy, I would like to cover a few concepts that will aid the process.



## Sex Is Energy and Sex Generates Energy

While sex is a physical activity, it is also a form of energy. As we are stimulated sexually, our neurological system transforms. Our entire sense of touch transforms and our neurons send electrical signals to the brain from the body. The brain sends signals back to the body. As sexual energy builds up, our sense of touch changes how we perceive the sensations. They become more focused and we experience more and more erotic sensations and pleasure.

If you think about it, when we walk across a room, our genitals are being stimulated, but we usually don't pay much attention to the sensations. On the other hand, when we engage in genital sexual stimulation, we become highly focused on the sensations and the sensations are highly charged erotically.

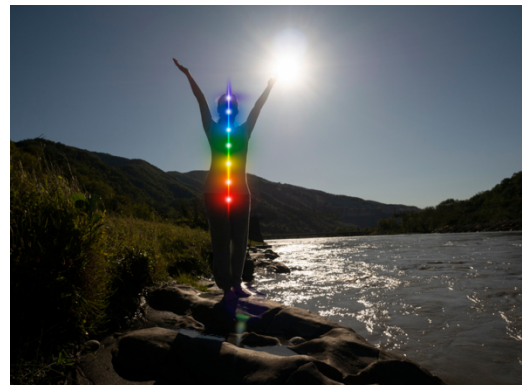


There is a concept in Tantra called the Kundalini. The Kundalini is the sleeping serpent within all of us and it is our sex energy. Through sexual stimulation, sexual fantasy, and other means, the Kundalini awakens. As it awakens, our body and our mind transform.

On a more scientific perspective, as we become aroused, many physiological processes occur in our bodies. Our bodies release oxytocin, serotonin, and dopamine. These are the chemicals that reward our pleasure centers. They also act to open and heighten our sense of touch to become more pleasurable and raise passion.

When we regularly release these chemicals within us, we actually change our mindset. I think of it as entering into a higher state of consciousness. During sexual activities, we can become more focused in the present moment. Our awareness becomes focused on our body and our partner. We feel connection. We become more present with our self and with our partner. We become energized.

While there are things that can block us on a sexual level, when sex is not blocked and is fully functioning, we have the capacity to reach states of ecstasy that are transformational.





## Sexual Blockages

In our modern culture, we are impacted by stress, complex lives, and day to day life. With career, jobs, family obligations, and living life, we are often operating from our rational side of the brain. On top of that, stress and tension have become a part of our lives. Stress and tension put us into a fight, fly or freeze mode. Our body and brain releases adrenaline to empower us to fight or fly. As this occurs on a frequent basis, it dampens our sex drive as well as unleashing unhealthy chemicals in the brain.

We feel disconnected and focused on the future or the past. Our minds race with thoughts, worries, and concerns. We shift into problem solving mode and struggle with life problems. Sex gets put on the back burner and becomes a non-priority.

While I am painting a black and white scenario for illustration purposes, this does occur more often than you might think.

So, how does one get back on track with having a fulfilling sex life? There are several techniques and practices that help with overcoming sex blockages. The following are some of the blocks and remedies: Getting in the Mood, A Matter of Focus, A conducive Environment, Identifying One's Primary Sexual Sense, and Sexual States of Consciousness. I will cover each of these next.



## Getting in The Mood

Often, we think that we must be aroused or in the mood before sexual interest can occur. That is in part a myth. Often, we think that desire must precede sexual activities. Fortunately, there are activities and practices that will help us get in the mood. While each of us are neurologically wired differently for sex, we do have a lot in common. Let's explore some of these differences first, as they will provide insights into activating sexual energy.

## A Matter of Focus

Sometimes when we are having sex, our minds drift to thoughts, concerns, or worries. As that occurs, our focus is on the thoughts, concerns, or worries and not on the present moment. What we are feeling in our bodies shifts to the background of consciousness.

As this happens, arousal and sexual experiences become less pronounced. We lose interest in what is happening in the present moment and get lost in our thoughts, concerns, or worries.

I have discovered a technique to remedy this situation. When I realize this is happening during sex, I mentally think stop a moment and ask myself "Do I really want to miss out in what is happening now?" Then I tell myself to focus on what my body is feeling now. I remind myself I can come back to thoughts, concerns, or worries later if I need or want them.

By redirecting my focus to my body, I start to feel and experience the sexual stimulation I am feeling now.

## A Conducive Environment

Create an environment for your explorations in raising sexual energy. Turn off cell phones. Put a lock on the door for uninterrupted play time. Create an environment that is relaxing and helps set the mood for sex. Use candle lights or other ambient lighting for your space. Decorate the room with erotica and create a sensual atmosphere. I even have an alter with erotic statues, photos, candles, incense, and massage oils.

Choose a time where you can have uninterrupted private time. If you live with a partner, let them know you need a private space to perform your erotic meditations. If kids are an issue, pick a time when they are out of the home.

This is your time to explore your body and raise erotic energy. When I lived in a house with lots of roommates, I would use bath time for my erotic adventures. At that time, I had a box with all my erotica environment supplies to utilize during bath time.





## Identify Your Primary Sexual Sense

Each person has a primary learning style. We also have secondary learning styles. Some people learn best from visual materials. Others learn best from auditory information. Some are tactile/ kinesthetic learners, they learn best through a hands-on approach. This does not mean that we can't learn through other senses, but a person retains and learns best through their primary sense.

People also have a primary sense for arousal and sex. For example, if a person's primary sense for sexual arousal is from visual stimulation, they will respond better to seeing sexy images and through seeing their partner in a sexy outfit.

For those whose primary sense for sexual arousal is auditory, they will respond better to sexy talk and hearing sexy sounds.

For people whose primary sense for arousal is tactile / kinesthetic, they will respond better to touching and being touched.

Another primary component for sexual arousal is emotive. For them, sex has to have an emotional component. They respond sexually when their partner provides a sense of love, appreciation, and other emotional support.



It is important to determine your own and your partner's primary sense for arousal. Often, we assume our partner will respond the same way we respond. If my primary sense for arousal is visually based and my partner is based in auditory stimulation and I primarily provide sexy images and visual stimulation, then my partner will not respond as well sexually. In this case, if I talked sexy and described how sexy images look verbally, then they will get turned on at a higher level.

To determine one's primary sense for sexual arousal, determine what types of stimulation gets you sexually aroused. If seeing sexy images really turns you on, then you are more of a visual person. The same applies to the other senses.

Some people have more than one primary sense for sexual arousal. For example, one may get turned on sexually through visual and auditory stimulation equally.

For some people, a non-primary sense can be either a turn off or be neutral, providing no erotic stimulation. An example would be phone sex. For an auditory person, phone sex is great. For others, phone sex doesn't do anything for the libido.



By determining your primary sense as well as your partner's, you can provide each other with better sexual stimulation. For example, if one partner is visual and the other is auditory, utilize both visual and auditory stimulation for each other. Have your partner perform a strip tease while you describe every juicy detail. Or perform a strip tease and describe the entire performance.



## Sexual States of Consciousness

Sexual states of consciousness are like a type of trance state. Preparing the headspace through fantasy or replaying past experiences helps get a person into the right headspace for sex. The conscious mind shifts to an erotic state and we become more receptive to erotic experiences.

We are divine entities within a physical body with a mind. All these areas need attention to awaken our sexual system. A good practice for getting into a sexual headspace is taking a ritual bath.



## A Ritual Bath

A ritual bath or shower is a great way to prepare yourself for many activities. Some people use ritual bathing for solo sexual explorations / self-lovemaking, making love with a partner, intense BDSM scenes, pagan rituals, sacred sex, and sex magick.

Before entering the bath, contemplate the upcoming event. Get in touch with your emotions and feelings. Listen to what your heart is telling you. Form a genital/heart connection.

When you perform a ritual bath, you are preparing yourself on several levels. You are cleaning your body and spirit. You are raising erotic energy. You are getting into a good headspace for the upcoming event. You are centering and grounding your entire being.

A ritual bath can involve the following elements:

Meditation

Sensual Touch

Sensual Washing with hot soapy water

Erotic Massage

Bath Play Time with fun sexy bath toys

Masturbation without climax to raise erotic energy

Envisioning

Contemplation

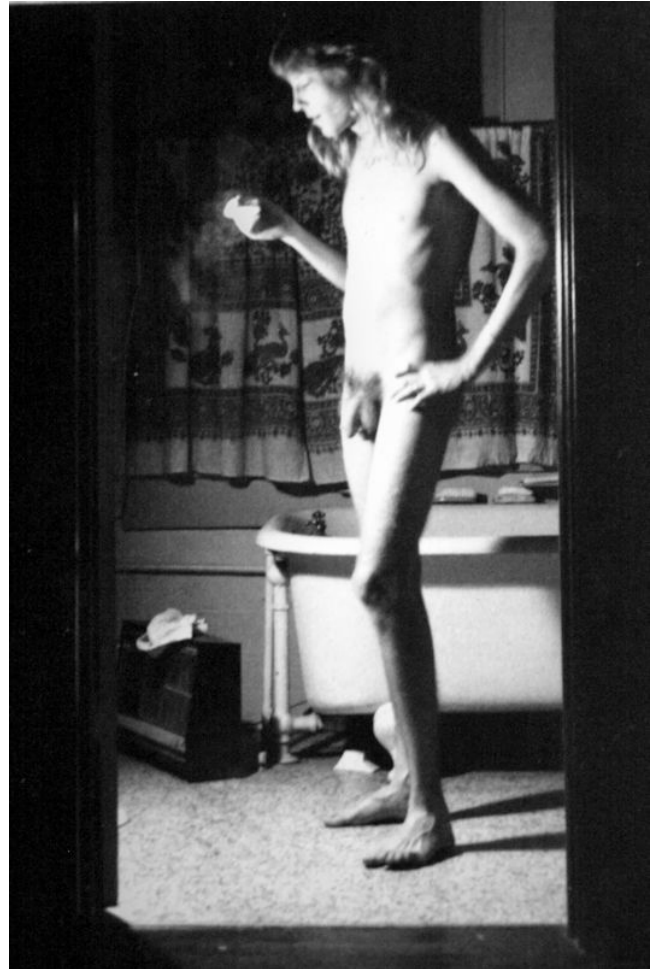
Forming a Genital / Heart Connection

Centering

Grounding

Sensual Rinsing allowing the water to fully stimulate your body

A ritual bath is not just a serious event. You can bring out the inner child to explore, play, and have fun. I like to utilize bath toys, which include a rubber duck, a dildo, a rubber squirting fish, and other waterproof sensation toys.



As you play and wash your body, contemplate the upcoming event. Enter a light trance state. Envision the event and the intent of the event. The intent for raising sexual energy can be as simple as opening oneself to experiencing erotic pleasure.

By taking the time for a ritual bath, you can be fully in the headspace you want to be in for the event. You are fully energized and ready. You are in sacred space, not just physically but also spiritually. Your body is the temple of your energy being. By energizing the body in a ritual bath, you also energize your spirit.



## Guided Erotic Meditation

A guided erotic meditation is a great way to start the process of raising sexual energy. Utilize the meditation from my guided erotic meditation or tape record a guided erotic meditation that you customize for yourself.

I enjoy my erotic meditation laying naked on my bed. As the meditation plays, I gently caress my body. For some people, they enjoy the meditation without physical stimulation. Try both ways and see what works best for you.

## Raising Sexual Energy

Utilize the following suggestions to help you raise sexual energy. They include Sexual Fantasy, A Hot Sexual Experience From the Past, Sensual Talk, Visual Stimulation, and Tactile / Kinesthetic Stimulation.

I have provided information for each of the senses. Identify your primary erotic sense and be sure to include your primary sense. You can use other senses as well if you find it helps you become aroused.

Remember to take deep breaths to release tension and enhance relaxation. Perform The Lover's Breath. Breath work helps in both raising sexual energy and helps circulate sexual energy throughout the entire body.



Explore your whole body through erotic touch. Often in our culture, we don't spend enough time with the whole body at a sensual / sexual level. Genital stimulation is best when our sex energy is fully awakened through whole body stimulation.

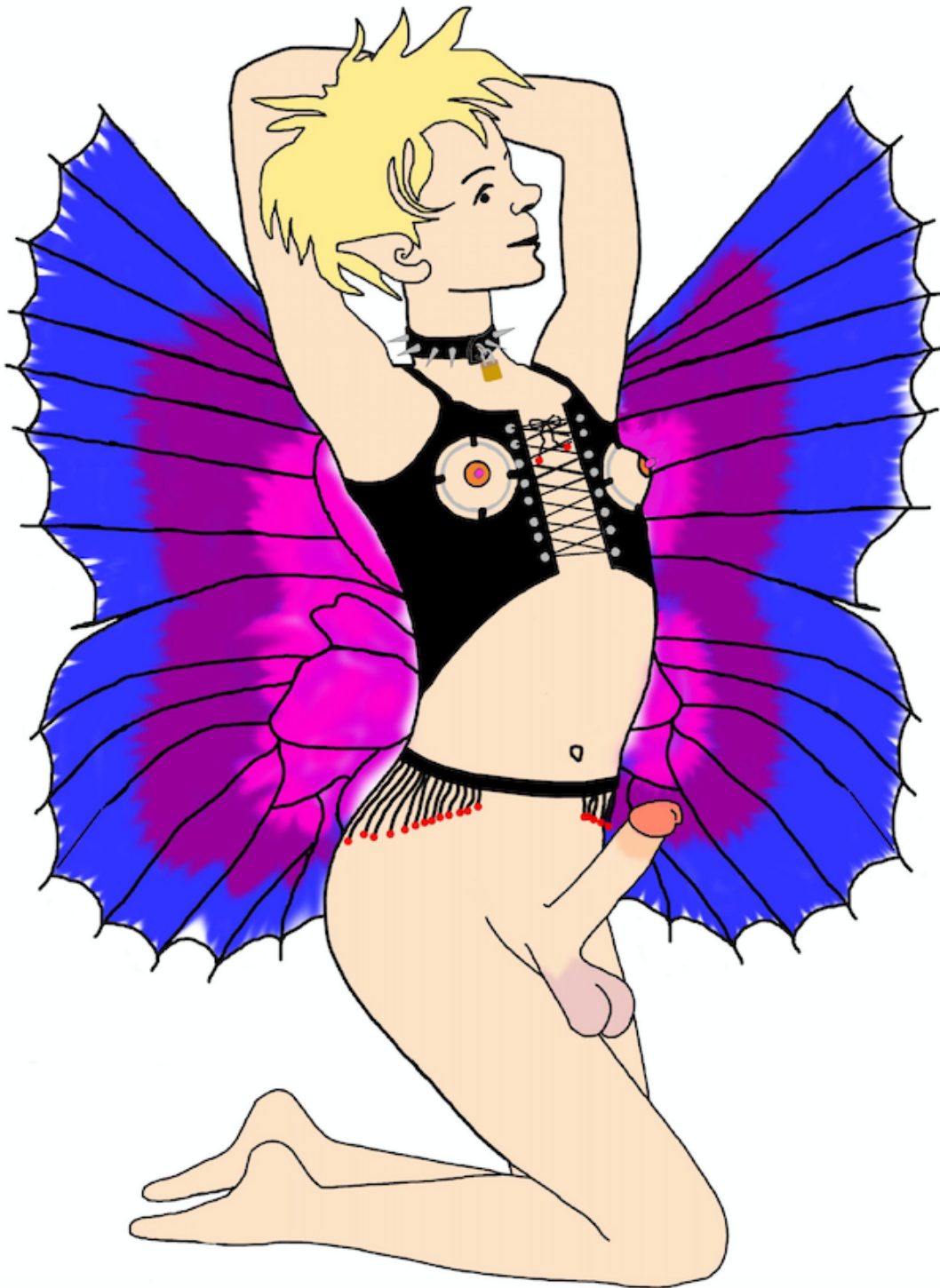
## Sexual Fantasy

Explore one of your sexual fantasies. If you do not have sexual fantasies, there are many erotic short stories that can ignite sexual fantasy. Visualize or tell yourself about every detail that turns you on sexually. The mind is our greatest sex organ. Use your imagination to create a hot sexual fantasy scene.

Fantasy is similar to emotions in that there are no good or bad emotions. It is how we act or react from emotions that is good or bad. For instance, I can either use my anger to strike out at someone or I can channel my anger to motivate myself to create social change.

Like emotions, fantasies are within our inner world. They do not exist in the material world. While we can experience the forbidden, the darker side of sexuality, break taboos, enjoy lighter fantasies and many other sexual fantasies; they are contained within the safety of our mind. Within our mind, there is no good or bad fantasy, as long as it is a fantasy that brings us pleasure.

Each individual utilizes fantasy in different methods. For instance, fantasies can be visualized as images you picture in your mind, be a story you tell yourself, it can be



imagined as a tactile experience or felt as an emotional experience. There is no right way or wrong way to fantasize, use the method that works best for you.



## A Hot Sexual Experience

Related to fantasy is traveling through our memories of past sexual experiences. Recall a sexual experience that was amazing and brought you to an exceptional orgasm. Remember every detail that made the experience special and visualize it in your mind.

## Sensual Talk

Describe what you experience through your other senses out loud that is sexy and erotic. Utilize dirty talk to get yourself even more excited if dirty talk turns you on. Write out a script and make a recording of a hot sex scene. Play the recording as you raise sexual energy.



## Visual Stimulation

Mirrors are great as an erotic visual aide. Do a strip tease in front of a mirror. Masturbating in front of a mirror can add a visual element. Erotic art is another great way to bring visual stimulation to your sex play. Photography or video can also add to the visual stimulation. For many people, pornography is a great stimulus.

## Tactile / Kinesthetic Stimulation

Dance naked and move your body in ways that feel erotic. Erotic dance is a great way to circulate sexual energy throughout the entire body. Utilize erotic touch and feel all over your body as you raise erotic energy. Touch your erogenous zones.





## Awakening the Kundalini

Perform the Lover's Breath to raise sexual energy. Take a deep breath forcing air into your lungs. Hold it for a few moments. As you exhale open your throat and audibly sigh the breath out. The sound should be loud enough to resonate vibrations through your chest.

Gyrate the hips, rocking the pelvic floor forward and back. Pump erotic energy with motion while breathing the Lover's Breath. Include PC muscle squeezes. Coordinate breathing, hip gyrations, and pc muscle squeezes and relax.

The PC muscles are your sex muscles. They are the muscles you use when you stop the flow of urine when you urinate. A simple set of PC Muscle squeezes is to alternate rapidly squeezing and relaxing the muscles. Perform the squeezes for a few minutes as you gyrate your hips, rocking the pelvic floor.

Raise erotic energy through sensual touch and masturbation. I start with outer body stimulation and slowly work into erogenous zones and to the genitals.

Identify the point of no return. Learn how to get close without orgasm. Experience the pleasures of raising sex energy. After all, an orgasm lasts only for a few moments. Raising sex energy can last for hours and brings pleasure through the process.

## Action Step 2: Raising Sexual Energy

Raise sex energy, but don't climax. Climax and orgasm can be experienced at another time. Experience raising sex energy and focus on spreading the energy through your body. Complete this exercise for 15 - 30 minutes per day.



## Daily Practice

Perform raising sexual energy every day for 30 days. Over this time period, notice how your energy is raised not only erotically, but also for your daily life. I highly recommend you perform this practice at the same time of day, each day.

As you raise erotic energy, explore your entire body. Utilize different pressures ranging from a feather touch to deep tissue massage. Vibrators and sensory toys can also be utilized. Examples of sensory toys include feather duster, hair brush, comb, scarves, and other items that produce sensations on the skin. Be sure to obtain sensory toys that are not used for other purposes.

Use this time to fully explore how your body responds to different sensations, especially sensations that bring erotic pleasure. This is the time to learn about your body, what turns you on sexually, and how you like to be touched. Explore and discover all your erogenous zones.



The benefits include the following:

Generates a feeling of being connected.

Elevates one's mood to feel happier.

Raises our sex energy and our desire for sex.

Raises our ability to be more mindful and fully present in our daily activities.

We become more impassioned with life and life activities.

Releases oxytocin, serotonin, and dopamine which elevates our mood and brings more joy to life.

Brings radiance to our being.

Reduces feelings of being in a slump. I no longer feel like I got out of the wrong side of the bed so to speak.



## Generating Passion and Mind Talk

### The Effects of Mind Talk

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 over 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."



### Action Step 3: Generate Passion

To generate passion, the first step is to identify the things that you have an intense interest and enjoy experiencing. A simple assignment 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.

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.

## Focus on the Wholistic Sexual Body

The sexual body includes physical stimulation, circulating sexual energy utilizing breath work as well as exploring erogenous zones of your entire body, emotional sexual feelings, and mental sexual thoughts. Sexual mental thoughts can include sexual fantasies, erotic stories, imagining past erotic experiences, and any mental activities that get you turned on sexually. Emotional components of sexuality can include feeling sexy, feeling connected with your body (and connected with your partner), and feeling attractive.

By combining the physical, mental, and emotional components of sex, we enter into a higher form of consciousness. We become highly attuned to sexual stimulation. We become present and in the moment. Our awareness shifts to a more intuitive pattern of thinking. I think of this state of consciousness as our sexual consciousness and as a higher state of consciousness.



## The Practice of Edging

Start by raising erotic energy throughout your entire body. Spend extra time on your erogenous areas. As the sex energy raises, circulate it through your body. Stimulate your genitals once you are highly aroused. Build up the sexual energy until you get near the point of no return, that point where an orgasm is immanent. Stop genital stimulation and breath deep. Take a few moments to circulate the sexual energy throughout your body and allow the sex energy to subside a little bit. Just enough to back away from the point of no return. After you have cooled down a little, start stimulating your genitals to bring yourself close to the point of no return. Repeat this process without reaching an orgasm.





I recommend practicing edging without ending the edging session with an orgasm, at least at first. You can have sex and reach an orgasm at another time. By avoiding orgasms during your edging sessions, you are retraining your body.

An orgasm only lasts a few moments. Pleasures you get while edging can last for hours. Don't get me wrong, I love orgasms. But by practicing edging on a regular basis will bring your sexuality to amazing new levels. When you reach orgasm separate from your edging sessions, the orgasm you experience will be much more intense and bring you to higher levels of ecstasy.

## Accidental Orgasms

If you practice edging an orgasm and find that you accidentally pass the point of no return and experience an orgasm, enjoy the orgasm. For many people, it takes practice to learn the skill of edging. Know that it is ok to reach orgasm.

There are some techniques that can help for your future edging sessions. They include the following:

Build awareness of the point of no return.

Utilize the squeeze / relax technique.

Utilize the lover's breath technique.

Exercise your pc muscles daily.

Stop genital stimulation.

Utilize body mindfulness.



## Build Awareness of the Point of No Return

To build awareness of the point of no return, masturbate to climax. As you do, focus on what is taking place as you reach the point of no return and on what occurs in your body as you orgasm. Notice your PC Muscles and what occurs with them when you reach the point of no return and as you orgasm. Notice what occurs in your pelvic area.

Practice just being aware of your body as you get close to the point of no return. What thoughts are you experiencing and do your thoughts help take you over the edge. Take notice of how your genitals respond as you get close to the point of no return and then reach orgasm.

Perform building awareness repeatedly to become more aware of the point of no return.



## The Squeeze / Relax Technique

For some people, when they get close to the point of no return, squeezing the PC Muscles and holding the squeeze will keep them from going over the edge of the point of no return. For others, relaxing the PC Muscles and keeping them relaxed for a few moments stops the orgasm. Try each method and see which works best for you.

## The Lover's Breath Technique

Performing the Lover's Breath as you get close to the point of no return will help circulate the erotic energy away from the genitals and throughout the rest of the body. Perform the lover's breath 4 – 6 times or until you are no longer near the point of no return. Then resume masturbation to build up erotic energy again.



## Exercise Your PC Muscles Daily

Your PC Muscles are your sex muscles. By exercising them daily, they will become stronger and provide not only greater orgasm control, but also give you greater awareness of your sex energy as you build it up.

As your sex muscles become stronger, both females and males will have stronger erections and have greater awareness of their genitals.

## Stop Genital Stimulation

As you get close to the point of no return, stop all genital stimulation. Touch other areas of your body to help circulate erotic energy into your body. Notice how different and good your body feels when you are highly aroused.

Explore different pressures. Use light feather like touch and harder touch. Explore with dry touch and then use massage oil. Explore all of your erogenous zones. Once you have receded from the point of no return, resume genital stimulation to get close to the edge again.

Repeat this process 4 – 6 times. On the final building of erotic energy, bring yourself all the way to orgasm if you so choose.

Sensation toys can add another dimension to erotic touch. Sensation toys can include things like feathers, massagers, neuro-wheels, and more. Anything that produces sensations on the skin can be used as a sensation toy.





## Body Mindfulness

Too often we get stuck on performance issues, especially when playing with a partner. To break away from performance issues, focus on being fully present with your body. Focus on what your body is feeling and allow your self to fully immerse in the erotic sensations in your body as you raise erotic energy,

In our culture, we are taught to be goal oriented, often with orgasm as the goal. Instead focus on pleasure. An orgasm usually only lasts a few moments. By focusing on pleasure instead, pleasure can last as long as you play with your body and experience erotic sensations.

By focusing on giving and receiving pleasure, we develop body mindfulness. Our consciousness shifts from problem solving and rational thinking into experiencing and intuitive thinking. We become attuned to our body. We become connected with our self. We enter into a trance state and surrender to the ecstasy of pleasure.

With practice, you will transform your sex life. As you gain mastery with these techniques, you will discover a deeper meaning in sexuality. Edging an orgasm brings spirituality into sex. We reach a higher state of consciousness and learn how to be fully present and at home within our physical body.

## Action Step 4: Edging an Orgasm

After you have completed The Raising Erotic Energy Action Step, start Edging an Orgasm using the methods we just covered. Practice Edging an Orgasm daily for a month. After that, utilize Edging an Orgasm whenever you desire.

## Conclusion

This concludes Edging an Orgasm Video Training. Be sure to complete all the Action Steps and take your time with each step. These Action Steps have been designed to be fun and playful as well as help you live a more positive lifestyle.

In this video, we have covered:

- PC Muscle Exercises
- The Lover's Breath
- Raising Sexual Energy
- Sexual Fantasy
- Generating Passion
- Sexual Blockages
- A Primary Sexual Sense
- A Ritual Bath
- The Practice of Edging
- Point of No Return
- Wholistic Sexual Body and Mindfulness

Enjoy & have a good time with your body.

## Station Break:

And now we are to station break. If you want to watch the video version of this podcast go to the link below. Be sure to download the transcript of the show, The Guided Erotic Meditation MP3 file, and the 4 Action Steps. They can be obtained at <https://ravenslairleather.com/podcast>.



## Review & Highlights:

I would like to share some of my experiences with the training. In my early adulthood, I started doing PC muscle exercises daily. At first I didn't notice much of a change. But once my PC muscles grew stronger, the change was significant. My erections were stronger and my cock felt more powerful. When I squeezed the muscles, the head of my cock swelled much bigger than it did before doing the exercises. I also had greater control of having an orgasm. I could reach orgasm in about one minute or last hours before teaching orgasm.



Sex felt better. I felt more sensations in my cock when my sex muscles were stronger. I think by having stronger erections, it felt firmer and fuller. By squeezing and relaxing my PC muscles during sex, I felt the sensations of a firm hard-on expand with each squeeze.

The Lover's Breath breathing technique I learned at a workshop at a bisexual conference. The workshop by Kate Bornstein was called The Non-Genital Orgasm. It was this workshop that I learned about sex energy and energy orgasms. Energy orgasms are a type of orgasm that is different from physical sexual orgasms. Besides feeling emotionally charged, the energy orgasm had a spiritual feel.

Through utilizing breathing techniques during sex, I was able to circulate pre-orgasmic energy throughout my entire body. There are a variety of different types of orgasms. By repeating this process through edging and other sexual techniques, I was able to have whole body orgasms, energy orgasms, multiple orgasms, and non-ejaculatory orgasms;

depending on which sexual techniques I utilized during sex. In the future, I will cover The Non-Genital Orgasm Training on Adult Bedtime Stories.

I practice Raising Sexual Energy on a daily basis. On some days I explore a sexual fantasy. Other days I perform a Taoist Genital Massage on myself. On other days I utilize a variety of sexual techniques including the use of sensation toys, vibrators, and multiple sensory play. Sometimes I do light BDSM play on myself. Some days I utilize anal pleasures. Different types of sexual activities and techniques bring on a variety of different types of orgasms.

When I was in my twenties, I realized that I fell into the trappings of modern life. I watched a lot of tv. Then I started collage and discovered my passion for learning. Later, I decided to explore my passions and put together the passion exercises. I already knew some of my passions, but I really didn't know what I wanted to do for a career. I wound up completing a 2 week vocational evaluation the took into account interests and skill potential.

The results came out that I had a lot of possible choices. I eventually became a social worker. After 15 years of social work, I discovered I have a deeper passion in sexology. It was through this process that I started exploring passions for my interests outside of work.

When I did the passion exercise, I discovered that I have a lot of interests and passions. By completing the Generating Passion exercises, I started learning and doing a wide range of activities. From wood working, to dance, to swimming, to nature & camping as well as other interests, my life became more balanced. I love learning new skills and doing a lot of different activities. The Generating Passion Exercise was a great tool for exploring new interests and activities.

From living in a sex negative culture, I realized how sex often easily becomes a non-priority for a lot of people. I have always had a curiosity, passion, and a high sex drive. Growing up with a religious family presented me with sexual blockages that I had to overcome. It was through this process that I decided that I wanted to live a sex positive lifestyle and develop healthy attitudes about sexual expression. I think that being dyslexic and ADHD, I look and question things outside the box so to speak. This has helped me take religion out of sex and replace it with spiritual sexuality concepts.

Exploring Taoist and Tantric sexual practices has helped me develop my skills in sexuality. Part of why I do this podcast is based on the feeling that I wished this





information had been available when I was a young adult, and I want to make it available to others.

I have practiced edging an orgasm off and on, for many years now. Through the practice of edging and at times edging in BDSM role play, I have experienced many different types of orgasms. I have even experience an out of body orgasm a few times. While many people like to keep BDSM and sex as separate activities, I love the combination. It is through BDSM that I experience highly intense sex.



When first started edging, I would edge for 2 - 3 hours before cuming. The resulting orgasms were exceptional. As I became more aware of the point of no return, I would stay on the edge for longer periods of time before backing off. I got to the point where I could remain on the edge for an hour before circulating the pre-orgasmic energy through my body.

On a few occasions, I have taken edging to extremes. I have practiced edging with constant sexual stimulation except for bathroom breaks and food breaks, for 8 hours or more. When I edge for that long, my testicles and prostate gland swell up from sperm and ejaculate production.

As I edge, my whole body craves to orgasm. I remind myself that if I give in to the cravings, the orgasm won't be as spectacular than if I continue. Edging at this level is highly intense. It takes all my focus to stay on the edge.

Sex involves the mind, body, emotions, energy, and spirit. By utilizing all these elements, sex involves the wholistic body. When all the elements of sex are involved, a transformation occurs and I feel connected and balanced. I get in touch with primal energy. This is the state of mindfulness that helps me reach sexual ecstasy.

We have reached the end of this podcast. In our next edition of Adult Bedtime Stories we will start a new series on BDSM. The BDSM Series will cover Basic Elements of BDSM, Spiritual Aspects of BDSM, The BDSM Interest Evaluation, Dominant Role Play, Corporal Punishment, Crisis Intervention, and Flogger Training.

So, till next time, enjoy those nocturnal emissions. Enjoy the pleasures of the flesh. Experience sexual ecstasy. You are worthy of sexual pleasures and created with a sexual body. See you in the next edition.

## Show Links:

<https://ravenslairleather.com/podcast>

## Description

Edging an orgasm is a sexual technique that can be done by women, and men. While it seems simple at the surface, it does take time to train ones body, but the effort is well worth it. Through the process of edging, pre-orgasmic energy is circulated through the entire body. With this technique, one can experience full body orgasms and more robust orgasms.

In this episode of Adult Bedtime Stories, we cover the entire process of edging an orgasm. While many think of sex as a physical activity, it can involve sexual energy. Learn about sexual energy and how to raise sexual energy in this episode.

## 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>



## 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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