



# Body Image Healing Part 4

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In this training session, we cover Charisma, Self Confidence, The Victory Stance, and Sexual Affirmations. Improving our charisma attracts people to us. Building self confidence helps us project a higher self esteem. The victory stance is a body hack that prepares us for success. Sexual Affirmations are a type of NLP that improves our mind talk.

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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 4

#### Introduction



Welcome! I am Ladyboy Gigi. My life vision is to create a sex-positive world through adult education.

There was a time in my life that I felt ugly and awkward. I thought at that time that I was worthless and unattractive. Who would want to go out with me? Through a long process, I discovered how to heal my body image and I realized through the process that I am beautiful and sexy. In this training, I have created a step-by-step body image healing process so you too can discover your beautiful sexy self.

#### Charisma

Charisma is an interesting phenomenon. I have met people who were charismatic but at the same time were not what I would consider attractive. Yet they had a beauty that shown out and I was drawn to them.

Fortunately, we can become more charismatic with a few changes in our attitude and how we relate to people. One important component of charisma is presence. When we become fully present with people, they feel it and are drawn to us.

Being fully present is learning to let go of the future and the past for the duration of an interaction. This includes fully listening without thinking about how we will respond. Part of it is focusing fully in the present moment. It helps me if I prepare myself to fully discover what is amazing and fascinating about the person I am interacting with and letting go of all other thoughts including planning out what I want to say. It takes

practice. I am still practicing this and improving my abilities in being fully present. Yet each bit of progress improves my charisma.

Active listening and giving feedback helps us to be more fully present. Listen to what the other person is saying and paraphrase what you heard. By stating what you heard in your own words provides an opportunity to ensure that what you heard is what the other person actually meant. It also conveys to the other person that you are interested in what they have to say. It creates a bond between you.

Being genuine is another component of charisma. Select things that you like about the other person and share this information with them. If you just try to flatter someone with empty statements, it will come across as phony.

Take an interest in another's viewpoint. Even if you don't share their view, it is important to demonstrate an interest in their viewpoint. Ask questions about their viewpoint that will help you understand how they came to have that viewpoint. Ask questions about what they find important about their viewpoint and explore their viewpoint from their perspective. This doesn't mean you have to agree with their view, just acknowledge it and have a genuine interest in what they value.

Demonstrate compassion and a genuine interest in people. Each person has a story. Ask about their story and their adventures in life. This helps to find the importance of each person and the value they can bring to you. Discover what you share in common, especially when you feel they are very different from you. There is always some things we all share in common, as we are all human beings with needs, desires, hopes, and dreams.

## Action Step 7: Developing Mindfulness

As you interact with people, practice the art of being fully present with them. Focus on who they are and their point of view. Be real and compliment them on their attributes that you value in them.

## Self Confidence



Self-confidence isn't something a person has or doesn't have. Self-confidence is something we generate within ourselves. I would even state further that self-confidence is not necessarily based on success. Success can boost self-confidence, but a person can have self-confidence without being successful, at least initially. Often self-confidence will lead a person to successful outcomes. On another note, even a successful person can lack self-confidence.

There are times when someone with a high level of self-confidence will falter when presented with a new unfamiliar challenge. For example, I have known highly self-confident people who are exceptional in their profession, experience a meltdown of self-confidence when asked to do a presentation to a large audience.

Self-confidence is believing in our abilities as a person to be able to function and excel as we go through the process of life. It also is a belief that other people accept us as skilled, intelligent, valuable, and honorable.

In part, self-confidence is a decision we make. Often it is not clear in how we speak to ourselves about our decision to be confident. For example, when faced with a difficult challenge, how often do we access the challenge and state to our self "I can do this, I've got a handle on this situation," even when we don't totally feel like we can succeed. Yet we plow on with the challenge. By asserting these statements, we have made a decision to move onward with confidence.

In part, self-confidence is affected by our mind talk. If we tell ourselves negative and self-demeaning statements, it lowers our self-esteem and erodes confidence. If we tell ourselves positive statements, then it boosts our confidence levels. I told myself while looking in the mirror "Gigi, I love you and you are awesome". At first it felt weird, but I kept saying it each day. After a while my attitude about myself changed and I truly do love myself and my self-confidence took off.



By recognizing that we have a capacity to learn, grow, and develop as we experience the process of life, self-confidence will raise within us. There are some physical components to raising self-confidence. One method is called the victory stance.

## The Victory Stance

One great example of the victory stance is when a person has just won an event. They raise their arms and either verbally or silently exclaim their success. In the victory stance, a person will expand their body and jump or dance.

Think back to a moment in your life when you felt the moment of joy in accomplishment. What posture did you assume with your body? What were your thoughts at that moment? What were your feelings? For a moment, visualize every detail of that experience. As you visualize the event from your past, assume the posture and express your victory. Notice how you feel by re-experiencing that moment as if it just occurred.

By assuming the victory stance, your body releases a whole set of chemicals in the brain which will not only elevate your self-confidence, but also bring about feelings of euphoria and a sense that there is nothing you can't accomplish. As these feelings surge through us, we project our self in such a way that attracts other people around us.

Whenever you need a self-confidence boost, perform the victory stance. It is a great tool to use when you are about to step into the spotlight so to speak. I use it just before I teach a class or put on a presentation.

## Action Step 8: The Victory Stance

Identify an area in your life that you want to improve your self-confidence. When you are presented with this particular challenge, make a note of your mind talk. What are you telling yourself about this challenge? Is it true? Is there a better mind talk statement you can make? Before you engage in the activity, learn more information about the challenge, perform the victory stance and visualize yourself succeeding with meeting the challenge before attempting the activity.

## Sexual Affirmations

Sexual affirmations are a great way to empower yourself and develop a healthy body image. By practicing sexual affirmations each day, they will improve the quality of your mind talk and empower you as a sexy and beautiful person.

We become what we tell our self. If we tell our self we are beautiful, then our sub-conscious mind will guide us to become more beautiful. It takes time. Our negative social conditioning took many years to take hold within us.

Fortunately, by replacing false statements with



true accurate statements, the process takes far less time.

Even if you don't believe the affirmations, by making the statements you will, over a period of time (usually within 60 days), start incorporating them into your life and benefit. Sexual affirmations are a type of neuro-linguistic programming that will reprogram how you feel about yourself.

## Action Step 9: Sexual Affirmations

Perform sexual affirmations for 60 days. Feel free to use these affirmations as a guide to develop your own or use these as written. You can state these affirmations to yourself, listen to the guided affirmations from the WAV file, or record your own affirmations. The Sexual Affirmations are included in the Body Image Healing Exercises section for download.

## Conclusion

In this edition of Body Image Healing, we covered Charisma and how it affects us in our ability to project beauty. Our charisma is an area that we can change by practicing action steps and becoming more fully present and mindful.

Self confidence is an area that we can develop and project. By utilizing The Victory Stance, we will be perceived as having self confidence.

Sexual Affirmations are a great tool to use to transform our life and raise sexual energy. Through the daily practice of utilizing sexual affirmations, what we tell our self becomes over time, a self-fulfilling prophecy.

In the final edition of Body Image Healing, We will cover Passion, Raising Sexual Energy, The Kundalini, A Guided Erotic Meditation, Masturbation, and Telling Your Story. See you in the next training!



## 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.