



Edging An Orgasm Part 2

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.

Edging an orgasm requires building sexual skills mentally, physically, and at an intuitive level. Learning these skills will improve your sexual and love making abilities. In this video, we continue to set the foundation for edging an orgasm.

We will cover:

Sexual Blockages
A Primary Sexual Sense
A Ritual Bath and
A Guided Erotic Meditation

So learn the skills needed to edge an orgasm.



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.

Conclusion

This concludes Edging an Orgasm Part 2 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:

- Sexual Blockages
- A Primary Sexual Sense
- A Ritual Bath and
- A Guided Erotic Meditation

Enjoy & have a good time with your body.



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.



<https://www.patreon.com/c/RavensLair69>

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.