



Sexual Affirmations Transcript

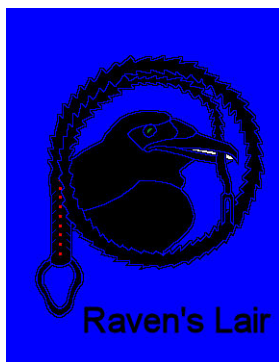
By Gigi Raven Wilbur, CSC

Copyright © 2026 by Raven's Lair

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.



Creating a Sex-Positive World

Through Adult Education &
BDSM Performance Art

Sexual Affirmations Training Program

Sexual Affirmations Video

I am Ladyboy Gigi.

Would you like to remove the shackles from living
in the dark ages of sexuality?

Do you feel worthy of experiencing new heights of
sexual ecstasy without feeling sexual shame or
guilt?

Which statements do you identify with (pick all that
apply):

I am sexy and beautiful!

I love sex and I have an amazing sex drive.

I love my body just as it is.

I am able to communicate clearly with intimate
partners about my sensual desires and about
sexual activities I enjoy, freely and openly.



If you don't identify with all the above statements, it is not your fault. We all live in a sex-negative culture. We are all influenced by sex-negative social conditioning which strips away these values and replaces them with sexual taboos. If you want to identify with the above statements, today's topic will provide the methods to change your attitudes and values.

From living in a sex-negative society, we are all impacted with sex-negative social conditioning which erodes our healthy sense of being a beautiful sexy person. These exercises are designed to build a healthy body image and to help us create a new script to override sex-negative social conditioning.



Mind talk is the things we tell ourselves. Often, we are not consciously aware of our mind talk. What is important about mind talk is that it influences how we view the world and often becomes a self-fulfilling prophecy.

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 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."

For example, due to having ADHD and Dyslexia, I used to tell myself the following: "No matter how hard you try, you are just going to fail," "You will never amount to anything," and "I can't succeed at college, don't even try." This is just a few things I used to tell myself. There was a whole lot more, and most of it was very degrading and negative. Much of my mind talk centered around feelings of inadequacy and feeling unattractive, actually feeling ugly and socially awkward.



Fortunately, I had a friend who taught me to become more aware of my mind talk and question if it is true, question where did it come from, and question whether this is something I should be telling myself, is this serving me or harming me.



So I started asking myself these questions as I became more aware of my mind talk. I discovered that most of it came from what I was told as a child. As I questioned the truth of the mind talk, I discovered it wasn't true.



I started changing my mind talk. When I found myself saying “No matter how hard you try, you are just going to fail”, I replaced the statement with a true statement. The new statement I told myself was “If you try in the same way as others, you may fail, but if you use techniques that work for you, you can succeed. It is not about trying hard, it is about working with the methods in which you are gifted. You just sometimes have to take a different approach.”



At first I felt silly making these statements to myself. I thought, “What is the point of all this?” Then my friend challenged me to do this for one month and see if I noticed any changes. He asked me “If a friend were to tell you the things you tell yourself, how would you feel about that friend?” Why not be a better friend to yourself and try this out?



By questioning and changing my mind talk, I was able to succeed and my self-confidence grew strong. Changing my mind talk transformed my life. When I started applying this technique to my sense of being a scrawny, unattractive, and unworthy person, I transformed into a sexy loving human being worthy to give and receive love.

Our mind talk is powerful and what we tell ourselves, we become. After changing my mind talk, I began to feel attractive, elegant, and graceful. It motivated me to take a modern dance class which made me even more graceful in my movement.

Mind Talk Action Step 1

For a week, keep a journal. As you go about your day, be aware of your mind talk. Mind talk is the things we tell ourselves inside our heads. Mind talk is influenced by socialization forces, childhood experiences, and by our attitudes and values. From living in a sex negative culture, often our mind talk can be highly negative, destructive, and cruel. As you take notice of the content of your mind talk, write in your journal the things you tell yourself, both the positive and negative mind talk. Be sure to spend some time in front of a mirror both naked and in clothes. What statements do you tell yourself when you see your body? Is it different when you are naked?



After a week of observing and documenting your mind talk, review your journal. Are there patterns in what you tell yourself? What kinds of things do you say? Is it supportive and positive? Is it critical and negative? When you are faced with a difficult challenge, do you build yourself up with supportive statements or become highly critical of yourself? Do you become frustrated and tell yourself that it is impossible and give up? Record these answers in your journal.

For the negative mind talk, ask yourself “Where is this coming from?” and “Is this true?”. When I started exploring my mind talk, I had a friend remind me to check it out. By



checking out my mind talk, I discovered a lot of it came from things people told me when I was a child. Some of the negative mind talk came from my early childhood experiences. I discovered patterns, especially when it came to religion, sex, money, and self-worth.

As you check out your mind talk, see if there are patterns. What things were you doing which triggered the negative mind talk? Pay particular attention to the truth or falsehood of the mind talk statements.

As you check out your own mind talk, explore the opposite of the negative statements. Rewrite the opposite positive statement for each negative mind talk statement. Is it possible that there is truth in the positive rewritten statement? How can you apply the positive concepts to your experience?

Write the new positive statements in your mind journal. Make notes about how this new statement will serve you in your life. Write how this new statement makes you feel. Is this new statement a more accurate account of who you are as a human being. These new statements will be your affirmations.

By changing my mind talk, new interests developed that supported the positive statements and became a self-fulfilling prophecy. Through dance and gymnastics, I became even more graceful and elegant. The important part of this process is that I did not consciously decide to develop interests in dance or gymnastics. By rewriting the

mind talk script, my subconscious mind opened new interests which matched my new attitude about my body.

Affirmations Action Step 2



When we shift into an erotic state of mind, we become more receptive. We focus on the present moment and become mindful.

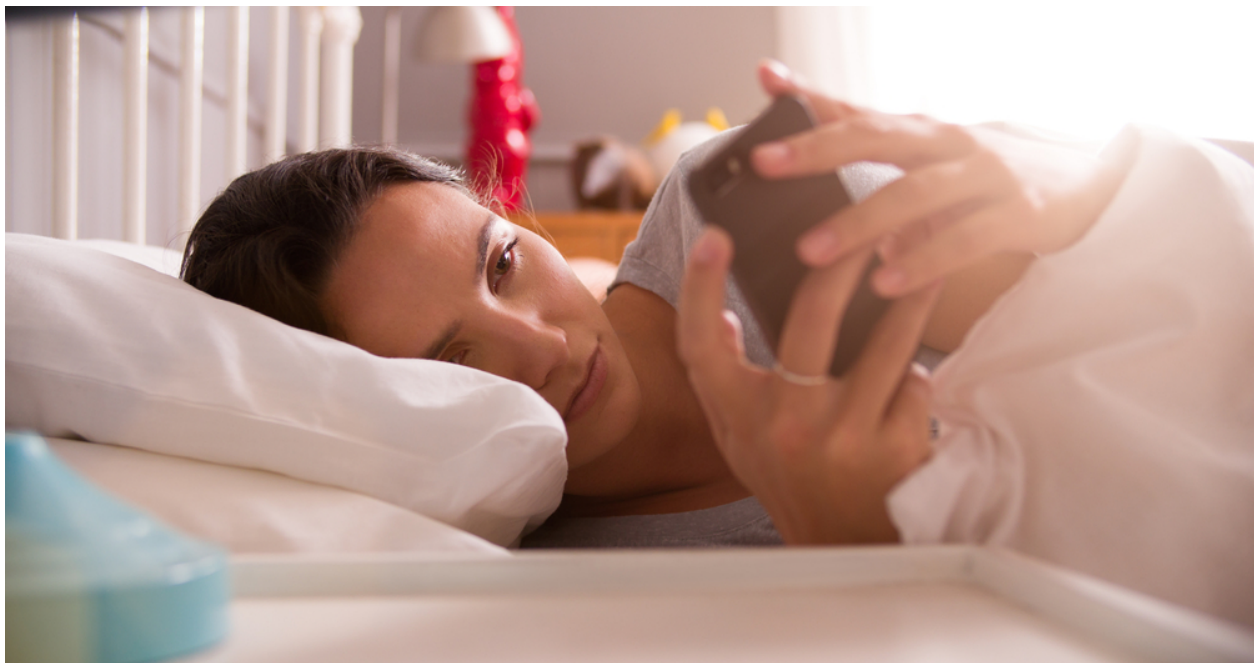


From our topic of Raising Erotic Energy, perform raising erotic energy. Once you raise erotic energy, read your affirmations out loud daily as you continue to stimulate your body erotically. Pause after each statement and contemplate on the meaning and how you can incorporate the statement into your life. As you read the affirmations, allow yourself to experience any erotic feelings that arise.

Perform morning 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 MP3 file, or record your own affirmations.

By practicing these affirmations daily, you will start to experience a sex-positive attitude in your life. I challenge you to practice these affirmations for 60 days and see for yourself what a difference it can make in your life.

Part of the focus of these exercises is to get in touch with our body. In a sex-negative culture, we are conditioned to distance ourselves from our sexual bodies. These exercises are structured to help us form a new connection with our sexual body.



Mindful Masturbation

When we shift into an erotic state of mind, we become more receptive. We focus on the present moment and become mindful.

Perform raising erotic energy. Once you raise erotic energy, read your affirmations out loud daily as you continue to stimulate your body erotically.

Perform morning 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.

By practicing these affirmations daily, you will start to experience a sex-positive attitude in your life. I challenge you to practice these affirmations for 60 days and see for yourself what a difference it can make in your life.

Part of the focus of these exercises is to get in touch with our body. In a sex-negative culture, we are conditioned to distance ourselves from our sexual bodies. These exercises are structured to help us form a new connection with our sexual body.

Sexual Affirmations

Sex is sacred.

My genitals are a gift and provide erotic ecstasy.

Sexual guilt is a byproduct of sex-negative social conditioning. I choose to condition myself in a better way, without guilt and shame. Sex is about respect of the sexual body in others and myself.

I love sex. Sex is an adventure of connecting with spiritual energy.

There are many appropriate diverse forms of sexual expressions and activities to explore. It is not about good or bad, it is about what turns me on sexually within the guidelines of safe, sane, and consensual. I listen to my sexual body, not to preconceived notions and sex-negative conditioning.

Sex is a sacred act. I am accepting of all forms of healthy sexual expression. While I may not personally be into some forms of sex, I accept and acknowledge the diversity of different sexual interests and understand there are many different paths to sexual enlightenment.

I will explore sexuality with freedom and innocence. I choose not to live in the dark ages when it comes to my personal sexual development. I determine what is amazing sex for myself. I give myself permission to experience new sexual techniques and experience new sexual activities to determine if they work for me.

Raising sexual energy and engaging in sex brings my conscious mind to a state of ecstasy.

I am an energy being housed within a sexual body temple. I am beautiful, sexy, and radiant just as I am.

Erotic arousal transforms plain physical stimulation into electrifying perceptions of ecstasy. When we walk, we are stimulating our genitals, but we barely notice. It is when we become erotically aroused that the transformation occurs. This is a part of the magic of sex.

Masturbation can be an expression of self-love. I love myself and so will give myself pleasure, for I am worthy of self-love. I am worthy of receiving pleasure.

I own my own unique form of sexual expression that I am discovering on my path of developing a sex-positive lifestyle.

When two or more people engage in sexual activities together, a powerful energy exchange occurs which brings a bonding force between them.

When I raise sexual energy, I become fully present, experiencing the moment. When I am sexually charged, I enter into my higher consciousness and experience the energy being within my body. I experience the energy being within my partner.

I have a right to be freely sexually expressive in appropriate environments either with myself or with informed consenting adults.

From time to time I can raise sexual energy keeping on the edge of orgasm, but not reaching orgasm, to spread erotic energy throughout my body in order to fully experience the journey, instead of reaching the goal of orgasm.

Orgasm is more than a release; it brings a state of bliss and transcendence.

I celebrate being a sexy and sexual creature.

My sexual body is beautiful in both form and function.

We all start out in the womb as female; female is the primary sex. We all have a mixture of female and male characteristics. Some are well hidden and some are pronounced. I decide which aspects of male or female that I want to accentuate in my life. My sex is complex and beautiful.

Sex and gender are a diverse spectrum, more than just female and male. I celebrate the different varieties of gender diversity and gender expression.

I strive each day to learn more about living a sex-positive lifestyle. I am actively learning new information about my personal form of sexual expression and learning new sexual techniques that help me become fully awakened at a sexual entity.

I am more than a physical body, I am a luminescing entity within a physical form. My physical body is composed of matter formed by the stars. As I raise sexual energy, my inner core being shines brightly and I become connected with the flow of the energy of the universe. I reach and gain understanding of my true nature and become one with all that exists.

By performing sexual affirmations each day, you will transform your life in meaningful ways. Here are the benefits you can obtain depending on the content of your affirmations:

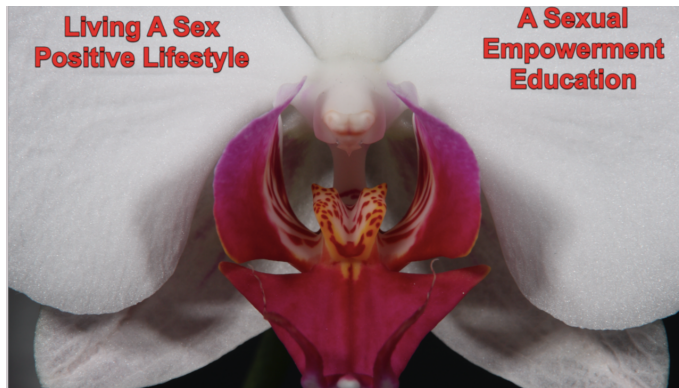
- Feel deeper love for yourself.
- Become more mindful.
- Be fully present in life.
- Have more energy in your life.
- Feel sexy and beautiful.
- Form a deeper connection with your body.
- Experience and learn about how your sexual body respond to erotic sensations.
- Form a genital / heart connection.
- Experience success in more areas of your life.

Congratulations on your journey into a healthier approach to adult sexuality.

Practice the 2 Action Steps. While you are identifying and rewriting your negative mind talk, use the sex positive affirmations that I have included.

Use the positive statements you wrote in the first action step for your affirmations in action step 2 once you have completed action step 1.

Be sure to download the PDF and audio files for today's downloads.



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](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.