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SPEAKERS

Gigi, Chris Harrison

 Chris Harrison 00:05

The following program contains subject matter of a mature nature. Listener discretion is advised. And at this point you would normally hear the humping on a bed and Oh, Frank, come on. Halloween at least that part. Oh, Frank, there we go. You are listening to after hours Queer radio with attitude here on KPFT Houston.

 00:32

Nine point 9.5 Down there in Galveston.

 Chris Harrison 00:34

Yeah, except my needles are not moving. I mean, I sound like needles are not moving. I sound like I'm screaming in my own ear. And the board is barely vibrating on me. This is after hours Queer radio with attitude. I am Chris Harrison. I'm sitting in for Jimmy who may or may not be joining us later. He's

 00:56

he's getting another one of these gayest man in America awards or something like that. He's

 Chris Harrison 01:01

ending his reign as Prince and becoming a baron. Oh, something like that. Okay.

 01:07

I know he's Yeah, well, he is the gayest man in America after all.

c

Chris Harrison 01:10

I think it's becoming barren scuffed knees the opening song you heard was boys like me. And that was by the frustrated housewives. As for the CDs boys like me and it's the song is I know what boys like. And it's interesting little ditty. They've got another version that I've got to hear. It's I know it boys. Like it's the tired ass dance mix. Hmm. So Jimmy Vaughn is here with us. And the first half is clgi. With buying that, and let me see here. Jimmy was so he gave me all these things. Items to promote. And so let me

o

01:58

run through the opening. We get five.

c

Chris Harrison 02:00

Yeah. I mean, he put the CD of what I was supposed to play in this with a bright pink, pink opening song track for me. It's like, okay, I guess I'm 12 now. Because I was really, I was going It's October. So it's like I need to play. Oh, man. Why

o

02:24

don't you turn the pot up and your headphones down? There you go. Oh.

c

Chris Harrison 02:30

Cool. There we go. Can you hear me now? There we go. I'm sorry. I guess Hip Hop turns a deaf. They had it the other way around. A few things we're going to put in your ear first and then we're going to turn it over to Gigi and the gang. Marley he

o

02:58

wants to do a quick introduction and then another piece of music if, okay, if that's possible.

c

Chris Harrison 03:03

So we'll I'll let you choose some music there. Okay, I'll have to read these things here. Mark your calendars, buy your tickets and plan on attending one of the best parties of the year. A sister's invites all to their annual fundraiser decadent dessert extravaganza. And that is on Sunday, Sunday Sunday. I have to do what is required. October 5 from four to 7pm at Meteor 2306 Genesee at Fairview at the door it'll be \$25 you can gorge yourself on decadent desserts

and delicious horse the ovaries created for us by local restaurant chefs. That's the ovaries. Yes. Orders for the educated bunch. Once again, that's at 4pm at Meteor. And that's a benefit for assisters. The PFLAG October meeting. Top scholarship recipient to speak will be also on Sunday from Sunday from two to 430 so you can go there before you go off to the decadent desserts. The October 5 meeting will feature to PFLAG HATCH scholarship recipients Hey, Zeus Perez and Jason bro. brawler I'm gonna guess that Jason is graduate is graduated from Loyola University and hey, Zeus is the first applicant to receive his scholarship and he graduated from U of H. And that's going to be at St. Paul's United Methodist Church Jones building. And that's parking is available at bins between Fannin and San Jacinto. For more information on PFLAG you can check them out on the web at PFLAG Houston dot o RG and the PFLAG helpline if you want to question so that is 71346 P flag. Fabulous Don't read it. Read it as it is.



05:02

Oh yes. Let's all be quiet. Well, Chris Reese,



Chris Harrison 05:06

talk amongst yourself. The Holy Roman Empire was another Holy Roman. While they're still finalizing the fall Pansy Division tour and hopefully we'll be hearing back from them soon. As this fitting they're going to be here on October 7.



05:23

I've read yes that they are on tour so



Chris Harrison 05:26

in the meantime, Lewis of the band oh the plus ones and Patrick's other band dirty power are currently on tour. So dirty power, which I guess is made up of someone from Pansy Division is going to be at Fitzgerald on the seventh shelf is Charles and tells you



05:41

probably won't be camped out on carpus floor this time. I think they're successful enough to actually get a room now.



Chris Harrison 05:49

Oh, Pansy Division. I still remember they showed up here with a cooler a beer and Dawn



05:53

and the van that was barely made it here. It was running on fumes and everything. It was great. Oh, yes, the

05:59

good old days. When they, you know, the struggling together was struggling.

c Chris Harrison 06:06

It's October time for the annual award ceremony organized entirely by the HATCH youth to honor outstanding contributions to Houston's gay, lesbian, bisexual transgender community in the last year, and to recognize their own members for various accomplishments. The awards will be on October 10. And the one award is the Trish Morgan cadonia award, named after one of the founders of HATCH, and the Kevin Davidson award named for former president of HATCH

06:37

and October 10. That's like next Friday.

06:40

And it doesn't say For more information on the HATCH event for location, additional information called DL, Deb Murphy at 713-529-3590. And that's where they'll they'll direct you towards that event. The Houston women's festival is coming up at the end of the month. And that is on Saturday, October 25 Noon to 10. It is the ninth annual and it's being held downtown now at Jones Plaza in the theater district. And we'll probably talk about a little bit more about that later on. It's going to be open rain or shine. And for more information, check them out on the web at HW festival dot o RG or you can call 713-861-3316. So, I think what we're going to do is we're going to sit the rest of all for a little bit. And Gigi

07:43

bow he turns on the bike and says I wanted

07:46

to get GCS attention to make sure that he knew I was putting on turn Mike and it is Hello. Hello. I did forget to mention at the beginning this is the October 4 edition of after hours. I have worked on the introduction the whole way and I got here and I got blown out of the water with

08:03

not finding the opening. Yeah. Yeah.

C

Chris Harrison 08:08

So this is October 4 It is the first Saturday of the month which means we have by net on first and after hours news views magazine which is kind of be roundtable tonight. And then we are probably going to QM z it on the way out. So

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08:28

Jimmy does nobody said Hello Houston.

♂

08:31

Yeah, this isn't this isn't the big faggy voices. This is the big bag with a voice so little bit different I guess. So. We're gonna let Gigi introduce her guests and then you wanted to go to music.

G

Gigi 08:44

Yes. And before we introduce our guests for those messed us at the beginning of September that was because we tried it off today the North American bisexual conference which happened August 20 Something till the 25th I think somewhere around there I won't mind now on my headset

C

Chris Harrison 09:09

I'm sorry about that it's

G

Gigi 09:10

so anyway but this what we did at the conference and I talked a little bit about it when we and we even interviewed a guest from the conference who was with Body Electric and the pre conference Institute on erotic touch of course I was there baby baby and that was good. I got touched everywhere and I got to touch everywhere and oh it's awesome. But anyway I want to introduce our guests because they are with Body Electric to do a little bit on what Body Electric is all about. We have Robert and reedy Yes, I got it right okay. I'm gonna Dizzy been okay. But anyway for those did miss us last Saturday, I mean, last September 1, Saturday. The conference is awesome. You know, I'm still flying high from it. It was just one of those recharges your batteries kind of things where you just get down and talk to people and connect with people and, and just get that buy energy flowing. And one of the things that happened after the conference, which we actually at the conference, we had a senator come and talk as one of the keynote speakers. Why after the conference, the religious Reich got hold of one of our programs and found out that we were having a pre Institute conference on erotic touch where people were running around naked, touching each other's none other parts. And right

next door was the Youth Institute. So they ran that a big time saying that we were corrupting the youth and now trying to earn our toaster ovens by recruiting and just made a big splattering through the media. Of course the mainstream media picked it up big time and said, Oh, look at these horrible bisexuals out in San Diego they're corrupting you they're having sex parties and teaching them how to play with one another and and just ran it to the hill and here's the senator supporting all this and we need to vote against this person and just ran it on bizarre guy so that was kind of the news that happened after the conference. But they kind of you know by net USA and some of them by activist got in touch with our media folks and kind of did some counter work to get out some information and just saying you know, the reality of this is that yes, we did have by youth but these are people that have been self identified and we do not go out recruiting youth and trying to pervert them and and they did not attend any workshops that weren't age appropriate. So we kind of did what we could



12:22

did you have to give you a toaster oven back.



Gigi 12:27

Well, I never earned a toaster oven. But I'm still working on



Chris Harrison 12:36

it you don't need a toaster oven you just hold the bread in your hand and it just



Gigi 12:40

just gets crispy. But anyway, I want to kind of give you all a few minutes to do a quick intro and then we'll get to some music. Tell me a little bit about body electric and who you are.



12:54

Well Body Electric is the school of the healing arts committed to helping people experience their potential as healers of self and others through touch conscious breath and honoring the wisdom of the body. Body Electric as a school as an organization was established by a man named Joseph Kramer in 1984. And they put on workshops all over the country. Okay, thank you they have week long intensives that meet in different parts of the country and they have real interesting curriculum. The essential of the celebrating the body erotic workshop is something called a Taoist erotic massage. And what that is, is it's a full body massage, including the genitals. And you people who come to the workshop learn how to both give and receive a Taoist erotic massage



Gigi 14:03

on it's awesome.



14:07

But it's much more than that. In the celebrating body erotic workshop, you learn how your sexual energy can help you reach a higher state of consciousness. And



Gigi 14:24

it sounds like it's a little bit about connecting with with your partner at a deeper level. Right. And I think that's so important. Well, we'll come back after a little bit of music and talk all about it.



Chris Harrison 14:40

Okay, and we're going to head off to Klaus Nomi and you're listening to after hours



14:59

and Of course that was Pansy Division. Coming soon to a town near you, hopefully, that was Pansy Division, no protection. And starting at off was Klaus Nomi. With you don't own me, which I let Jimmy Vaughn select and that was he feels as the absolutely worst cover you can get of that particular song. And that was his criteria. How am I?



Chris Harrison 15:24

Apparently he thought he was still on esoteric adventures. This is after hours Queer radio with attitude on Pacifica radio for the Gulf Coast. KPFT Houston. It is the BioNet show. And we're going to Gigi is just getting started with her guest yes, we're I'm just going to turn down the mic and let her out. Okay.



Gigi 15:50

I know the going to this workshop in San Diego was really awesome for me. And I wanted to ask if y'all been to workshops, are y'all do y'all facilitate workshops?



16:04

The basic workshop for for the Body Electric school is celebrating the body erotic workshop. And they're offered all over the country at many times. We have two here in Houston the year. Yeah. And the next one will be coming up in November, November 8 and ninth.

G

Gigi 16:22

Okay. Well tell me. When did you first get involved with Body Electric?

♂

16:28

I did my first body electric CBE back in 1992. Oh,

G

Gigi 16:35

what was that? Like? 40?

♂

16:38

Oh, well, it was it was mind blowing. For me. I really didn't go in with any expectations. And I just got a lot out of it. It was it. It affected me a lot of levels. One of them was just, you know, having the nurturing, intentional touch of other men. Yeah. Which was really nice for me.

♂

17:09

About to ready, I went through a workshop in 1994. And I got some information about it from Rob, but I was I really didn't know what to expect. What I learned from it, though, is a new way of relating to other men.

G

Gigi 17:27

Beyond sexuality, was it kind of scary walking in at first the

♂

17:31

first few hours were but as you get used to being nude with the other men, yes, you get used to, you know, just moving around and dancing and the activities that you go through, you just you forget really, that you're that vulnerable, and you start to feel comfortable very quickly. By

G

Gigi 17:55

now in our society, you know, clothing is kind of our shield, it's our protection. It's our kind of way of dressing ourselves up and being some other persona that kind of shields the inner self.

♂

18:08

It's like you let your clothes Speak for yourself. Yeah. And



Gigi 18:12

so when you take your clothes off for the first time, it can be a little scary, because all of a sudden, you're revealing something a little deeper. Yeah. What was the experience? Like what what did you do when you're at your first workshop?



18:28

Well, for my workshop, it's which is it's, you know, the typical weekend where you go through exercises of undressing, you go through exercises of breathing, have



Gigi 18:43

talked a little bit about the exercises. I mean, what happens in a



18:46

lot of the exercises are to help you with intimacy with the other men in the room to help you let go of your judgments about them, their bodies, and to help you let go of judgments about your own body. So there's a lot of like, one on one, one on one with the other man. Yeah, so you're paired up with different people throughout the workshop and you talk about different things. And you start, you know, exploring touch you know, and it starts off it's it's a very gradual process. The, the instructors are very well trained and really guide you through it. It's something that's a very natural thing for the people that are there. Yeah. I



Gigi 19:35

know that, you know, we talked about touch on this show many times and, and touch is one of those wonderful, very dynamic, powerful senses, touches kind of unique, it's all over the body, whereas other senses are kind of limited to certain sense organs. And there's a power in touch. You know, we've talked about this before. In the past, you know, infants if they don't receive human touch die as adults, and I believe this, it's about in my heart, if we don't receive touch and give touch, we become either physically or mentally ill. Well, what is body electrics kind of stance on this?



20:19

Well, actually, Body Electric came into being largely because of the AIDS epidemic. Yeah. And, you know, because of the, you know, gay men back in the 80s did have the stigma was such that there was a lot of deprivation in touch. Oh, yeah. And so Body Electric began these workshops, basically, because of that. And so, you know, to this day, people with HIV are especially invited to attend the workshops. Okay, as well as people who were her, you know, have problems with sexual addiction, because it can help them also, yeah,

G

Gigi 21:09

had boyfriends in the 80s. I have since died of AIDS. And, and I remember some of the things I went through, and it's really horrific. Some of the stories.

♀

21:21

Yeah, I mean, and that hadn't been too long ago, you know, in the early 90s, you know, there was, we there was a push in, in the medical community to remember to hug patients with HIV. And that hadn't been too long ago.

♂

21:39

She was a, I kind of had a different perspective on it, because I grew up in the age of AIDS. And I really wasn't sexual until there was an awareness of sex and nothing. So for me, it was more of an enhancement of what we had learned to, you know, how we'd learned to take care of ourselves take care of our partners. But, you know, just like an added dimension, it was really refreshing to be able to touch someone and not have to be a prelude to anything else. But a touch. Yeah. And that was really nice. I

G

Gigi 22:12

think one of the things I did too, was that made touch kind of a scary thing all of a sudden, especially erotic touch.

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22:20

Oh, yeah. Especially erotic touch. Yeah.

G

Gigi 22:24

All of a sudden, it made us afraid of sex and of intimacy and of what's the word? sensuality? Because all of a sudden, oh, I might get something if I do it wrong. And especially in the early days, when nobody knew exactly how it was transferred. You know, it was like the shock wave that went through the whole community. So I think, you know, the response by body electric and other folks was just wonderful. It came at the right time. But anyway, so your first workshop, what, what did you get out of it? What did it do for you?

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23:11

Well, it really validated. I, you know, I guess I'm like a lot of gay men. You know, when I was growing up, I didn't get a lot of validation for who I was. And I got that in the workshop for the

first time. And that was really nice. Having a lot of, you know, having kind of a sort of rite of being a gay man. Yeah. Right of manhood in. A that's one big thing that I got out of it.

 Gigi 23:46

And I understand that body electrics, not just for gay males, or females. And you have do you have classes that are like mixed? And yes, male only and female? Yes, we

 23:58

do. In fact, there. I am going to a retreat up in New York next week. That is for males and females together. Okay.

 Gigi 24:10

It says that by conferencing we hadn't. Men and women Oh,

 24:15

yeah, I'm really looking forward to it. It's, it's a intensive, it's a retreat called to spirits call and they they choose an equal number of men and women. And I'm just really looking forward to it. Okay.

 Gigi 24:34

I wanted to talk about another aspect that I got out of the workshop at the conference. And I remember one part where we did this exercise of show and tell of our genitalia, and talked about it and ways of what we liked about our genitals if we named our genitals the whole nine year ARDS, and we go, and like broke up into small groups and, and so Miss Gigi got to, you know, get on center stage and show everybody her genitals. And being intersex die, of course, shout all the scorings from one of the doctors did the surgery when I was a baby. And it's very powerful. I think not only did I get a lot out of it, but just sharing the things that happened to me as an infant. And this eradication of third gender. In our society, this eradication of being by gendered, uh, being a hermaphrodite. It was very empowering for me, because all of a sudden, people were going, Wow, yeah, I see what you're talking about, you know, like, there are more than just males and females and, and says, it's kind of like, displaying my battle wins or something. I don't know, it's hard to put into words exactly, but it's just awesome. But, um, what other kinds of things happen at the workshops?

 26:11

Well, a lot of a lot of the there's a lot of breathwork in the workshop. So very, very important. Part of it is conscious breathing.



Gigi 26:23

What is conscious breathing?



26:27

Well, it's, it's basically just consciously breathe.



26:35

Aware of the rate of your breathing, the depth of your breathing, yeah, the kind of effect it's having on your body as you breathe. Just being an awareness of the breathing as a function versus something you just take for granted. Yeah.



Gigi 26:50

And I know that a lot of times when we tend to get stressed out, we tend to breathe shallow or very shallow, not breathe at all, or not breathe at all or while we have to breathe at some point that are hyperventilate and and becoming more conscious of how we breathe, especially in stressful situations, can be a very empowering tool. Well,



27:13

I'm one of the, in the, in the seat in the workshop, we ask the participants not to ejaculate in the workshop. Yeah. And so and that's because in the Taoist erotic massage, the goal is to have a non ejaculatory orgasm. So the way to achieve that is through breathing is through breath work. And that's a very important component of it. And especially when you're you know, when you're being sexually aroused. A lot of times breath is a way of of keeping you focused and keeping you from jockey lady.



Gigi 28:04

That's pretty powerful. And I've talked about this on the air before and the temple that sacred texts that I ran on the workshop Sunday was called the non genital orgasm, where we do some deep breathing exercises and some deep relaxation and then tensing up the body at a crucial moment, and then releasing it all and going in. Everybody goes into simultaneous multi orgasms without ejaculations.



28:36

That's what that's what the Dow is. Call a big draw. Oh, yes. And there's there's some different techniques of doing that. Body Electric has uses one kind of technique. But there's there's a good book called The multi-orgasmic male that that talks about that.

 Gigi 28:56

Oh, yeah, I've read that or parts of something. I've read the whole thing. Yeah. It's got somebody looking at me. I

 29:04

haven't read that book. But it sounds like a title line habit. definitely interesting. Ah, yeah. So it's

 29:09

a great book and hence it by Montauk. Chia. Okay,

 Gigi 29:14

and where can you get?

 29:17

Um, you can get you can get it in most bookstores. It's a it's a pretty widely known book

 Gigi 29:23

and probably Amazon and other places. Yeah,

 29:27

I think I got mine at you know, like, borders or something.

 Gigi 29:30

Okay. Are there any other books that you can recommend? And is does body electric put out any publications or?

 29:39

Yes, Body Electric does and body arc has a great website. It's WW dot body electric.org. Call. And yeah, there's some recommended literature on that website and some videos that they put out. Yeah.

G

Gigi 29:58

So now that you're working, doing facilitating some of these groups, how's that like for you? Well,

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30:09

actually, I'm the look, the I'm the coordinator for Houston, I'm not an instructor, they have the instructors go through a lot of training, and they travel all around the country. My role is to make sure that the workshops happen here to, to promote it and get people to sign up and get a space to have it. Yeah, that's my job.

G

Gigi 30:35

Okay. And what is the cost of the

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30:37

workshops? The cost of the workshop is \$335. And it's, it's two days, two days. We do have some scholarships available. Especially for people with HIV, but also for people with other special needs. So if people want to take advantage of this scholarship, they just need to talk to me about it.

G

Gigi 31:04

Because I know for some people that can be a little prohibitive.

Ω

31:07

Oh, yeah. Yeah. I think you get a lot for that money. I know. I know. It sounds a lot. But I, the instructors in the school are great. They, they really do a good job. And

G

Gigi 31:24

what does it take to become an instructor?

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31:28

Well, it just doing all the different body electric courses and

G

Gigi 31:38

do they provide special training for instructors?

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31:42

They do. I don't think it's any kind of formal process. It's just you know, someone who's been in the organization a long time and demonstrated an interest in being one. Okay, and that's basically okay. Oh, call. What other

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Gigi 32:04

kinds of things does battery electric offer? Are they another program?

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32:08

Yeah, they have some great courses. Yeah, one of the things they do is a course called Power surrender and intimacy. And I hope to bring that to Houston next year. But that is conscious s&m. And I guess you know, unconscious s&m I guess would be you know, when you're drinking and doing I don't know. Anyway, conscious s&m is s&m in the environment of Body Electric and

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Gigi 32:44

differ from the BDSM lifestyle. It

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32:48

really doesn't that much. But there's a lot of good content a lot of good the curriculum is wonderful. I last summer I went to a retreat in California on power surrender and intimacy. And you know, that we just we had it was very structured where you had experience being a top and you had experience being a bottom and feeling what that was like. And then there was some free time to kind of do whatever you wanted to do. And it was just a good time to explore that aspect of relating to other people

G

Gigi 33:26

call do they provide an equipment and oh yeah, yeah.

♂

33:34

It was great. They had it was everything you could imagine. Oh, cool.

G

Gigi 33:39

Are you haven't been to my little play room Oh, yeah. Oh, I have some interesting while I make all my own dungeon equipments. Some interesting toys.

♂

33:55

Oh, Body Electric also does really extensive workshops and something called sacred intimacy. Oh, that big call and this is training for people who want to work with people kind of professionally in helping them be comfortable with their bodies and getting over sexual problems that they have. And so there's quite a few courses for that. Does

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Gigi 34:29

Body Electric bring in paganism or is it primarily just the tantric kind of pulling Yeah

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34:40

buddy electric borrows on a lot of different

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Gigi 34:45

belief system Yeah,

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34:46

beliefs, belief systems, right? It's and really the, what you come in with whatever you come in with, usually helps You with the whole process, you know, if you have like, a spiritual practice or, you know, belief and paganism or whatever, you can integrate that easily into the Work That Body Electric does. And it's often helps you.

G

Gigi 35:18

What about I know, in the Houston gay community especially we have a lot of gay and lesbian Christians? How does that kind of come into play with some of the concepts and Body Electric?

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35:35

Um, well, we have quite a few Body Electric graduates or are Christians. Okay? I not really sure what to say about that. I it's something that I would like to explore more about. There's a really good author, his name is James Nelson, he talks a lot about Christians looking differently at

sexuality. Yeah. And he's a fascinating author, and I'm reading one of his books right now. But, you know, as typically, my experience with Christianity has been to try to deny the your sexuality. And I mean, that's been my experience with Christianity. Yeah.

G

Gigi 36:33

Well, my father was a minister. So it's pretty hard to deny that my early years, but I still had a bit of denial going on. But basically, I did study a lot and kind of read some between the lines in the Bible. And I mean, you read the song and Solomon, when I was forced to read the Bible, that's where I usually turn to first. Yeah, because it had a nice nasty bits going on. Then I realize, oh, okay, there's sex in the Bible. And that is condemned and even celebrated. You just need to know where to look for it. So that's partly why I brought it up was, you know, I know that sometimes people follow this Christian path, but it's kind of a very narrow focused one. And when you kind of start looking at a broader range and where some of the things came from, it's you find it's helpful to separate spiritual reality from the church, because the church has a certain agenda, whereas spirituality is more personal right? And so I've always felt that way. So that's partly why proud that the Christian aspect because I know a lot of you know, we've done shows on on bisexual show with some of the XX guys and some of the things they went through coming to terms with their Christianity and being homosexual or being bisexual. And that can be very traumatizing because you know, the church kind of points his finger and goes sexes and and, you know, if you read a little closer, no sex isn't sin. In fact, joining sexism in know, the whole thing between Sodom and Gomorrah was not about sex, it was about hospitality. And basically their rules of hospitality if your business partner came in, and you didn't give him your daughter to screw, you're committing profound sense. So you get a whole different perspective on You read certain parts of the Bible. And it's all this kind of mix match. And that says many different things that oftentimes conflict with one another. So it's kind of good to understand that even the supposedly, quote Word of God, then give a good straight story on sexuality. So I like to bring that up just to kind of say, you know, if you if you're Christian, and you're having some conflicts, sexuality, and especially about bisexuality or homosexuality, as it went on way back whenever it was sanctioned, in fact, Greek society was basically bisexual. Rome is very bisexual. Jesus never said a word about it. Right? In one way or the other. It was all around them. It was such a big sin. Why didn't he say something? It was all these other people that kind of came in after the fact and said, This is bad.

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40:11

There's a lot of clergy and ex clergy that are attracted to body electric. And Body Electric has offered some workshops for clergy.

G

Gigi 40:23

Oh, that's cool. I wonder also talk a little bit about tantra you brought that up? What is Tantra? Well, I know that's a big one. Yeah.

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40:40

I don't really feel very qualified to talk about that my understanding of Tantra is a practice of

I don't really feel very qualified to talk about that my understanding of Tantra is a practice of relating to another person, to where you build up energy. You like a tantric massage would be, you know, where you're, you're, you're locked in an embrace or something with another person and you're, you're focused on them and you're breathing with them and you're, you're building up this sexual energy and carrying it to a really high level and sustaining it there. And, and that's definitely something we do in the celebrating body erotic workshop.

 Gigi 41:28

There's an excellent book caught in I don't remember the altar bad that bad. Spank me later. It's called gay, tantric sex. It's really have you read that? No, no, I haven't. Okay. It's really good. It goes into a lot of the history and, and the philosophies of tantric sex from a gay perspective. So it's sometimes Tantrics actually, like in some of the ancient writings, homosexuality was somewhat taboo. But it depends on which sect, I mean, tantra didn't come from one specific place or time it's kind of this conglomerate of things. So it's kind of good to get different perspectives.

 Chris Harrison 42:15

Okay. Gigi, looks like we let's jump in for a second. We got a question. Okay. When do you hear? First of all, was that Tantra for the set for the gay man? For gay man? Yes. Kind of a pink covered book.

 Gigi 42:26

Goodness, I don't remember.

 Chris Harrison 42:32

Is that then the white there's another book called gay Tantra. Yeah, it's,

 Gigi 42:36

I think it's gay, tantric sex

 Chris Harrison 42:39

a well, there's a gay Tantra, which is by William Schindler. And then Tantra for gay men is by Bruce Anderson. I just happen to go check online here and see Oh, okay said people who bought this also bought the ultimate guide to anal sex for men. Oh, cool.

 Gigi 42:58

The other good book to get and I highly recommend it. If you really want to get over anal

THE OTHER GOOD BACK TO GET AND I MIGHTY RECOMMEND IT. IF YOU REALLY WANT TO GET OVER AND TABOOS GET NO PLEASURE IN ANGEL HELL. I

 Chris Harrison 43:07

don't mean to go there. But it's just not here on air. I didn't plan to go there. But

 Gigi 43:14

oh, I love going there, baby. You know me.

 Chris Harrison 43:19

I was just checking her on the online and seeing what we got here. But it is the top of the hour. So we're going to jump in. Oh, yes. Say that you're listening to after hours. Queer radio with attitude here on the Pacifica radio for the Gulf Coast. KPFT 90.1 FM, and Houston 89.5 in Galveston and always on the worldwide web at KPFT dot O R G. Did you want to take a break? Or do yeah,

 Gigi 43:47

why don't we go for a break? And I need to do a time check because this clock is weird.

 43:53

It's straight up one o'clock. So I think straight right now is the time. Okay. And so we'll hit some music and we've got a question from a call or that we're going to add that we'll get to when we get back. And I believe it's the CD we're talking about. Oh yes. Okay, so we're going to

 Gigi 44:08

I'd like to say a quick word about this. I kind of heard this in the background that the by conference. It's a brand new bisexual artists that we're in and to and I've known the person who is kind of sister brother with this person. And she found it pretty awesome. Course my attention was being grabbed by many different things. So I couldn't listen with full attention but did like her. So

 Chris Harrison 44:39

this is Nicole crystal and since I just got to pick whichever one of these we're gonna go with There she goes,

G Gigi 44:47

that sounds good

C Chris Harrison 44:57

yes, I was hoping that was closer to the pay. Shot boys version but it was good enough. That was Allison Tartaglia and that was absolutely fabulous. That was the title of a song not reviews. And that's how you can get away with when you make a song like that just call it absolutely fabulous and everyone has to say it's absolutely fabulous. Oh hmm And before that was Nicole crystal with there she goes

G Gigi 45:27

and you heard that one first on after hours

C Chris Harrison 45:30

she's a radio virgin.

G Gigi 45:31

Oh yet right now I don't I don't know if she's a radio virgin. But for this area anyway, I know.

C Chris Harrison 45:39

So we're just virgin territory for you are listening to after hours Queer radio with attitude and this is the by net segment. And what Judy introduce the guests then I'll throw the question out to y'all and we'll see if we can suppress our giggles with it.

G Gigi 45:59

We have body electric representatives here, Robert and Reedy. And can you give us a little how can people contact y'all? Okay,

46:09

the best way to contact me about Body Electric is my my phone numbers 713-854-1988 That number again? 713-854-1988. Okay,

G Gigi 46:27

.....

and what about Web? Okay, um,



46:31

you can reach me through the Body Electric website, which I'd really encourage people to look at is WWW dot body electric.org. And if you want to email me directly, you can email me at C dot b dot e dot Houston at SBC global.net.



Gigi 46:59

Run that again.



47:02

That's like saying cancel heart email. Design I



47:06

thought throwing an underscore in the middle.



47:10

Well just think of sell. It stands for celebrating the body erotic so it's C dot b dot e dot Houston at SBC global.net.



Gigi 47:21

Okay. And what was our question?



Chris Harrison 47:25

Caller called in and was asking because of the name of the organization Body Electric. Is there any connection to the PBS show on channeling the exercise show called Body Electric, which I believe was filmed in the 70s and early 80s. I'm sorry, but



Gigi 47:48

I think it's a different type of exercise program.



Chris Harrison 47:53

For those of you who don't know, Body Electric on channel eight is a woman who possibly could be a member of our community teaching a bunch of old overweight people how to do exercises using an office chair and a rolled up towel.

 Gigi 48:10

That sounds kinky. Do we get to bend over?

 Chris Harrison 48:14

GG? You could find tap water kinky?

 Gigi 48:16

Oh, you know.

 Chris Harrison 48:20

So no, I don't I don't believe there's any affiliation between your body electric and?

 48:27

No, I don't think so.

 Chris Harrison 48:28

I think I think it's one of those weird coincidences of organizations that are there to help the body. And I mean, we're all electro electrochemical organisms and water and electricity running through the body. But no, I don't think you can compare the two. I still find kind of strange because either someone wasn't listening to our show completely. Or they haven't watched the Body Electric show. One of the two and whoever the caller was, we're not laughing at you. We're laughing with you. And just go with the voices in the head. Yes. So let's turn it back to Gigi. And

 Gigi 49:09

when we are on break, we were talking a little bit about body image issues. And you know, it's kind of scary to go into a group of people that you don't know and take your clothes off. Especially if you're not body beautiful, according to our society that would be put on Playboy or playgirl or someplace like that. Or in some of the rag sheets or anywhere else. How does body electric view the body, especially the real human body, not the airbrush version that we often see out there?



49:55

Well, that's when people are inquiring about the workshop. That's it. question I often the concern I often get is, well, you know, I don't think my body looks very good and and, you know, we have people with all different body shapes, sizes, it's always a real variety. And the, the workshop teaches you to look beyond appearance, physical appearance, I'd



Gigi 50:27

like to say one thing about physical appearance. I've never seen someone in the throes of orgasm, who looked ugly. They are always beautiful. There's something that shines out and radiates.



50:40

Oh, yeah, that's, that's a good point.



Gigi 50:43

We all had something to share.



50:47

And it's, it's really interesting that the perception people have of the other people in the workshop really changes by the end of the workshop. I mean, it the, the judgments that people come in with, toward other people. The workshop really changes that.



Gigi 51:09

One thing I've noticed, and this kind of crosses over to pagan communities, and to ensure Body Electric and to other alternative kind of communities. You know, outrunner, mainstream society, we're kind of raised to be competitive and be the best and shine out brightly and be, be, you know, perfect in every way. And, you know, it's very unrealistic in most cases. One of the things I've enjoyed, you know, I've sat around many, many, many rebels fires, where there's all kinds of people dancing, naked, skinny, fat, tall, young, old. And that's a watching people dance around the rebels fire, I've never seen an ugly body there either. When you start dancing, you start getting into the drum drumming and the movements, all of a sudden, this beauty starts coming out that's much deeper. And I've had boyfriends in the past and even girlfriends in the past that were knocked down gorgeous physically, but it was only skin deep. And boy, was it ugly inside.



52:38

Another way of looking at that is on in the context of the workshop is that so much of what you learn in the workshop is, is learning to enjoy your own body. And it's not a lot of the you learn a lot about self loving. And so you learn to concert self

 Gigi 53:06
judgment.

 53:09

Yeah. And that's a big part of it. It's not only, you know, accepting other people, but accepting yourself. And,

 Gigi 53:20

and one thing I learned long ago is that a lot of times when we become inhibited by self judgment, or by other people's judgment, it blocks us. It keeps us from growing, it keeps us from experiencing. And then it isolates us and makes us lonely, because we can't connect and it puts walls up. Big way. And so you know, Miss Gigi, she gets out there and flaunt it all. And invites everybody to come and find it out because Miss deechi is an exhibitionist as well as a voyeur.

 54:03

But anyway, yeah, once I really learned about it was that, you know, when I left the workshop, I realized how judgmental I was to people and how, how big a block that was, how big it just, I wouldn't allow myself to just make conversations with people and I wouldn't allow myself to interact with people just because of that. The phizzer

 Gigi 54:29

particular part of the workshop that really kind of stood out that helped you with this, there was

 54:36

a small session where we broke out in groups of about three or four where you you know talked about parts of your body, which you were not comfortable with or which you were not happy with and no people would lay their hands on that part of your body and just kind of say, you know, it's it's okay to be uncomfortable by this because you know, You're more than just this. And that was those are very refreshing viewpoint to take. And I found that as I came out of it, and, you know, going into a bar, or a group of gay men or anything like that, that I was able to just have conversations and you know, wonder about this part of that part of their, of their anatomy or the potential of doing anything else besides talking, it was really nice. It was like, coming out again, because you see a different perspective. It's not just about physical

interaction. I mean, you're you just learned how to how to interact with human beings, a different level. And, you know, one really fun memory was when we had lunch together the first day, and, you know, we're just kind of laying around totally nude. And we were eating things like cheese. And it kind of felt like it was in a Renoir painting or something like that. It was, it was nice to be able to just sit down and relate to people and not be conscious of the fact that they were nude, but just being comfortable with them. And, you know, laying back on somebody's back, or having someone laid back on your back or your chest and it was just a nice interaction. Yeah. And, and

 Gigi 56:12

I'd like to bring something up here because for a lot of people nudity equals sexuality,

 56:19

right, especially within the gay community, and

 Gigi 56:21

it doesn't always have to, sometimes nudity can be just a celebration of who we are, and, and connecting with other people at a very deeper level. And doesn't even have to involve sex. That's wrong. It can, but it doesn't have to. Another thing I'd like to bring up is that, you know, a lot of people don't realize this, but Aristotle was one of the most ugly guys around.

 56:54

I did not know that. Yes, it is.

 Gigi 56:57

And, but he had a very high charisma. And he felt like a bunny. Screwed like company. What like the

 57:17

teacher has

 Chris Harrison 57:18

to remind you, it's my ass in the fire.

 Gigi 57:21

Don't worry about it, baby. I do this Jimmy all the time.

 57:27

Try using the term procreate.

 Gigi 57:29

Okay? Oh, no, no, no, that gets into the wrong kind of things. But anyway, the point is, is that a physical beauty is only skin deep. There are other forms of beauty that shine out in his charisma. And charisma is something that we can change. We can become more charismatic and project out and the more we love ourselves, and the more we love one another, the more charismatic we become. And

 58:00

it's not like you lose sight of someone's physical appearance you know, you're very aware of that you go beyond I mean, you you learn to to just see them in a more clear picture actually, because you know, you're so because you're comfortable not only with their nudity but your own Yeah, and it just you just could be on all that stuff that comes with just being nude. You know, there's a certain amount of notice and because you notice everything. Oh God after spending, you know, six, eight hours with you know, a roomful of nude men you you just you just can't help but just go beyond that. Oh, yeah. And you you just almost doesn't become an awareness really after a while. Well,

 Gigi 58:44

you know, it's part of our society that we have to wear clothing in public. And and so we're never exposed to match day to day accepting and then spot locker room when a bad place. Have nudity I mean, it's kind of good for what it is but to see a bunch of sweaty men naked is not always my most appealing thought.

 Chris Harrison 59:14

But isn't that how you usually leave them? Yes,

 Gigi 59:16

but that's a whole different story.

 Chris Harrison 59:20

— You're not involved in the process. Just the end result?

G Gigi 59:23

Yes. Let me put it this way. In the locker room you don't get to do the kinds of things Miss Gigi likes to do with these men. Usually, of course I have in the past. We won't get it.

C Chris Harrison 59:38

That's a whole nother show at a whole nother time slot. And

G Gigi 59:42

we can talk about under the altar too, but I'm being so bad tonight. Anyway, where it was I got lost. Oh my

∅ 59:59

god. But I think one of the most important things to realize about Body Electric is that it's, it's not it's not about sex. It's not about you know, it's not about nudity, it's about an awareness of other people. Well, oh, that's

G Gigi 1:00:14

where I was going. I know that when I got into the pagan community, and we started doing rebels fire, you know, the first time it was like, check it out. Buying instant art on, you know, after a while I was running around naked, and, you know, not really, because we're so indoctrinated to think that way, and look that way that all of a sudden our bodies react, but after a while, when you get into an environment, where there's nudity, it's no longer so connected with sexuality.

∅ 1:00:54

It's like a return to innocence. Really? Yeah,

G Gigi 1:00:56

it really is. And all of a sudden, you know, run around the pagan groups and some go to buy conferences, we're running around naked and, and other places. And it's like, you know, it's not a big deal, right. But it's a freedom. And it's a it's once again, a celebration of being who you are fully. That's right. That's right. Any other perspectives that you'd like to share on body electric?



1:01:28

Well, another frequent concern I get when people call me is they, they ask, you know, is this is this like a big orgy? Or, you know, circle jerk, or? And? It's not? It's Yes, it is. All it is deals with erotic touch. But the purpose of it is not to have ejaculation? Or is that a Latin enough word? Oh, yes. On the show? Yes.



Gigi 1:02:08

Well, one thing I'd like to throw in on that is, you know, I know the workshop I attended. A big part of the focus was to speak from your heart. And when you're speaking from your heart, it can bring you to a place where you're fully present with another person. And when you're fully present, it's not just about sex anymore, right? Oh, yeah. It's about connecting on many different levels. I'm sure.



1:02:41

It's almost it was odd how, you know, at certain one point, you realize that there isn't that sexual tension when you're standing in front of another person. And it was, that was, that was great. I mean, for me, that was a revelation, because I've never felt that before. I mean, I came out, you know, when my my 20s, and was very physically active out there came out. And when I did Body Electric, it was looking at a really new perspective. It was it was wonderful, being able to just stand next to someone who, you know, would you would find attractive on some level, but still being able to just relate to them as a human being and being able to like you were saying, to speak from the heart, and to listen to what they were saying and not, you know, making plans in your head about later on tonight. Yeah, it was, it was very refreshing to be able to do that.



Gigi 1:03:36

Yeah. being fully present and fully aware. I think another key word that kind of comes to my mind, when I think about the workshop I attended, and I think this is fairly representative of Body Electric is the role of communication, and especially on intimate ground, and building and gaining new tools to communicate more effectively. Oh, yeah. I'm



1:04:03

glad you brought that up, because the workshop really addresses that. There's a lot of exercises where you explore boundaries with other people. Like, you know, asking them



Gigi 1:04:21

traits is good. I mean, how many times have you kind of

