



LOVING YOU

Solo Pleasure: The Secret for Loving Your Now Body



by Anne More, Erotic Blueprints™ Master Trainer

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First, here's a quick review of the Five Erotic Blueprint Types by Jaiya. Why know about and play in all five of the Blueprints? Here's why!

- Expand your definition of “sex.”
- Find new ways to play and explore, every time! No more boring sex!
- “Incompatibility” with other Blueprints becomes curiosity and wonder
- Differences with partners or lovers become opportunities to learn and grow
- You get a direct experience of how there is no hierarchy in erotic expression – just different ways of being in a body and feeling turn-on and pleasure
- Build empathy for yourself, parts of yourself you may have dismissed or ignored, and for partners and others who are different from you
- Be able to describe what you love and what turns you on. Give language to what you want and how you want to be seen, touched, and loved
- Self-discovery and self-acceptance
 - You are not “too old” for pleasure and great sex!
 - You are not broken or wrong!
 - Your desires are inherently good!
 - Your body is magical, beautiful, and amazing, just as it is right now! It is a conduit for pleasure and delight
- **ENERGETIC BLUEPRINT SUPERPOWERS**
 - Loves tease and anticipation
 - Needs full presence (even with yourself! Stay present in your experience in your body!)
 - Super sensitive, intuitive, empath
 - Can play with erotic energy and have orgasms without touch – just by bringing awareness
 - Sacred sex, Tantra, Kundalini, breath work
- **ENERGETIC SHADOW**
 - Can short-circuit if they feel their partner is distracted or not fully present (this can happen with yourself!)
 - Can shut down quickly if rushed into touch and sexual contact. (Notice if your body feels ready and open for touch and pleasure. If not, slow down, breathe, and just be with yourself until your body feels ready.)
 - Can shut down if pleasure becomes overwhelming
 - Can be hierarchical – judging others as not as enlightened. In Solo play, this can show up as judging other Blueprint play as “not in high vibration,” “not meaningful,” etc.
- **SENSUAL BLUEPRINT SUPERPOWERS**

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- All the senses... taste, touch, sound, visual beauty and harmony, dance, movement, every form of yumminess
- Brings the romance and beauty to erotic play
- Need a beautiful, peaceful, harmonious environment to truly relax. Take the time to care for your Sensual self by creating the space exactly as it feels right for you. YES, take all that time! It is the first part of your pleasure practice, to practice listening for and caring for your own needs and desires in the space. Do this with great love.

- **SENSUAL SHADOW**
 - Can short-circuit if they feel their partner is distracted or not
 - Can get stuck in your head if something feels “wrong” in the room. See above.
 - May have been shamed for being “high maintenance” and “too picky” (you are NOT! You are simply highly attuned to beauty and harmony!)
 - Need to relax to have sex/feel pleasure, even with yourself.

- **SEXUAL BLUEPRINT SUPERPOWERS**
 - Naked bodies, genital touch, penetration, orgasm! YAY!
 - Simple and direct
 - Sexuels NEED to have sex to relax. You need frequency and certainty. Pleasure and orgasms regulate your nervous system; they calm you and make it possible for you to be fully present and grounded in your life. Especially in this time of solo isolation/lockdown, feed your sexual with lots of self-pleasure sessions and orgasms. No, you are not masturbating “too much” if it feels right for you, and if your body and being feel happy and alive!

- **SEXUAL SHADOW**
 - If you are in Sexual Shadow, this directness may feel foreign or scary. Allow yourself to explore. Allow yourself to feel fierce, primal desire for your own body and your own pleasure.
 - You may tend to default to going straight for your genitals. Try exploring full body touch, other Blueprint play, breathing, and slowing down before you begin touching your genitals. Enjoy the journey.
 - You may be focused on “getting there” and orgasm. See if you can breathe and feel pleasure in each sensation.

- **KINKY BLUEPRINT SUPERPOWERS**
 - Everything taboo, naughty, forbidden, off-limits
 - Delight in breaking the rules
 - Sensation kink: enjoying sensations of being bound or restrained, impact, scratching, intense sensation (“pain”), struggle, wrestling, denial of desired sensation, blindfold, gags, etc. (Some or all.)

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- Psychological kink: mind games! Power play – domination and submission, role play, age play, primal play - predator and prey, puppy play, kitty play, cross dressing/gender play, denial, humiliation play... anything your little kinky mind imagines, you can play there

- **KINKY SHADOW**
 - Deep shame, so that sometimes you have not admitted to yourself your own kinky desires. Play here... gently, slowly. Allow the soft animal of your body to love what it loves (Mary Oliver).
 - Because of shame that may still be unconscious for you, you may sometimes feel discomfort, regret, or judgement after playing in kinky ways with yourself. Bring gentle awareness for this, and make sure you set up full permission for yourself to be kinky, before you begin, so you can feel joyful and fulfilled after!
 - Notice if you may need aftercare after kinky sessions: soft fuzzy blankets, snuggling in with yourself, soft gentle music, water, treats... be super gentle with yourself each time, reward yourself for being brave and vulnerable in new ways.

- **SHAPESHIFTER SUPERPOWERS**
 - BIG desires! More, more more!
 - Can easily play in all of the other Blueprint Types... and may want and need all of them at once. You NEED variety, adventure, risk-taking, novelty... changing it up, finding new weird wonderful ways to create arousal and pleasure in your own body. Be in delight at the wonder of complex, paradoxical you. You have a Ferrari of a body... yaaay! Celebrate you!

- **SHAPESHIFTER SHADOW**
 - Feeling like you are too much. Shapeshifters need to learn to ask for all of what we want, and celebrate that we bring the party!
 - Erotic people pleaser: if you are a Shapeshifter in love with someone in another Blueprint, you may have completely adapted to their desires, and you may not be asking for all that you want and need, yourself. This creates resentment and a sense of deadness inside yourself; it actually prevents true connection and that deep knowing that you are loved for all of who you are.
 - You may feel you are “too much,” that you are too complicated, that you change your mind all the time, that it’s too hard to satisfy you. (You may have been told this by lovers who did not understand your Shapeshifter nature, and you may have believed them because you didn’t know yourself yet.) You are beautifully, erotically sophisticated. Love yourself right where you are. You contain multitudes. Your body is endlessly erotic...allow yourself lots of time to play and discover.

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WAYS TO PLAY IN EVERY BLUEPRINT: BEFORE YOU BEGIN

- It's a date with yourself!
- Dress for it. Bathe. Adorn your body. Wear what turns you on. Admire yourself in the mirror.
- Set the stage. Prepare the space exactly the way you want it.
- Sloooooow down!
- Set a timer – for half an hour, for an hour. Make this sacred, priority time. Nothing is more important than this gift to yourself.
- Give to yourself what you want to receive.
- Receive it fully.

Solo Play in the Energetic Blueprint:

- Make sure you feel safe and protected wherever you choose to do self-pleasure. Close doors, turn off or remove all electronics, if you will use your phone for music, put it on Airplane Mode or Do Not Disturb. Do this all slowly, with loving intention for yourself. Notice how beautifully you are caring for your own being. Dim lights, remove all distractions (including pets!) so that you feel absolutely safe and sure you will not be disturbed. Receive the pleasure in setting boundaries and creating an absolutely protected environment for yourself. Sink into that sense of presence and safety.
- Set up a small table with sensation items you love: feathers, crystals, singing bowls.
- Breathe. Slowly. Deeply. Emphasize the inhale, to calm your body and nervous system and drop in. As arousal grows, increase the depth and speed of your breathing, and emphasize the exhale. Play with breath as a sex toy.
- Music: meditation music, Enya, Music for Mushrooms, chanting, Native flute, Ashana, Krishna Das
- Play chimes, Tibetan singing bowls, etc. and feel the shiver of energetic bliss as the vibrations run through your body.
- Slow waaaaay down. Use one finger to trace along your skin. Can you touch only the hairs on your skin? Bring your full focus to this touch – to your finger and what you are feeling, and to receiving this touch from yourself.
- Practice bringing intention into your hands: love, healing, turn-on. Send the energetic intention through your hands to your body. Allow the energy to spread through your entire being.
- As you inhale, draw up and in your pelvic floor (perineum, all around your base chakra). Draw the erotic energy up through your body, through your core and your spine, through every chakra, as you continue to draw in breath. Hold at the top, continuing to hold the contraction. Take a sniff of air, then release EVERYTHING – breath, body, contraction. Pause. Feel what is present. Repeat.
- Play with touch above your body – caressing your energetic body. Play with an inch above your skin, three inches, six inches, a foot... where do you feel more?

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- Imagine an energetic cock or vulva, and use your hands to direct this and play with it on your body however you would like. Energy is limitless!
- Practice Breath of Fire with LOTS of sound! If you don't know Breath of Fire, check out my class on Energy Play – I lead a full guided Breath of Fire meditation and you can use it over and over.
- Play with simply relaxing completely, breathing slowly, and bringing your awareness to your genitals. Rest your awareness there and allow sensation and pleasure to be present. No effort – simply allowing your own presence in your body to stir and invite pleasure and erotic energy.
- Try this same exercise around your tailbone and anus. What is present? Can you simply invite the energy to play in your body, without touch? Bring breath to where you are focusing, and breathe there... into and out of your genitals, in and out of cock or clit or anus. What do you notice? Slow down. Stay present. How much pleasure can you tolerate? Can you allow even 5% more?
- Feel where else you feel pleasure and erotic energy... it may surprise you where it appears. Energetic orgasms can feel like spasms, burst of energy, involuntary sine wave waves up your spine and through your whole body, or can be localized. Allow it all! No resistance... simply surrender to the divine sensation.
- Ecstatic dance... include movement in your self-pleasure. How does your body want to move? In what way does movement feel sacred and right and good in your body, in this moment?
- Play in nature. Drink in the energy of trees, sunlight, sky, clouds, grass, earth. Close your eyes and connect with the energy around you. Feel all things. Find a protected space in nature, and touch your body with slow, sacred, presence, allowing all the pleasure of the moment to open your heart.
- Heart opening movements: bring your shoulder blades together and downward on your back, to open your chest and ribcage. Breathe into this space. Bring your arms behind your back, clasp your hands with your palms together (as much as feels comfortable and right), and draw your arms down and back, allowing your upper back to arch. Lift your throat to open your throat chakra. Feel into your body: what sound wants to rise from your heart? From your genitals?
- SOUND. Natural sound from your body is as right as a bird singing. What sounds have been caught in your throat, in your heart chakra? Release them as you touch, as you breathe, as you move, without judgement, without resistance.
- Play under the full moon. Play under the new moon. Share your pleasure with stars and night and endless cosmos.

Solo Play in the Sensual Blueprint:

- Make sure your room, your bed, wherever you are, is absolutely perfectly perfect for your self-pleasure session. Check in with your body. Is there anything you can add or change that would make it even better? Don't begin until your body feels completely

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happy and relaxed with the way everything is arranged. As you are setting up, feel this as an act of love and honoring for yourself. Notice if any self-talk creeps in about impatience or it taking too long or being too picky. Love even those thoughts, let them pass through, and come back to creating the perfect love nest for yourself. Allow it to take as long as it takes.

- Set aside so much time that it feels spacious and luxurious. No rushing. You want to create a sense of having all the time in the world to spend with yourself.
- If you are a Sensual who finds “mess” disturbing, then use a Liberator or other washable and waterproof throw to protect surfaces so you can go to town.
- Have fuzzy blankets and a small dish of something delicious – chocolate, sliced fruit, grapes.
- Begin – or end – or spend the entire session – in the bathtub, with the water at EXACTLY the temperature that delights your body, with candles, scented oil, flowers, beautiful things around you. Water feeds the Sensual need for skin-to-skin touch. Surround yourself with water. Showers are good, too... long and luxurious. FEEL the water caressing your skin. Be fully in the sensation of your whole body receiving water.
- Play with food! Drip honey on yourself. How about chocolate? Whip cream? Fruit? Let it drip and smear along your skin. Go slooowly. Whatever you use: feel it. Smell it. Taste it. Watch yourself as you play with it on your skin. Listen as you take a bite, or lick, or chew. Savor all the senses.
- Play with hot and cold: ice. Warm tea. Chill a metal toy (or a fork, or a spoon) and play with the sensation of drawing it across your skin.
- Sing yourself love songs!
- Dance with yourself. Touch your body any way you like as you dance.
- Dance in front of the mirror and witness your own magnificence.
- Play with warm oil. Drip it. Massage it in.
- Give yourself a foot bath and a foot massage, complete with warm water, soft warm towels, warm oil. Set it all up beautifully ahead of time. Take your time.
- Scent oil with your favorite essential oil and massage it all over your body.
- Wash your own hair very, very slowly, with infinite tenderness. Feel everything.
- Play your favorite love songs and sing along with them – to yourself. Love for yourself, by yourself. Let yourself long for and fall in love with you. All of you.
- Club in the Tub: set up a beautiful hot bath with candles, flowers, essential oils, low lights, whatever you love... then touch your body adoringly, wash your body as you would a lover’s, and do solo karaoke with your favorite love songs, which you are singing out loud to yourself. Belt it out! Go all out. Be dramatic. Let your heart break open. Weep with love for wonderful you.
- Play with all over touch. Do not go straight for your genitals. Long strokes along your thighs, up your entire body, down from your throat. Use these long strokes to feel the wholeness, the connectedness of your body.
- Move as you touch yourself. Allow your body to rise and writhe to connect with your hand. Allow your body to express greediness and delight and desire for your own touch.

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Become animal in this way: a cat luxuriating in touch; an animal rubbing up against another in pure pleasure.

- Bring in textures: silk. Fur. Scratchiness that feels yummy. Beautiful colors, beautiful fabrics, fuzzy blankets. Pile them all up; combine them. Roll and luxuriate in all the textures.
- Get outside! Nature is a Sensual feast. Bring your body the gift of trees, lake, rose garden, pond, wildflowers, green field, open sky, full moon, night air. Feel the air, the temperature, the weight or openness of it, in your lungs, on your skin, all around you. Feel the sun, or the moon, on your skin. Cheek against rough tree bark; smell the tree. Look UP through the branches to sky. Listen for birds and rustling and the slow sound of earth and wind. Open all your senses.
- Bring a blanket you love, lots of softness, and self pleasure in nature. Does not have to be genital touch: just loving your body, outside, connecting through all of your senses. Ground.

Solo Play in the Kinky Blueprint:

- Shadow can be deep shame... so notice if your desires feel tinged with shame, and if/when that arises, STOP and listen to the shame. Where is it in your body? Breathe into it. What does it want? Just be with it and listen. Not trying to get rid of it... simply noticing, witnessing. As you presence shame, it will dissolve once it knows you accept it and love what it wants to bring you. Integration of shame = WAY more pleasure in kinky sex!
- Can also eroticize the shame itself (this is a little more advanced, for those of you with great self awareness) - what part of you wants to do the shaming? What identity is present there? Can you play with seducing it, loving it, honoring it?
- Spanking, slapping, scratching – these can all be part of solo play sessions! Slap your own ass – hard – and feel what it creates in your body – tingling, aliveness, etc.
- If you love CBT – definitely bring this into solo play! What feels amazing? Admire everything about your own amazing genitals and how responsive and yummy they are.
- Dom yourself! And/or: submit to yourself! Can do this in bed, or anywhere. Especially fun for things you are resisting doing: dishes, laundry. Create a hot scene where this is being done for your pleasure (the Dom) by your Submissive. What is the reward, when you are done? Is it self praise? (“Good girl,” “Good boy,” “Well done, look at how well you did this! I’m so proud of you!”) Is it a physical treat? Being allowed to bring yourself to orgasm? What feels super fun and naughty?
- Bring out the toys! Whartenberg wheel, chains (can chill them in the fridge for added fun, or have them in warm water for temperature play), paddles, crop, ropes, cuffs. What sensations, what psychological delights, do you want to offer yourself today? Lay out the toys so you can see them, anticipate their use, feel the pleasure of waiting and denial before you use them.

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- Play in the mirror. Watch yourself, with predatory and appreciative desire. Be your own voyeur. Witness your own pleasure. Bring yourself to orgasmic pleasure and WATCH how magnificent you are – your breathing, the flush in your cheeks, the brightness in your eyes, the swelling and hardness of your cock/clit, the incredible expression of your ejaculation, the sounds that rise from your body... all of it. Revel in creating this pleasure in yourself, and in witnessing it, and in the naughtiness of all of that!
- Wear forbidden things under your clothes – or overtly - when you go outside. Panties, no panties, chains, a collar. Enjoy the feel and the pleasure of breaking the rules, and having a naughty secret.
- If you play with rope solo, you don't need to know any knots to play safely. You can use the rope to wrap your ankles, or fasten one wrist to the bedpost...you can have all the fun of tying and struggling and slowly untying and drawing the rope across your skin... all while making sure you can escape safely if need be.
- Get primal. Bite your own arm/leg. Leave a mark. Savor the taste of your own flesh. GROWL.
- Dress the part. What is your favorite kinky gear? Leather? Lace? Latex? Pony tail? French maid apron? Kitty ears? Bring it into your self pleasure play. Dress up for yourself! And slow down to appreciate how awesome you look and feel.
- If you are alone at home but have a play partner across the miles – kink is SO DOABLE online! Texting commands, demanding pictures of the task well performed. If you're single and solo – create an email for your kinky erotic persona, and send them naughty messages!
- Play with denial. Set out all the toys you crave, or the outfit you desire... and then make yourself go to a task to “earn” your pleasure.

Playing with yourself in the Shapeshifter Blueprint:

- All of the above. Everything for all the other Blueprints – try them all. Mix and match. Do Energetic eye gazing and breath in front of the mirror while playing with the Whartenberg wheel on your nipples or fucking yourself with a dildo/Fleshlight. Be your own voyeur/exhibitionist. LOVE yourself in your pleasure.
- YES dare to show yourself – YES ask them to stretch and grow – YES ask for all of what you want! Honor the breadth and variety of your own desires. And YES – do this with yourself!
- You may be used to playing in only one or two Blueprints in self-pleasure because your upbringing or society or porn or whatever told you to only touch your genitals Sexually, that you have to have an orgasm every time or you've “failed,” etc. Bring in ALL the toys, for yourself! Be big, wild, bold in your self-pleasure! Play all the way to your own edges!
- SOUND – Shapeshifters need to EXPRESS, big time. Keeping things in, bottling things up, is what creates stress and shut down in our nervous systems, as Shapeshifters. LET IT OUT. And not just “proper” sex sounds from porn – EVERYTHING. Roar. Wail. Weep. Laugh hysterically. Moan. Bark. Howl. Whatever sounds arise from you, LET THEM OUT.

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Allow every emotion to rise and move through you... you may move from storm to peace to joy and laughter to orgasmic waves in one session. Sound it all out.

- Combine toys and layer them up. Tie one leg up, put on the nipple clamps, turn a vibrator on and clench it between your legs, while you run the Whartenberg wheel over your nipples with one hand and a feather on your belly with the other. Mix it up!
- Whatever you did yesterday... do something totally new today. Create variety and adventure in your play.
- Combine outfits/accessories. Yoni egg + lacy lingerie and music + torn fishnets and fuck me pumps + corset + whip. Wear one from every Blueprint.
- Mix up your playlist! Include Energetic, Sensual, Sexual, Kinky, and Shapeshifter tunes. Have them play on Shuffle so you never know what to expect next.

MUSIC FOR EVERY BLUEPRINT CAN BE FOUND ON SPOTIFY – SEARCH FOR: TheEcstaticLife (Ian Ferguson). He has playlists for every Blueprint.

To learn more about working with me in my private practice, workshops, or retreats for a deep dive into erotic expansion and what more is possible, visit my web site at:

<https://www.yes.annemore.com>

You're welcome! Now – GO PLAY!

Xo – Anne More