



LOVING YOU

Solo Pleasure: The Secret for Loving Your Body As You Are Right Now



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Becoming Sovereign Women: Coming Home to Ourselves

As women in our midlife, our bodies are changing, which means our sexuality is evolving too. It can feel confusing, exhilarating, or frustrating, or all of the above.

As we move past having periods, we may feel like our bodies belong to us for the first time in a very long time. You may feel waves of numbness or discomfort, an incredible surge of desire and arousal, and eventually, a growing sense of sovereignty, clarity, and ease in your body. Our experience of peri/menopause is as varied as our experience of adolescence, and can last for weeks, months, or many years as our bodies adjust to a whole new reality.

This is an incredible season for rediscovering our sexuality or exploring it in depth for the first time. And one of the most powerful ways to claim our bodies, build our sense of sovereignty, and learn to love this body just as it is now, is through solo play. Not “masturbation”: this isn’t about going straight for your vulva, making your body do anything, or getting to climax as fast as possible. This is about exploring all the ways that you and your body may enjoy touch, sensations, sounds, surroundings, and new experiences without even necessarily including genital touch. It’s about making dates with yourself to explore and play with your body as if you’ve never met it before.

Most of us did not get a sex education that included learning about our own pleasure and how our own body wants to be touched, held, and loved. We usually arrive at midlife having had the same basic “script” for sex for years, if not decades. And that script tends to only work well for young bodies that haven’t gone through the experiences and changes we have at this age: childbirth, breast feeding, perimenopause, menopause. The sex we had when we were 20, isn’t the sex that works for the body we have now. Plus, we don’t know what we don’t know! In so many ways, now is a great time to challenge that limited view of sex, and find out what more is erotically possible with the extraordinary body we have right now.

If you’ve resisted the idea of touching your own body, consider that we are taught from very early that only touch from a partner “counts,” and touching ourselves is somehow sad, pathetic, lonely, or some kind of consolation prize. But learning to play our own erotic instrument and expanding our repertoire of the kinds of “music” we like, helps us value, honor, and connect to our own sensations and eroticism... and gives us great information about new ways our partner can touch and please us. Novelty is one of the foundations of turn-on, and we literally have that power at our fingertips.

How the Erotic Blueprints™ Can Help

The Erotic Blueprints™, created by Jaiya, is one of the main tools in my toolbox as a Somatic Sexologist. It’s a great resource for learning how to play with pleasure and turn-on in brand new

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ways you may never have considered before, by yourself, or with a partner. This e-book focuses on solo play, but of course if you find things you love here, you can invite your lover or partner to play along with you!

There are five Erotic Blueprint Types:

- Energetic
- Sensual
- Sexual
- Kinky
- Shapeshifter

Each Erotic Blueprint Type experiences touch, pleasure, and sex differently. Each also has “superpowers” – ways they enjoy sex and arousal easily – and “shadows,” or ways they get turned off or blocked around pleasure and erotic play. There’s no hierarchy: these are just different ways of experiencing sex, love, turn-on, touch, and pleasure.

You may have more than one Blueprint Type that feels like “you.” That’s normal: we’re often a mix, with one or two that really resonate for you. This isn’t a fixed system, and your Blueprint Type or mix of types changes over time, and depending on how you choose to explore and expand. So hold them lightly, and see if you find something new and delightful as you move through these offerings.

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.
- Develop new pathways to turn-on and pleasure.
- Build empathy for yourself, parts of body and yourself that you may have dismissed or ignored.
- Build empathy and curiosity for partners and others who are different from you.
- Be able to describe what you love and what turns you on. Knowing your own Blueprint gives you language to describe what you want and how you want to be seen, touched, and loved.
- Find and cultivate 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!

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The emphasis throughout this guide is PLAY! The invitation is to bring your curiosity, let go of expectations, performance, judgements, and old ways of thinking, and see what opens up for you.

Overview of the Five Erotic Blueprint Types

Energetic Superpowers

Energetic Types:

- Love tease and anticipation
- Need full presence (even with yourself! Stay present in your experience in your body!)
- Are super sensitive, intuitive, and empathic
- Can play with erotic energy and have orgasms without touch, just by using awareness, breath, and movement
- Are often drawn to Sacred Sexuality, Tantra, Kundalini, Tarot, crystals, breath work

Energetic Shadows

Energetic Types:

- Can short-circuit if they feel their partner is distracted or not fully present (this can happen with yourself!)
- Often 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.)
- Sometimes 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 Superpowers

Sensual Types:

- Get turned on when all of their senses light up: taste, touch, sound, visual beauty and harmony, dance, movement, every form of yumminess.
- Bring the romance and beauty to erotic play.
- Love skin-to-skin touch, kissing, massage, “making out.” This is often how they want to start sexual play.

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- 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 listen for and care for all of your own needs and desires in the space. Do this with great love.

Sensual Shadows

Sensual Types:

- Can get stuck in their 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 a lot of transition time. They can’t go straight from work or the dishes, to sex.
- Need to relax to have sex/feel pleasure, even with yourself.

Sexual Superpowers

Sexual Types:

- Are straightforward and direct about sex: naked bodies, genital touch, penetration, orgasm! YAY!
- Find sex to be simple and direct, with easy access to orgasms.
- Need to have sex to relax. If you’re a Sexual Blueprint, 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. 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 Shadows

For Sexual Types:

- Your directness may feel foreign or scary to other Blueprints (especially Energetic partners).
- You may feel scared of your own direct desires, especially as a woman, because we are taught from an early age that women aren’t supposed to want anything for ourselves. You may have an inner “slut shaming” part that wants to keep this sexy, bold part of you hidden and suppressed. Be gentle with yourself as you allow yourself to explore. Allow yourself to feel fierce, primal desire for your own body and your own pleasure.

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- 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 Superpowers

Kinky Types:

- Love mischief and everything that feels taboo, naughty, forbidden, off-limits
- Delight in breaking the rules
- Sensation Kink means enjoying sensations of being bound or restrained, impact, scratching, intense sensation (“pain”), struggle, wrestling, denial of desired sensation, blindfold, gags, etc. (Some or all.)
- Psychological Kink means enjoying imagination and 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 Shadows

Kinky Types:

- Often carry deep shame. So deep you may not have 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 shame may still be unconscious for you, you may sometimes feel regret or judgement after playing in kinky ways with yourself. Bring gentle awareness. 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

Shapeshifter Types:

- Need and love variety, adventure, risk-taking, and changing it up.
- Have BIG desires! Shapeshifters love long play sessions and want more!
- Can play in all of the other Blueprint Types... and may want and need all of them at once. Be in delight at the wonder of complex, paradoxical you. You have a Ferrari of a body... Hurray! Celebrate you!

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Shapeshifter Shadows

Shapeshifter Types:

- May feel like they are “too much.” Shapeshifters need to learn to ask for all of what we want, and celebrate that we bring the party!
- Often are “erotic people pleasers.” If you are a Shapeshifter in love with someone in another Blueprint, you may have completely adapted to their desires. You may feel afraid to ask for all that you want and need for yourself. This creates boredom and resentment, and it blocks true connection and that deep knowing that you are loved for all of who you are.
- You may believe you are too complicated, that you change your mind all the time, or 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.

Ways to Play in Every Blueprint: Before You Begin

Remember:

- 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.
- Slow 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.

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- 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 way, way 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?
- 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, contact me for my guided meditation that will lead you through it.
- 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

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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 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 slowly. 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.

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- 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. 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 Sexual Blueprint:

- Let go of any need for an orgasm. What happens when your focus, your goal, is simply to create as much pleasure, arousal, and enjoyment as possible? What if you don't need to "finish" to feel happy and satisfied?

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- Genital touch may be the most familiar way to do solo play or “masturbation” if you are a Sexual. If you have a familiar, habitual way you always do it, consider making that well-known way off limits. Drop the old “script” and look for what you don’t already know how to do. Bring in new toys, new positions, and lots of curiosity.
- Bring a mirror and look at your vulva. Watch as you touch yourself. Notice what changes as you become aroused: colors, engorgement, shapes. Allow yourself to feel the wonder of this tender, sensitive part of yourself.
- Touch your vulva as if you don’t even know what it is, and have never met it before. Set aside the “usual” way you touch, and instead, explore all around this area. Become a sexy mad scientist: what happens when you touch here, like this?
- Use warm oil, and/or try new kinds of lube.
- Get a splash blanket to put over your sheets or massage table. There are lots of luxurious, fuzzy waterproof blankets are sold as “pet blankets” on Amazon. Then make a big mess with lube and all the sexy juices of your body!
- If you haven’t already, explore squirting. Try massaging your G Crest (“G Spot”) to discover sensation and pleasure. Experiment with different kinds of touch, and different amounts of pressure: circles, “come hither,” sweeping a finger back and forth, etc.
- Add anal play! Especially if this is something you haven’t explored before. Your anal sphincter has nearly as many pleasure nerves as your vulva. Take a bath or shower first, have warm oil or lube handy, and just begin by massaging externally. Anal play does not have to include penetration – but it can! Especially for a Sexual, that may be what you desire. If you do play with penetration, it should never ever hurt. Wait until you’ve created lots of good sensations and pleasure on the outside, before seeing if a finger or toy might be welcome inside.

Solo Play in the Kinky Blueprint:

- The Shadow for Kinky types can be deep shame... so notice if your desires feel tinged with shame. 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 and witnessing. As you presence shame, it will dissolve once it knows you accept it and love what it wants to bring you. As you learn to acknowledge and integration shame, you will increasingly find more pleasure in Kinky sex.
- You can also eroticize the shame itself. This is a little more advanced psychological kink, 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, hair tugging, and scratching can all be part of solo Kinky play sessions. Slap your own ass – hard – and feel what it creates in your body. Do you feel tingling, aliveness, joy?
- “Dominate” yourself! Or submit to yourself! You can do this in bed, or anywhere. This can be especially fun for things you are resisting doing, such as dishes or laundry. Create a hot scene where this is being done for your pleasure (the Domme) by your Submissive.

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What is the reward, when you are done? Is it self-praise? (“Good girl,” “Great job!” or “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! Try a Whartenberg wheel (also known as a pinwheel), paddles, crops, 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, and feel the pleasure of waiting and denial before you use them.
- 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. Delight in your breathing, the flush in your cheeks, the brightness in your eyes, the swelling and hardness of your clit, the incredible expressions of your arousal, 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 it all.
- Wear forbidden things under your clothes – or overtly - when you go outside. Panties, no panties, chains, a collar. Enjoy 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. Pant. Bring out your claws and teeth.
- Dress the part. What is your favorite kinky gear? Leather? Lace? Latex? Pony tail? French maid apron? Kitty ears? Bring it into your solo 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, Kinky play is available online. Long distance Kink is especially good if you have some Energetic Blueprint in the mix. Text commands and demand pictures of the task well performed. If you’re single and solo – create an email for and imaginary Kinky lover, 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.

Solo Play 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 pleasuring yourself with a dildo or wand. Be your own voyeur/exhibitionist. Shower yourself with love as you dive into your pleasure.
- Dare to show yourself. Allow yourself to savor pleasure, to expand, to spend all the time you want, to stretch and grow. Practice asking for all of what you want, from yourself and from your lover or partner. Honor the breadth and variety of your own desires.

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- You may be used to playing in only one or two Blueprints in self-pleasure. You may have old beliefs about what's "normal" or okay in solo play, such as only touching your vulva, that you have to have an orgasm every time or you've "failed," etc. Instead: bring in all sorts of kinds of toys and sensation items! Be big, wild, and bold in your self-pleasure. Play all the way to your own edges.
- Shapeshifters need to express. Keeping things in, bottling things up, is what creates stress and shut down in your nervous system as Shapeshifters. Allow yourself to get vocal about what you're feeling. Not performance, not imitating fake sex sounds from porn: roar. Wail. Weep. Laugh hysterically. Moan. Bark. Howl. Whatever sounds arise from you, let them out. 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 pinch your nipples with one hand and draw a feather across 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. Try inserting a yoni egg plus wear lacy lingerie plus play dark Kinky music and strut around in stripper heels, with a flogger in your hand. Wear something 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.

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

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

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You're welcome! Now: go play!

xo – *Anne More*