

ESSENTIAL OILS AND YOUR EROTIC BLUEPRINT™

with Amanda B



ACKNOWLEDGEMENTS

The Erotic Blueprints™ were created by Jaiya and are currently being taught by approximately 200 coaches worldwide.

Inspiration for the format and content of this class came from one of our Master Coaches Genevieve Genevieve.

My understanding of the Emotional/Energetic properties of these oils comes mainly from two sources:

- 1) the book "Emotional Healing with Essential Oils" by Daniel Macdonald
- 2) The teachings of Desiree Mangandog, practitioner of TCM and author of "I am Fabulous"



About me!!



ACCELERATED
EVOLUTION
ACADEMY

EROTIC BLUEPRINTS: THE WHAT AND THE WHY

The Erotic Blueprints are a typing system specific to pleasure and arousal, they help us learn how we are turned on, and what might be holding us back.

Can you relate to any of the following?

- Don't understand what turns you on or how to turn a partner on
- Low libido
- Not connecting sexually
- Feel like you are blocked
- Want to go to the next level but things have plateaued
- Feel like you are sexually starving and taking crumbs instead of enjoying a gourmet meal



ENERGETIC

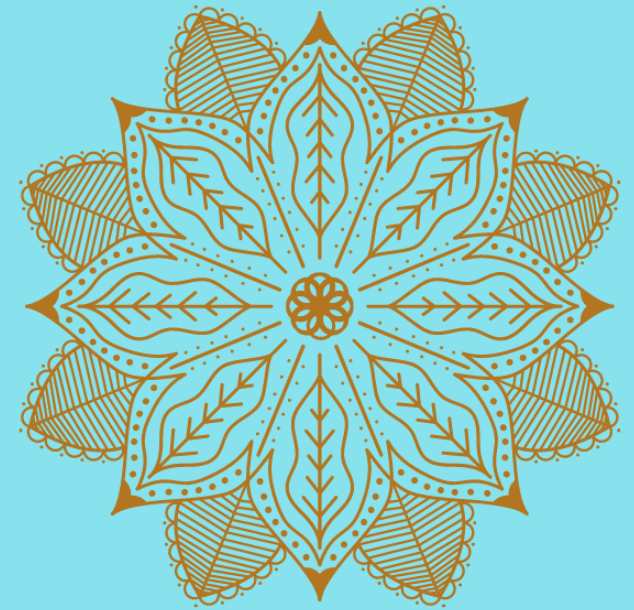
The Energetic Blueprint is turned on by space, anticipation, tease. They like light hovering touch, deep connection and total presence.

Superpowers:

- ~Incredibly intuitive, connected and present.
- ~Can have non-genital orgasms
- ~They are capable of extended play sessions that can extend out to the cosmos!

Shadows:

- ~Can short circuit easily with too much speed or physical closeness.
- ~Can go from intense arousal to none with the wrong word or touch.
- ~Can have trouble speaking up and holding firm boundaries.



OILS FOR THE ENERGETIC

Oils for Energetic Overwhelm/Grounding

~Melaleuca: Good for Energetic Boundary setting

apply to bottoms of feet, diffuse, inhale from palms or bottle

~Clove: Oil of Boundaries, helps one say "no"

dilute one drop or less w/ carrier oil and apply to solar plexus

~Lemongrass: Cleansing of space and energies

diffuse, apply to bottoms of feet or diluted on the spine

~Myrrh: Mother Oil, nurturing, inspires feelings of safety and trust

diffuse, apply to heart, sacrum or around the navel

Use all of the above together to cleanse the energy field

Oils for Expanding into the Energetic/Raise Vibration

~Melissa: Oil of light

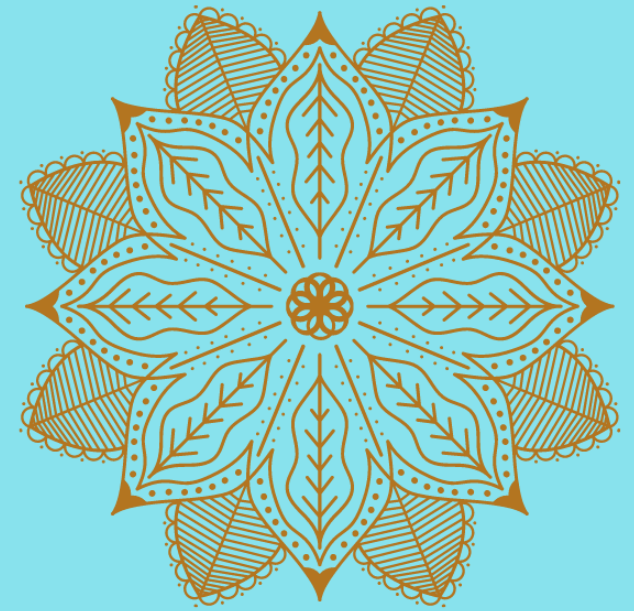
apply to third eye, or roof of mouth

~Rose: Oil of Divine love

apply to heart

~Marjoram: Oil of Connection

diffuse, inhale, apply to heart and chest



SENSUAL

Sensuals are turned on by having all their senses ignited. They love good smells, delicious food, hot baths, massage, dancing and lots of skin to skin contact.

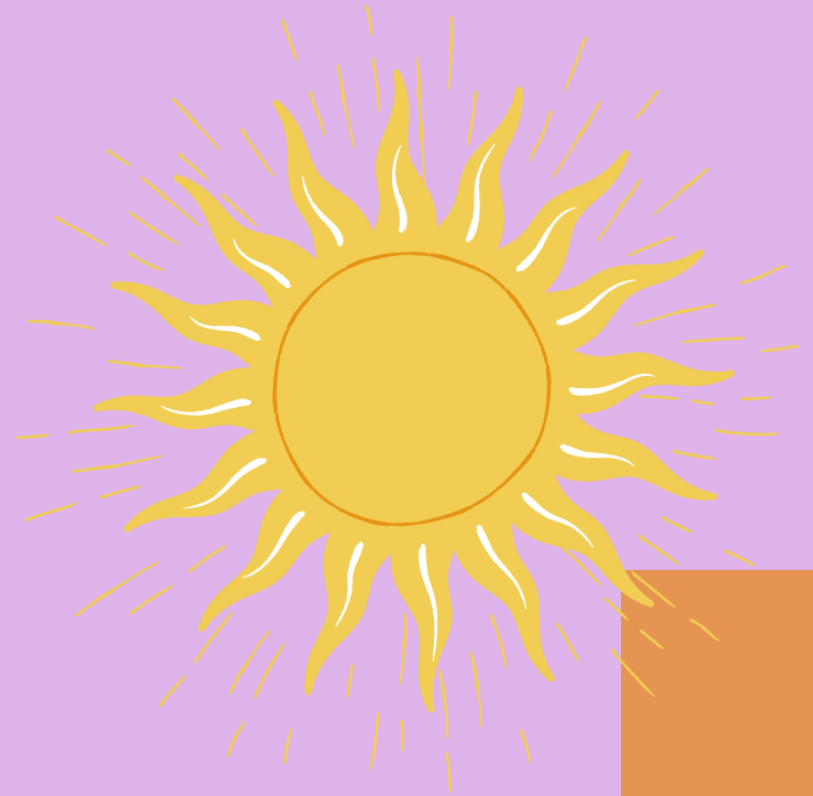
Superpowers:

- ~Very much in their bodies, the whole body can become one big erogenous zone. Crevices!
- ~Sensitive to beauty, they will create beautiful sensual experiences for a lover, they are like erotic artists

Shadows:

- ~They can get turned off easily by mess! The sticky/sweaty parts of sex, a messy room, all this can get a sensual stuck in their head.
- ~They are easily distracted and can get caught up during sex thinking about other things. They need to feel relaxed in order to feel turned on.

My secret tip for dealing with a sensual!



OILS FOR THE SENSUAL

Oils for Sensual Shadow (stuck in head/anxious.ungrounded)

~Balance: The Oil of Grounding (think trees!)

Diffuse, inhale, apply to feet, shoulders or perineum

~Serenity: Oil of rest and Tranquility (trees + flowers)

Diffuse or inhale, apply to forehead

~Patchouli: Oil of Physicality, get back in the body

Diffuse or inhale, apply to bottoms of feet or spine

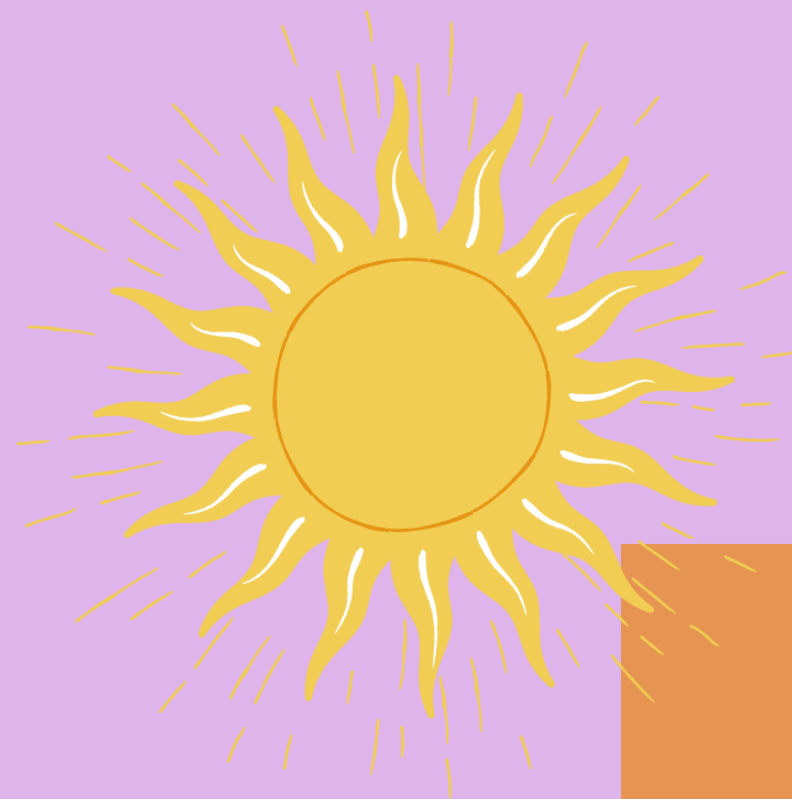
Oils for expanding into the Sensual

~Ylang Ylang: Oil of the Inner Child, joyful, youthful, relaxing

Diffuse or inhale, apply to heart, lower abdomen

~Clary Sage: Oil of Clarity, helps be open and imaginative

Apply to forehead or behind ears



SEXUAL



Sexuals are turned on by straightforward sex, pure and simple. They like nudity, orgasms, and all things sexual in nature.

Superpowers:

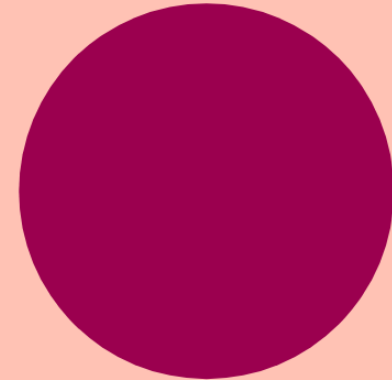
~Sexuals bring the fun to the party! They embody the energy, excitement, joy and fun inherent in sex.

~They are easily aroused and are relatively simple and straightforward to turn on

Shadows:

~They can have trouble relating to some of the other Blueprints since to them sex is fairly uncomplicated and usually genital focused.

~Can struggle with issues around boundaries and consent.



OILS FOR THE SEXUAL



Oils for Expanding into the Sexual

~Grapefruit: Honors the Body

Diffuse/inhale, add to massage oil after bath

~Jasmine: Aphrodisiac!

Apply to inner thighs, lower abdomen, genitals

~Patchouli: Oil of Physicality, get back in the body

Diffuse or inhale, apply to bottoms of feet or spine

Oils for the Sexual Shadow

(ungrounded, chaotic, like a big volcano)

~Cinnamon: Oil of Sexual Harmony

Diffuse or inhale, DILUTE and apply to solar plexus
(inflexible/judgemental)

~Oregano: Oil of Humility/Non Attachment

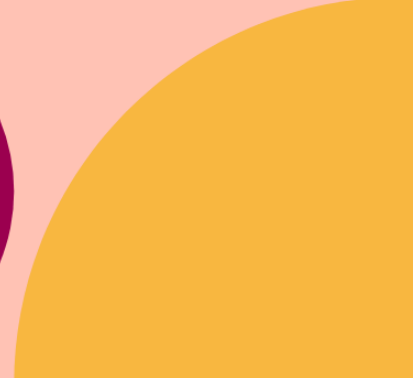
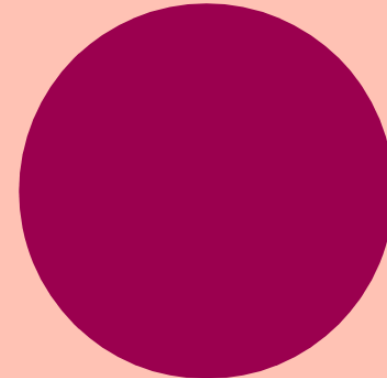
DILUTE and apply to feet or top of head

may be irritating to some

~Aromatouch: Oil of Relaxation, going with the flow
Apply to feet/adrenals, diffuse, add to epsom bath

~Cardamom: Oil of Objectivity

Diffuse, apply to heart



Kinky

The Kinky Blueprint is turned on by things that feel taboo, and is often quite unique to the individual. Typically kink falls into one of two categories:

- 1) Psychological: power dynamics, playing with control and surrender
- 2) Sensation based: ropes, clothing, impact play

Superpowers:

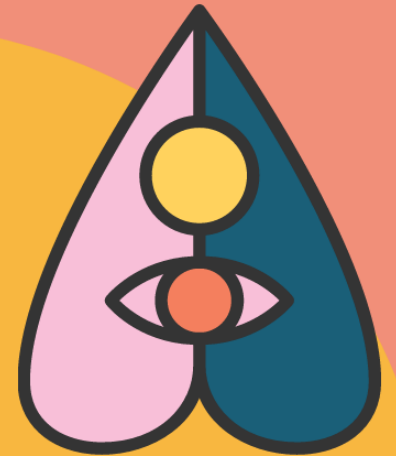
~When someone's kink is being honored the level of arousal created in the brain is often enough to achieve orgasm without being touched.

~the sky is the limit! The Kinky BP can be incredibly imaginative and playful when exploring edges and boundaries

Shadows:

~Can get hooked on a particular kink and have trouble achieving orgasm without it being present.

~Can be sexually shut down because of early shame that developed around that source of turn on



OILS FOR THE KINKY BP

Oils for the Kinky Shadow (self-acceptance, is it ok to show this part of me?)

~Bergamot: Oil of Self Acceptance

Diffuse/inhale, apply to solar plexus, heart and/or forehead

~Black Pepper: Cuts through the shadows, reveals the true self

Apply to palms rub and inhale, apply to big toes

~Lavender/Spearmint: Oils for clear and gentle Communication

Diffuse/inhale, apply over the throat/nape of neck

Expanding into the Kinky

~Cassia: Oil of Self Assurance, good for expanding into Dominance

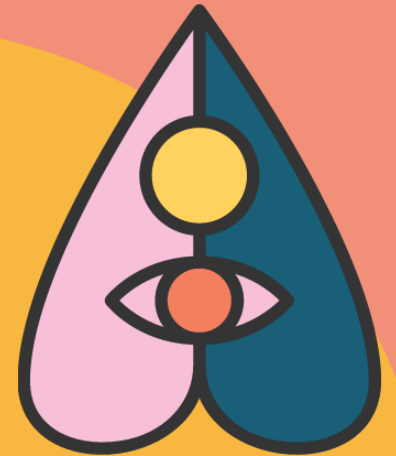
Diffuse/inhale, Dilute and apply to top of head, solar plexus, or bottom of feet

~Wintergreen: Oil of Surrender, act on intuition, yielding

Diffuse/inhale, apply to bottoms of feet

~Juniper: Brings dark to light

Diffuse at night



SHAPESHIFTER

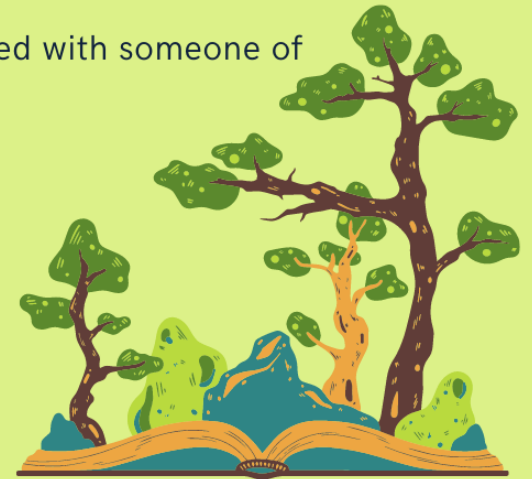
Shapeshifters are turned on by Everything and NEED Everything! They can move between all the Blueprints.

Superpowers:

- ~They are the ultimate lovers since they can tap into whatever Blueprint their partner is
- ~They have access to all the Superpowers!

Shadows:

- ~They can let parts of themselves go unfed if partnered with someone of another BP.
- ~They have access to all the Shadows!



OILS FOR THE SHAPESHIFTER

Oils for the Shapeshifter Shadow (Boredom, Digestion, being true to self)

~Neroli: Oil of Unification

Apply to forearms, neck, belly, sacrum, Everywhere!

~Digestzen: Oil of Digestion (buffet of delicacies)

Diffuse/inhale, apply to Stomach

~Fennel: Oil of Responsibility

Diffuse/inhale, apply to Stomach

~Coriander: Oil of Loyalty/Integrity with Self

Diffuse/inhale, apply to solar plexus/bottoms of feet

Oils for Expanding into the Shapeshifter

~Wild Orange: Oil of Abundance

Diffuse/inhale, apply to Sacrum

~Cypress: Oil of Motion/Flow

Diffuse/inhale



NEXT STEPS

Email: myevolvingpleasure@gmail.com

Take the quiz!

Take the Blueprint Quiz here

<https://ry308.isrefer.com/go/EBBCQUIZABISHOP/abishop/>

Webinar: Tantalizing Touch For Each Blueprint

Next week on 2/17 12-2pm we'll take a deeper dive! Knowing just how to touch someone is a sure fire route to arousal, does it surprise you that each Blueprint likes to be touched differently? In this workshop I'll teach you how to seduce and play with each

Blueprint through touch, and show you how you can use a technique called "Body Mapping" to determine your own or another's Erotic Blueprint. Q&A included

\$17 Early bird discount through 2/13 (\$27 starting 2/14)

<https://www.eventbrite.com/e/tantalizing-touch-and-the-erotic-blueprintstm-tickets-140220658765>



NEXT STEPS

Stay in touch!

Email me at myevolvingpleasure@gmail.com to stay informed about upcoming workshops and events

Curious about Coaching? 2021 enrollment is now open!

Email myevolvingpleasure@gmail.com subject line "coaching" to discuss how you can become a private client of mine. Please inquire only if you are serious about coaching with me, it is an investment and I'm only looking to work with people who are highly committed to getting results.



**THANK YOU FOR
COMING!!**





Bonus Sexy Stuff!!



Male Libido/Yang Energy

- ~Vetiver on the Perineum
- ~Fennel on Solar Plexus (calms system
premature ejaculation)
- ~Patchouli/Cypress/Ylang Ylang for
erection support

Female Libido/Yin Energy

- ~Jasmine and Rose on heart
- ~Peppermint on inner thigh
- ~Clary Sage and Jasmine on pubic bone