

I'm not robot



Erotic blue print

We often get asked where the Erotic Blueprints journey began, and like any creation, there's a backstory. I spent years gestating this idea, and it wasn't just one thing - many people and experiences shaped my understanding of ourselves and how we interact with others. I've always been fascinated by maps that help us understand our personalities and how to connect with those who seem different. What shapes our personality? Why do some people thrive in leadership roles while others excel in supportive ones? This curiosity led me to explore the world of personality typing, from Meyers-Briggs to the Enneagram. I wondered: could there be a similar typing for our erotic selves? Who are we as erotic beings? In 2006, during my training as a Somatic Sexologist, I met Jack Morin, author of *The Erotic Mind*. He spoke about the Core Erotic Theme, which resonated with me. It wasn't based on dysfunction but rather on Peak Erotic Experiences. By listening to these peak experiences, a theme can emerge - the Core Erotic Theme. My curiosity in this area sparked from studying Tantra in the '90s. We shared our most extraordinary erotic experiences, and the person we shared with would reflect any themes that emerged. I was fascinated by this process and spent the next decade paying attention to many stories of Peak Erotic Experiences. Could there be a blueprint into who we really are when it comes to our turn-on? As you read this, your own peak experiences may come to mind. It's fun to write down your most pleasurable erotic escapades and see if you can find a theme. Sharing these experiences with a trusted friend or lover can be enlightening and help you connect more deeply. During the same training, I also met Joseph Kramer, who created the profession of Sexological Bodywork. This specialized licensure allowed us to teach people about anatomy, touch, and pleasure - not just talking about sex but embodying it. Joseph's work had a profound influence on me, and I was drawn to his approach that explored all that's erotically possible. Body mapping, which involves learning how to be present with another person through touch, was first taught to me by Joseph in 2009. It was during this time that I met Esther Perel, and we immediately had a rapport due to our shared studies with Jack Morin. In her book *"Mating in Captivity,"* Perel introduced the concept of Erotic Blueprints, which suggests that what shapes our eroticism is influenced by our upbringing. The idea is that without the conditioning and programming from our early years, who are we? As I continue to work on this topic over the past 25 years, I have come to realize that it's absolutely true. Our parents, religious affiliation, or where we lived all play a significant role in shaping what turns us on. But is it innate or acquired? These are questions that I still find myself pondering. I recall the day when The Erotic Blueprint Types came into being during a session with a couple who were struggling to connect. They felt like they were from different planets, and he was having difficulty feeling turned on. By going through his body with different kinds of touch and asking him about what was most pleasurable, we discovered that their turn-ons were simply different. This led me to develop the concept of five blueprint types: energetic, sensual, kinky, sexual, and shapeshifter. It's essential to recognize that sex is not always natural or effortless. Our education on the subject is often limited, leaving people clueless about where to start exploring. As Jaia, a somatic sexologist, explains in her work, finding the ignition to your arousal is just as important as having good sex itself. Researchers Explore the Science Behind Human Sexual Desire, Unlocking Secrets to Deeper Connection and Pleasure. A leading expert in the field shed light on the mysterious world of human sexuality, revealing how our unique blueprints shape our desires and arousal. According to Jaia, "The Erotic Blueprints are like a language that allows us to speak our own eroticism and understand others". This concept has far-reaching implications for relationships, communication, and intimacy. Different individuals respond differently to various stimuli, and understanding these differences is key to avoiding frustration and finding common ground. Jaia identified five primary blueprints: energetic, sensual, sexual, kinky, and shapeshifter. Each type is characterized by distinct preferences and approaches to arousal. The energetic type craves anticipation, space, and teasing touch. They are sensitive and can reach orgasm without physical contact. In contrast, the sensual type ignites their senses, seeking beautiful settings, sensory experiences, and emotional connection. The sexual type is driven by traditional notions of sex, while the kinky type thrives on taboo experiences. However, each blueprint has a shadow side - blockages that hinder access to desire and pleasure. These issues can manifest as self-judgment, shame, or limiting beliefs. Jaia emphasizes that healing these shadows requires conscious awareness and intentional efforts. For instance, individuals with an energetic blueprint may struggle with hypersensitivity, causing them to become overwhelmed by sensation. To overcome this, they can experiment with lighter touch and more space to allow their arousal to build naturally. Similarly, sensual types often get caught up in thinking and planning, taking them out of their physical bodies and away from erotic experiences. By embracing the present moment and igniting their senses, they can break free from these mental blocks. By understanding our unique blueprints and confronting our shadow sides, we can unlock deeper connection, pleasure, and satisfaction in both solo and partnered sex. As Jaia concludes, "The Erotic Blueprints help us to know ourselves, so that we can have more pleasure, connection, and satisfaction." Folks need triggers that help them shift from routine tasks to a sensual experience. This can be anything relaxing, like a massage or chocolate. Mindfulness practices keep you focused on the present moment. However, those who prioritize sex often get distracted and miss out on the journey. Jaia's tip: Expand into other areas to gain more understanding. The kinky type might struggle with shame over forbidden desires. Jaia suggests exploring different sensations, creativity, and working with a like-minded partner to overcome guilt. Shapeshifters may feel unsatisfied due to accommodating their partners. Jaia advises recognizing your own needs and creating space for self-indulgence. Differences in sensual and sexual blueprints can create challenges. Jaia says there's relief possible if both partners are willing to learn each other's styles, which is like learning a new skill or language. Unwillingness to learn can lead to resentment, while willingness to experiment, heal, and nourish your blueprint can transform relationships and sex lives.