

Create Even More Sexual Satisfaction By Tapping Into Your Erotically Empowered Personas!

In *Cuffed, Tied and Satisfied*, I introduced you to the idea that everyone has an Erotically Empowered Persona. This is a part of your eroticism that most likely you have not let out to play much. Some of you may have even let it die altogether for fear of rejection or judgment about the desires your EEP may have. NOW is the time to let your EEP out. Believe me when I tell you it is so worth the risk. I have seen couples go from passionless to super hot sex just by allowing their Erotic Personas to play together. As promised, here is more information to help you unleash your EEP!

Your EEP Visualization

Step One: Find images that match your ideal vision of yourself as your EEP. You can put these together on a Pinterest board or create a slideshow on your computer. From these images, make a list of words that represent your EEP. What colors? What types of clothing? What accessories? What environments? What tools or toys? What attitudes? Etc.

Here is a list from my client, Rebecca, who wanted to become a Dominant Business Muse:

Crop, black, crisp white, structure, refined, beauty, elegance, tradition, regal, good posture, polished, well-dressed, groomed, slow movement, classic, nostalgic, concrete, stainless steel, heels, grounded, peace, calm, manage emotions well, even-keeled, presence, a certain air, confidence, smells good, unique, eclectic, deep purple, emerald green, sapphire blue, platinum, beautiful luggage, boots, riding pants, sleek coat, couture fashion, harness, cuffs, leather items, hardware, power, observing, listening, ground, earth.

Step Two: Create a script from the list of words you came up with. This script should take you into a sensory journey that helps you to dive more deeply into

the state of consciousness where your EEP lives. The script follows a formula: 1) Opening relaxation 2) Visualization using key words and climax where you empower yourself to embody your EEP, and 3) Closing relaxation.

Here is a sample script that I created for Rebecca's Dominant Business Muse:

Take a deeeep breath in....

On your exhale, sloooowly close your eyes

Notice your connection to the Earth, feeling grounded, at your feet,
with the Earth

Roots growing from the bottoms of your feet, deep into the Earth

And your connection to the clouds...

Feeling the top of your head, reeeaching towards the clouds

Take a deep breath in, feeling that...

Draw up from the Earth, all the way up your spine into the clouds

A sniff of air at the top (*sniff*)...and exhale down

Picture yourself now...

You're standing tall...and regal, with an air of elegance and beauty

You walk slowly

An air of confidence seeping from your well-groomed, nude body

You apply exotic, wonderful smelling oils from a deep purple bottle

You scan the room...appreciating its beauty

Appreciating this nurturing environment you have created for yourself

You smile...and you think about adorning your body in couture fashion

Power courses through you as you walk towards your closet

Slowly fingering your riding crop, leather and platinum cuffs, black harness and other hardware, you feel grounded, calm and present as you feel the fine fabrics of the clothing hanging in your structured wardrobe.

You have great taste, you think, as you choose a crisp white shirt, riding pants, and a refined sleek coat.

You eye your boots...but think perhaps that your black steel heels might provide a uniquely polished look.

You love this tradition of dressing for power and success.

Your beautiful luggage is ready to be packed.

You place your heels inside....*they* will be a surprise for later....

For now....the boots...

Slowly pulling the boots over your feet

You listen to your intuition...your body...as you choose each item of beauty and place it in your luggage

Know that you can take these symbols of power with you and put them on or use them at any time.

Now you are standing....surrounded by brilliance, beauty, and things you never even dreamed possible.

You feel nurtured and sustained by the Earth...

Elegantly dressed in your crisp, white shirt, riding pants, boots and sleek coat

Your luggage in hand, filled with couture fashion and items of beauty,

You feel your power coursing through you...grounding you....surrounding you

You are calm...regal...confident

You are ready

You *are* the Dominant Business Muse

Authentic...living your destiny.

Now see before you a brilliant light
The light gets bigger and brighter...calling you to step inside of it
It's time now to integrate fully, your most powerful self
This is the light of the Business Muse
Step into her
Allow her to envelope you
Allow her to nurture you as you become one with her

Now that you are fully integrated
See behind you the brilliant people that you are inspiring...
Helping to be their most powerful, intelligent, balanced selves
Like a pyramid, with you at the top
See them all lifting their hands to the clouds
Feet on the earth...in triumph
That *they* have succeeded, thanks to *your* inspiration

The light surrounding you grows even brighter
As you breathe in this feeling of contribution to others
Allow yourself to know and feel this while being connected throughout
your day, to your core values...and the Business Muse.

Take a breath.....and let it out...
Feel your feet...grounded at the Earth...
Your top of your head...and the clouds...

Deep breath, draw the breath *up*...contract your pelvic floor muscles, draw it all the way up into your head...*hold* the breath and hold the contraction in your head

Take a sniff ...and exhale...

Allowing the energy from the clouds to come down to the Earth

Deeeep breath...and as you exhale...slowly, slowly open your eyes

And continue into the day, carrying this energy with you.

Step Three: Record your script on your computer. Read it slowly and hypnotically so as to allow your mind to really visualize all of the cues that you wrote for yourself.

Step Four: Listen to the recording daily or anytime you need to step into your EEP (like right before a scene). Visualize yourself as your EEP using a combination of the images you found and listening to your recorded visualization.

Have You Named Your EEP?

In the book, I talk about naming your EEP. What I have found is that what most people's EEPs desire is to be named and given attention. They are like poor neglected parts of us that just want us to notice them and listen to what they are longing for.

Benefits of Naming Your EEP

- Gives power to your erotic identities
- Allows you a way to create a container for them to come out and play
- Describes your status or needs to others
- Gives your lover a way to address you during play time

Examples of EEP Names:

- Sensation Slut
- Bossy Vixen
- Cuddle Pet
- Mysterious Madam
- Worshipper/Consort
- Divine Goddess
- Icy Queen/King
- Naughty Mistress/Master
- Devilish Diva/Dom
- Dirty Maid/Man Servant
- Ravishing Rockstar
- Vampire Woman/Man
- Raging Dom
- Sexual Shaman
- White Knight/Hero/Heroine

Need more inspiration? Here are all the EEPs I found within me during the 40/40 Experiment with Ian. Of course I've listed his too. I'm especially fond of Marcus Aurileus!

Jaiya EEPs

DOMINANTS

Her Majesty: The Icy Queen

Core Erotic Wiring: Sexual

Aphrodisiac States: Indifference and hostility

Qualities: Queenly stature, disconnected gaze, hard to read, untouchable

Gorgeous Goddess

Core Erotic Wiring: Sensual/Energetic

Aphrodisiac States: Connection and appreciation

Qualities: Lounges, wants gifts brought to her, wants to be worshipped at all times, and pleased by her consorts

Wickedly Kinky Mistress

Core Erotic Wiring: Kinky

Aphrodisiac States: Appreciation, Anxiety emotions inflicted on others

Qualities: Relaxed yet very directive, quick to inflict punishments, great at disciplining her submissives, expects appreciation and obedience, Dominant postures.

SUBMISSIVES

Fantasy Pampered Pet

Core Erotic Wiring: Sexual

Aphrodisiac States: Dependency, guilt emotions (naughtiness/dirtiness)

Qualities: On all fours or moving like an animal, loves being on a leash with collar, needs pamper, being fussed over and told how pretty she is, she is naughty and hungry for sex and needs to be disciplined (without physical pain) from time to time.

Wounded Girl (*Shy Reluctant Enigma - see later*)

Core Erotic Wiring: Energetic

Aphrodisiac States: Anxiety emotions (terror, fear, vulnerability, dread)

Sadness Emotions: Grief and mourning

Qualities: Huddles in a ball, cries and sobs, like to hide her face, experiences deep terror and flashbacks from prior trauma, needs emotional catharsis then deeply connected lovemaking.

Ian's EEPs

DOMINANTS

Loving Master/Hero Healer

Core Erotic Wiring: Energetic

Aphrodisiac States: Connection Emotions (Tenderness, love, and intimacy)

Qualities: Wonderful ability to hold space for intense emotions and healing, empathic, a relaxed guide, skilled at intimate lovemaking.

Ardhanarishvarar (Sir Marcus Aurelius)

Core Erotic Wiring: Kinky

Aphrodisiac States: Guilt Emotions (naughtiness/dirtiness)

Qualities: Ability to be both in his feminine and masculine as a Dominant needs taboo outlets, Dominant dress and stature.

SUBMISSIVES

Hungry Object

Core Erotic Wiring: Kinky

Aphrodisiac States: Guilt Emotions (naughtiness/dirtiness)

Qualities: Just wants more and more and more, wants to push the edges, loves being in submissive postures such as on all fours or bound in some constrictive way.

Eager Trainee

Core Erotic Wiring: Kinky

Aphrodisiac States: Anxiety Emotions (shock/dread), Guilt Emotions (shame/naughtiness)

Qualities: Eager to please, needs to be trained and strives to reach his goals, does well with demands placed upon him