

no. 1

# wild bloom

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the official field guide for sensual summer camp

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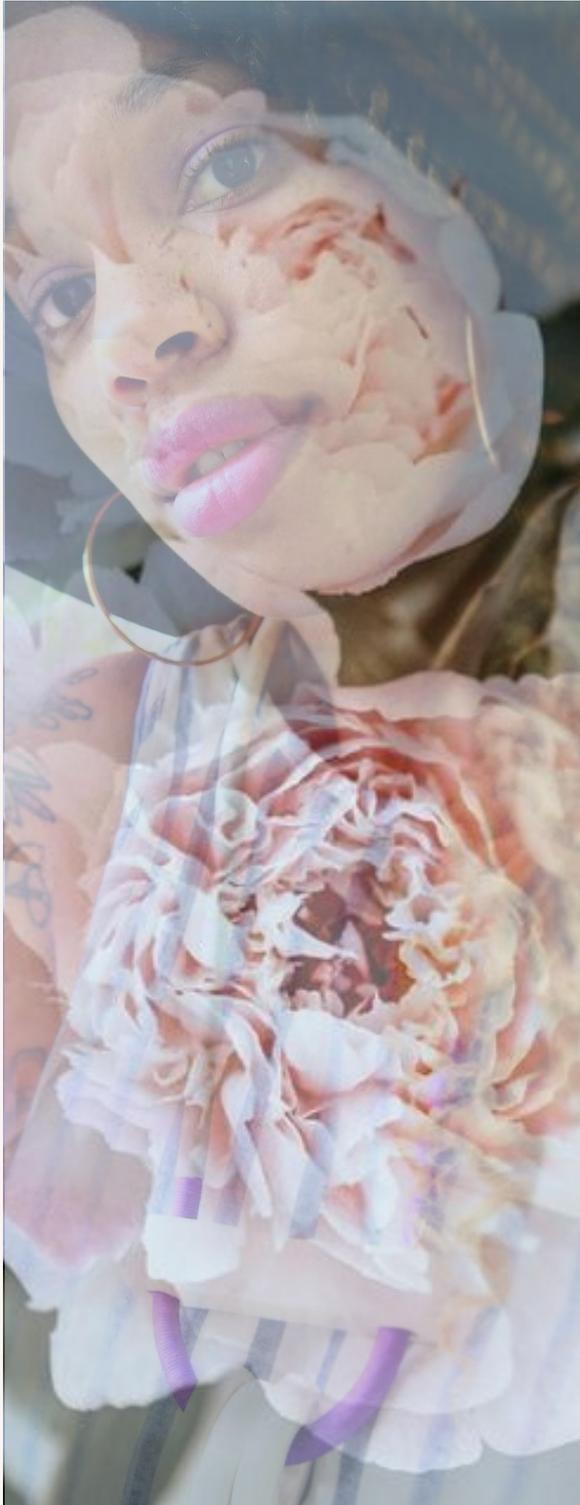
The Languid Way / Pleasure Principals / Monthly Sensual Activities / Herbal Rx  
Leo Season Ritual / Love Letter to Your Pussy / Moodboarding

# welcome to wild bloom

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And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.

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Today is the beginning of a season of blooming.

Dear Sensual Summer Campers,

You are brave. You are beautiful.  
You are sensual magic.

I know this because it takes this sort of soul to concentrate on sensuality and blooming in the midst of one of the wildest times on record.

I believe like the lotus flower sensuality blooms from our willingness to sit in the mud and gather nutrients to unfold into more and more possibility!

For the next 3 moons we shall uncover more of the sensual self that is living just beneath the surface.

One of the most important parts of this virtual summer camp experience is merging sensuality with fun, sisterhood, uncommon experiences, and the dedication you bring to this practice.

All seeds will bloom if nurtured in the right way.

In love and wild blooming,  
Ayesha Ophelia

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## IMPORTANT DATES IN AUGUST

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Full Moon-ish / Lions Gate Portal

Plant The Seed Virtual Zoom Gathering

**Friday August 7th at 6:00 - 7:30 pm EST**

You will receive an additional email with all the details of this gathering a few days prior. Zoom sign up is required.

Holy Smoke Virtual Camp 'Fire' Smoke Session

Part Story Telling + Sacred Circle

**August 16th at 8:00 - 9:00 ish EST**

We will pull juicy questions from a hat + smoke the herbs of our choice. Zoom sign up is required.

Sacred Twerking Zoom Workshop

**Sunday August 22nd at 1:00 - 2:15 PM EST**

Zoom sign up is required.

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# languid means slow and relaxed

## move in a languid way



### *Sensuality* KEYS

When you slow down something magic happens in the body and the brain.

Your senses come alive. Your brainwaves slow to allow in more resonance, possibility, and literal SPIRIT.

This experience is calling for a union of slowing down + dedication to the process.

When these two qualities make love the result is YOU IN FULL BLOOM.

So move in a languid way.

Take your time but don't lose the sensual focus.

HERE ARE A FEW TIPS AND SUGGESTIONS FOR HOW TO MAKE THE BEST USE OF SUMMER CAMP.

1. Make friends. Summer camp is all about who we arrive as and who we leave as and nothing has done more for me in that way than knowing a diverse smattering of beings. This can look like how we show up on calls, how we treat ourselves, and how engaged we are in the community. What you sow, you reap.
2. Dedicate space and time each week to sensual summer camp. My summer camp activities day (outside of live events) is going to be Wednesday aka Hump Day. On that day I will sit in my ritual space and work on one of the weekly activities. Set reminders and bring creativity to your attire and your approach.
3. Allow sensuality to be an overlay in your life as we move through each consecutive moon. Welcome this

# pleasure principals

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satisfied



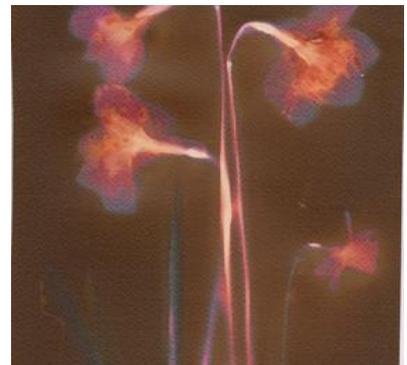
awakened



surrendered



softened



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The pleasure principals are a set of ideals to guide you more deeply into the practice of a multi-sensory life. Sensuality is simply how we live in relationship to our body and the world just outside of our skin.

On the next page you will find my personal pleasure principals. I invite you to use the following page or a page in your journal to come up with a set of intentions that will direct this experience. If you feel at a loss for how to begin.

Start with a mind map of ideas and this one simple question:  
How do you want to feel in your body?

Make it Juicy: Create a manifesto or a poem from your pleasure principals.

# pleasure principals

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01. thou shall slow down  
sensual magic lives in the  
slower brain waves.  
our bodies in rhythmic  
relationship with  
the mystery.

03. la petite mort  
let go, let flow.  
**the little death**  
that leads to orgasmic life  
will not happen without  
agreeing to lose control.

05. force vs. flow  
Do not force yourself to do  
or feel anything instead flow  
into a receptive state of  
receiving what is available.

07. Learn what yes and no  
feels like. Honor that  
knowing that arises in the  
body.

02. use your breath  
breath is the gateway to  
endless amounts of  
pleasure and presence.  
use it often and loud!

04. the feel of it.  
pleasure it about how  
we feel and less about  
how we look  
which means  
we can  
experience pleasure  
at any moment.

06. surrender to the bloom.  
surrender looks like  
releasing thought and  
inhabiting the beauty of the  
present moment.

08. Drop The Seriousness  
Explore sensuality with the  
a childlike wonder.

keywords from my sensuality mind map:  
open, surrender, safe, receptive, sensitive, powerful, aware,  
awakened, bountiful, beautiful, undulating

NICKNAME:

# MY PLEASURE PRINCIPALS

01.

[Blank lined space for entry 01]

02.

[Blank lined space for entry 02]

03.

[Blank lined space for entry 03]

04.

[Blank lined space for entry 04]

05.

[Blank lined space for entry 05]

07.

[Blank lined space for entry 07]

08.

[Blank lined space for entry 08]

→ if you share #WILDBLOONCAMP

# weekly sensual activities



## how this works

Each week pick at least one challenge and complete it. The challenges are designed to put you in direct contact with your sensual self. If you are feeling particularly tapped in and turned on pick a few and play.

Make space in your journal to write about the activity or activities that you did endeavor to create and answer the following questions:

How did my body feel doing \_\_\_\_\_?

Was my mind clear or cluttered?

What insight did I receive doing \_\_\_\_\_?

# weekly sensual activities

## pick your adventure...



1. Eat mangoes or another juicy fruit naked
2. Grab some coconut or another oil and oil your entire body.  
Google: How to Do Abhyanga Massage and enjoy
3. Create some sensual affirmations and post them on your mirrors. Here is one to get your creativity going: My body intuitively experiences pleasure.
4. Add music to our Wild Bloom Spotify playlist and dance seductively in front of a mirror. Wear something that makes you blush. Commit to only saying beautiful affirmations during the dance.
5. Set a timer for 15 minutes. Lay with one hand on your heartspace and another hand on your wombspaces. Feel into the energy that runs between the two.
6. Write a love letter to your yoni or wombspaces. (See page 14)
7. Write an explicit poem. Make your own heartspace and wombspaces soften and open with your words.
8. Blindfold yourself and explore your body for at least 10 minutes. Take note of where you feel pleasure and where your body may tense. Show extra love to the tense places.

# *herbal rx*

HERBAL REMEDIES FOR LEO  
SEASON

## *herbs*

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womb cleansing  
blend:  
basil, rose petals,  
cannabis\* (optional),  
rosemary, oregano,  
marigold, lemon  
balm, pinch of pink  
sea salt.

Feel free to add nourishing herbs like  
Nettles, Oat straw, or any herb you  
personally work with.

These herbs can be used as a tea, sitz  
bath/yoni steam or ritual bath.

Blending would be to taste for tea  
and 1-2 heaping cups for a yoni  
steam or a ritual bath.

For more information on using these  
as a yoni steam please reference our  
private portal page on my website.



# leo season ritual

## SENSUAL SHRINE

A SACRED SPACE TO HOLD  
YOUR SENSUAL SELF.

INSTRUCTIONS ON NEXT PAGE  
AFTER THE ASTRO REPORT.

"Oh the power of presence. Our presence = our power. In each moment we live we have the opportunity to stand in it. Truly stand. Our Lion heart is so big. Our need to connect and feel loved is so strong, but sometimes looking for that external validation is what trips us. Our inner Queen and King remind us to abide in the heart of Love. Roar who we are relative to Creation. Feel in our body that we are worthy and wonderful. With compassionate love for Self, respect for Self and trust in Self, we can safely stand as Queen and King of our own jungle. Our inner well is continually filled through our connection to the land and this animate universe that we are part of. Once we are filled from that inner well we can step forth with maturity, poise, and a compassionate open heart ready to hold our pride. When we anchor that acceptance from within, we create a sense of safety that allows for all to come out and play so together we can revel in the deep passion of Life." - Mystic Mamma

"Venus, planet of love and romance, will wrap up a long stint in the chatty and short-attention-spanned realm of Gemini mid-Leo-season and move into gentle, sensitive Cancer on August 7 — which might inject a whole lot of emotion into otherwise casual romantic situations and make us all want to transform a fling into something more committed. As for the planet that rules our sex drive, Mars is in headstrong Aries throughout the duration of Leo season (which adds an extra dose of fire sign energy), which means our sex lives are bound to get steamy and we'll likely feel a little more forward when it comes to asking for exactly what we need. -Astro Twins

# holy sensual longing

A SHRINE TO AMPLIFY YOUR HOLY LONGINGS

WHAT YOU WILL NEED:

A SMALL SACRED SPACE, BOOK SHELF,  
OR DESIGNATED AREA.

ITEMS FOR THE SHRINE (MORE BELOW)

TIME TO DEDICATE AND ENLIVEN THE SPACE.

CANDLE OR SMUDGE

"A shrine is a holy or sacred site dedicated to a specific deity, ancestor, hero, martyr, saint, daemon, or similar figure of respect, wherein they are uplifted or worshipped. Shrines often contain idols, relics, or other such objects associated with the figure being venerated." Wikipedia



Take at least one week in August to gather your items for your sensual shrine.

Questions to ask yourself:

Do you work with or feel drawn to a certain deity, goddess, or spirit animal?

What small items would bear witness to your most holy longings?

Then begin gathering feathers, fresh flowers, candles, fabric, or anything else that feels like it would represent your most holy longings. Create the space and do this small ritual to bless it.

Ritual Blessing: Smudge your space with a clearing herb. Say a prayer of intent over the space and make a commitment to return to the altar or shrine on regular basis to pray, talk, and tidy the space.

## TRACK THE MAGIC

# set your intention

WHEN WE BRING OUR INTEGRITY AND INTENTION INTO A SITUATION WE ALWAYS WALK OUT WITH REWARDS.

HERE ARE A FEW QUESTIONS AND SUGGESTIONS TO SET YOUR INTENTION FOR OUR TIME TOGETHER.

ANSWER THESE QUESTIONS IN ORDER.

1. WHAT DO YOU HOPE TO GAIN FROM SENSUAL SUMMER CAMP?
2. WHAT WILL YOU GIVE IN ORDER TO ACHIEVE QUESTION 1.
3. WHAT QUALITIES ARE IMPORTANT TO BRING FORTH BASED ON YOUR ANSWERS TO QUESTION 1 & 2?

USE THESE ANSWERS TO COME UP WITH A CONCRETE INTENTION + WAY YOU WILL LIVE THAT INTENTION. MY EXAMPLE: MY INTENTION IS TO HOLD SPACE FOR MY TRUE SENSUALITY TO EMERGE AS I GUIDE A GROUP OF CAMPERS DEEPER INTO THEIR OWN EXPRESSION. I WILL DO THIS BY LEADING BY EXAMPLE AND PARTICIPATING EACH WEEK.

Once you have your intention set you will begin the process of tracking the magic through synchronicity and gratitude. If your intention is to ready your nervous system and body for partnership you would track anything in your journal that felt like a win or an energetic shift towards your intention or goal. We all know what we focus on expands so begin looking for evidence and giving thanks for what you do see and there will be more to track and see. I love a good bullet point list for this activity. You can add to it the entire journey and look back on it at the end.

A LOVE  
LETTER TO  
YOUR BODY

Dear,  
Yoni

Dear Friends,

Your body is listening all of the time and creating a response in your physiology based on the findings. So much of our day to day conversation with our body is programmed and automatic. Taking time to reprogram our minds for the experience we want to have in our bodies is a powerful act. A love letter to or from a body part is a magical technique to create this new neural pathway in the brain for more pleasure sensation, and love. My love letter to my yoni is tied with a gold ribbon and lives on my altar. Get your journal or a piece of note book paper out and write a letter to a part of your body. It can be your yoni/womb space, breasts, thighs, belly, lips, etc. Before you write get into a meditative space and hold your hand over the body part you will write a love letter to or from. Listen for messages or feelings and be sure to include them in your love letter. Keep your letter on your shine or altar space and read it often. Your body will thank you!

In Love + Blooming

Ayesha Ophelia

# Sensual Summer

moodboard



Get in the #mewd  
for love by creating  
your own sensual  
summer moodboard

Use Pinterest, some digital software, or  
good ole' fashioned paper and glue.

E-mail or social share and I will  
share some of my favorite boards.