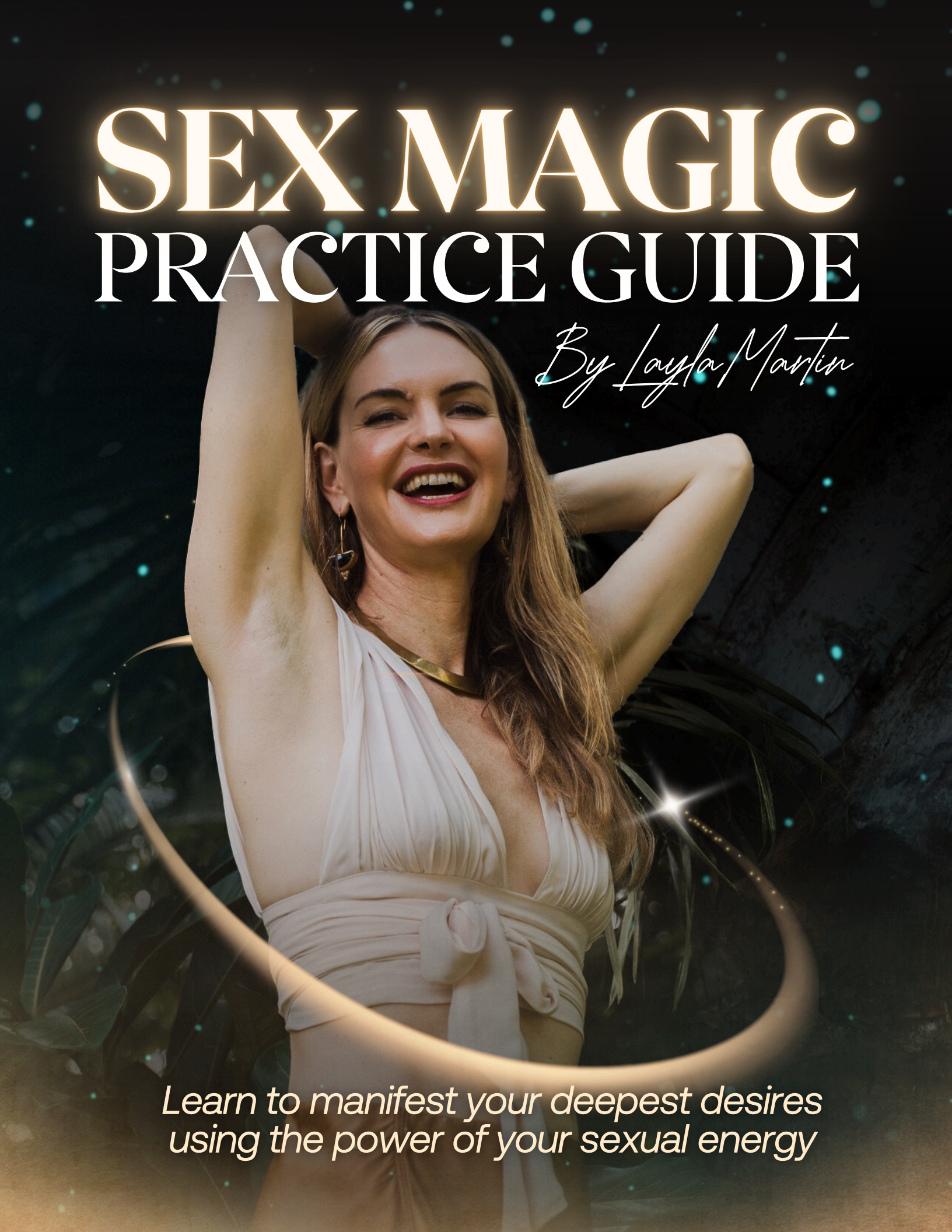
SEX MAGIC PRACTICE GUIDE

By Layla Martin



Learn to manifest your deepest desires using the power of your sexual energy

About this Guide

This guide is designed to go hand-in-hand with your Sex Magic guided audio practice



Sex Magic is most effective when you can relax into the ritual without having to think about what comes next.

You can use this guide and the audio practice together, or you can choose to follow one or the other.

Either option takes you through the exact same steps and offers you the same potent, exquisite sexual experience.

Before You Begin

Make sure you have a private, undisturbed space for the entire length of your practice



Gather anything you love to use for self-pleasure: a jade or crystal egg, your favorite dildo, lube, body-friendly oil, etc.

Bonus: Create a deeply sacred space with candles or incense, crystals, flowers, soft blankets or pillows, or anything else that's symbolic and special to you.

Step-by-Step Sex Magic Practice



STEP 1

Create your energetic ritual surroundings

Take a few deep breaths and arrive in your body.

With your eyes closed, feel a ring of white light surrounding yourself and your practice area.

Invite any angels, guides, or energetic beings in to watch over your ritual and keep your space safe.

Next, feel a golden bubble of light around you, surrounding you with protection.

STEP 2

Get crystal clear on your desire



Ask yourself:

What exactly do I want?
What am I calling in with this Sex Magic ritual?

Choose one core desire for your practice (such as a specific financial goal, a relationship, a career achievement, etc.).

STEP 3

Build your vision in rich, vivid detail



With your eyes closed, imagine what life will look and feel like once this desire becomes your reality.

What or who do you see around you?
How do you feel in your body?
What are you doing and who is with you?
What small, everyday details show you the vision is already real?
What smells, sights, sounds, and tastes are you experiencing?

Allow this vision to become a living, breathing scene in your mind, heart, and body.

STEP 4

Align with the highest good for all



Repeat the following out loud:

"This desire will manifest in alignment with the good of all beings."

Feel for a YES in your body and rework your desire until it arrives.

STEP 5

Begin activating your pleasure



Start turning yourself on in whatever way
feels best for you.

Take as much time as you need to reach full-body
arousal, building your sexual energy through:

Self-touch and stroking
A toy or crystal egg
Your favorite sexy playlist
Movement and sounding

Your turn-on can look like lusty, passionate desire...
OR it can simply look like a warm, positive vibration
of love and sensual energy.

STEP 6

Swirl the energy of your turn-on through each of your chakras



Continue self-pleasuring as you swirl your turn-on through each chakra, starting at your root and rising your energy all the way to your crown.

FIRST CHAKRA

Vagina, cervix (or energy of the cervix)
and pelvic floor.



SECOND CHAKRA:

Hips, lower belly, and womb and ovaries
(or energetic womb and ovaries).



THIRD CHAKRA:

Your naval, solar plexus, and upper stomach.



FOURTH CHAKRA

Your chest, breasts, and heart.



FIFTH CHAKRA:

Your throat, jaw, and around your neck.



SIXTH CHAKRA:

Brain, third eye, and your entire head.



SEVENTH CHAKRA:

Build your pleasure into a peak state as you begin to reach your crown chakra, the very top of your head.



STEP 7

Send your desire out to the Universe



Whether peak pleasure looks like an orgasm or simply the highest level of turn-on available to you in this moment...

Energetically send your sexual energy from your crown out into the Universe while visualizing your desire in vivid detail.

Use all five of your senses to drop into the vision until you can feel it as if it's your present-day reality.

STEP 8

Receive your sexual energy back through your body



Starting at the crown of your head, feel your sexual energy drop back down through your entire body...

Through every chakra, all the way down to your feet.

Take one last moment to deepen into the sense of your desire being real:

What does it look like for you to walk, talk, act, and make decisions as the version of yourself who is already living your dream?

STEP 9

Integrate, ground, and practice gratitude



As your peak state dissipates, allow yourself to shift into rest and integration.

This can look like a few minutes of journaling, lying in stillness, or breathing with your hand on your heart.

Closing Note



Remember, Sex Magic doesn't replace real-world action, it *supercharges* it.

Come back to this ritual as often as you'd like, for any desire you choose, and use it to clear the way energetically...

Followed by taking aligned, practical steps.

The true magic happens when your erotic energy, a clear vision, and real-world action fuse ✨

Your Sex Magic practice is now complete!



This is an extraordinarily powerful process and you can do it with any of your desires.

You were meant to co-create with our magical Universe...

So drop into your deepest pleasure and enjoy using your sexual energy to unlock the life you've always dreamed of.

Interested in learning more?
Check out laylamartin.com/vitacoaching