

*Unlock ecstatic pleasure using my
5 Pleasure Keys*

YOUR FUTURE *is*
EROTIC
PLEASURE PRACTICE GUIDE

By Layla Martin

What You Need to Know Before You Start



These are the ingredients you'll use during
your **Pleasure Practice** to create a profound,
exquisitely held experience:

Self-love

Safety

Compassion

Acceptance

These are the 5 holistic pleasure tools, aka my **5 Pleasure Keys**, you'll be working with to enhance your pleasure:

Meditation

to drop into the present and wake up your sensation

Breathwork

to shift your state and open you to the pleasure cycle

Movement

to let your body free itself and invite in deeper pleasure

Sounding

to activate and empower your energy states

Energy

to switch off your mind and transform your pleasure into deep ecstasy

Let's practice!



Step 1

Start by setting your ritual space. Light a candle or turn on some mood lighting, set up a soft blanket and press play on your exclusive *Your Future is Erotic* Day One Playlist



Step 2

Begin by sitting up with your eyes closed. Place one hand over your heart, the other over your lower belly and take a moment to call in safety and self-compassion for your practice.



Step 3

Feel a gold ring of light surrounding you, symbolizing your ritual space and allowing you to melt through the barriers of your mind.



Step 4

Next, feel an iridescent bubble of light surrounding you. This sacred bubble holds a field of protection, allowing you to safely soften into your practice.



Step 5

Feel a golden crown of light at the top of your head, symbolizing that you are the Queen, King, or Royal Sovereign of your practice.



Step 6

Set an intention for your practice by asking yourself: What is your new relationship to pleasure and sexuality? Here are some examples:

- I'm going to start celebrating my pleasure
- I'm going to allow my body to express itself fully
- I'm going to start to make love in beautiful ways that honor my body



Step 7

Lying down, cup your sacrum with one hand and your sexual center with the other. Scan your awareness of this entire area, noticing and speaking out loud the sensations you feel and where you feel them.



Step 8

Bring both of your hands to cup your sexual center and move into breathwork. Start with a box breath, inhaling through your nose four times and exhaling out your nose four times, continuing your breath to the beat of the music.



Step 9

Next, move into a sensual breath. Inhale and exhale deeply through your mouth, breathing life force energy directly into your sexual center.

Step 10



Begin to bring in movement by lightly bouncing your sacrum on the bed or the floor. If you desire self-touch, remove your clothing and begin stroking your body into pleasure, swirling it through your sexual center, pelvic floor, hips and your cock or pussy.

Step 11



Squeeze your pelvic floor on an inhale followed by relaxing it on your exhale. As you squeeze and relax, focus on the joy and pleasure of being in a human body.

Step 12



Bring sounding into your self-pleasure. Inhale through your nose and on the exhale, open your mouth and release the sound “Ahhhh,” feeling your sexual center vibrate with the frequency of your voice.



Step 13

Repeat the sounding process using the sound “Ooooh” as you swirl your pleasure upwards through your body.



Step 14

Complete your sounding practice by closing with the sound “Mmmmm” on each exhale.



Step 15

Say to yourself out loud, “Yes! Yes! Yes!” as you move into peak pleasure or orgasm, whatever feels best for you.



Step 16

Let yourself be filled with joy and bliss as you come down from your moment of peak pleasure. Close your practice by coming into stillness and celebrating yourself for claiming your pleasure.



Step 17

Spend a few moments touching different places on your body, holding yourself in safety and feeling how precious you truly are.



Step 18

As a final step, feel roots growing deep into the earth, grounding you. Release the gold ring of light and iridescent bubble to complete your ritual.

You've taken a beautiful step toward unlocking your ecstatic pleasure.

Keep going. Celebrate each moment of growth and every spark of pleasure as a profound act of self-care and transformation.

Your Pleasure Journey Awaits

Explore deeper practices, connect with a community of like-minded women and uncover more tools for your empowerment and self-discovery.

- ✦ Step deeper into your radiance.
- ✦ Celebrate your divine worth.
- ✦ Learn to unlock even more pleasure within you.

The power is within you. You are sovereign. You are worthy. The best is yet to come.

Interested in learning more?

Check out laylamartin.com/vitacoaching