

*Manifest in the most powerful way  
possible*

YOUR FUTURE *is*  
**EROTIC**  
**SEX MAGIC GUIDE**

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# Successful manifestation using Sex Magic requires **2 key pieces:**

1

## **A CLEAR INTENTION**

Consider how this intention will feel, and what you will see and hear and taste, when this intention has become your reality. Take your time, close your eyes and imagine with every cell in your body that your desire has come to life.

2

## **THE POWER OF YOUR SEXUAL ENERGY**

One of the key components of successful manifestation is to use the power of your sexual energy when you call in the manifestation.

The potent practice of Sex Magic combines these two pieces to use your powerful life force as a way to unlock everything your heart desires.



# Your Future is Erotic

## Sex Magic 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 Two Playlist



### Step 2

**Feel a gold ring of light surrounding you,** activating your ritual space and allowing you to take your rightful place as a powerful co-creator of your reality.



### Step 3

**Next, feel an iridescent bubble of light surrounding you.** This sacred bubble holds a field of protection, allowing your nervous system to relax and trust in the process of living magic.





## Step 4

**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 5

**Clarify the one desire you want to focus on for your practice.**

- A certain amount of money
- Walking your soul's truth
- A baby or a dream partner



## Step 6

**Create a 5-senses reality to make your desire real:**

- What do you see?
- What do you feel?
- What do you hear?
- What do you taste?
- What do you smell?





## Step 7

**Create and speak out loud a North Star Prayer, for example: “May this only manifest in the highest good of all beings.”**



## Step 8

**Count 10 things you’re grateful for right now, grounding yourself into deep presence and creating the vibration of gratitude.**



## Step 9

**Begin your breathwork and activation practice by inhaling all the way into your sexual center, feeling your body activate. As you exhale, release stuck energies and experiences.**





## Step 10

**Transition into self-pleasure, removing your clothing and touching yourself in whatever way feels best to you.**



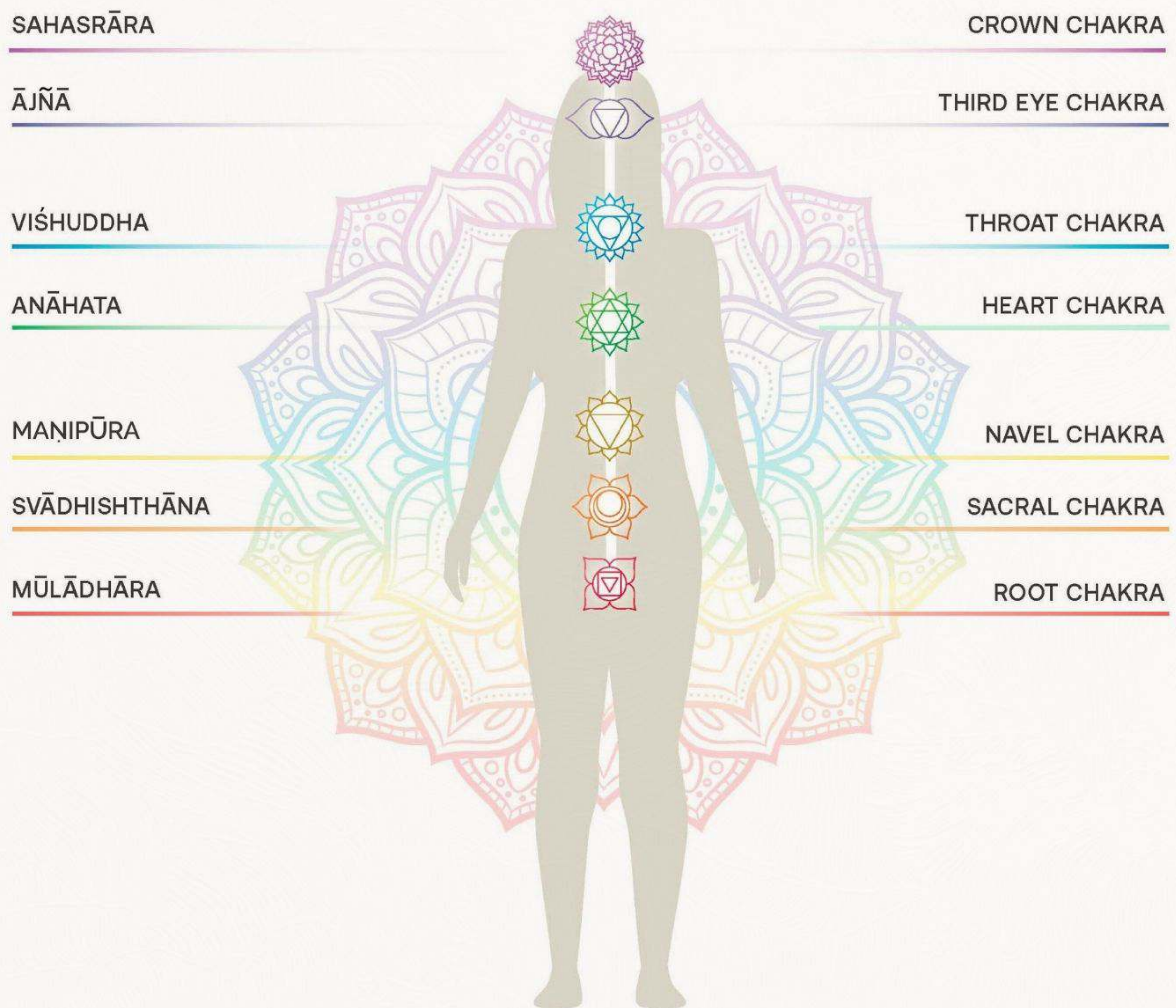
## Step 11

**Begin swirling the pleasure through each of your chakra bands:**

- **1st chakra band:** perineum and cervix
- **2nd chakra band:** womb space and lower belly
- **3rd chakra band:** navel
- **4th chakra band:** heart, chest and breasts
- **5th chakra band:** pit of your throat all the way up to your jaw
- **6th chakra band:** face, brain and head
- **7th chakra band:** crown at the top of your head



# The 7 Chakra System







## Step 12

**Once you reach the crown of your head with your pleasure, begin cycling the energy in your crown.**



## Step 13

**Go into orgasm or peak state of pleasure, allowing yourself to access as much pleasure as its possible for you to feel.**



## Step 14

**Put yourself into your 5 senses reality, imprinting the power of your manifestation right at the moment of peak pleasure.**





## Step 15

**Affirm your practice with 7 “yes’s” and 7 “it is safe’s.” Say them out loud to seal the energy of your practice.**



## Step 16

**Come to the end of your practice with meditation and deep gratitude.**



## Step 17

**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.**



# 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  
the powers of your sexuality and body to unleash  
the life you've always dreamed of.

Interested in learning more?

Check out [laylamartin.com/vitacoaching](https://laylamartin.com/vitacoaching)