

SEX MAGIC

ritual

Hello Queen!



WELCOME TO OUR RITUAL SPACE!

Sex magic is the creation or seeding of what you are wanting to birth into the world. Think of it as if you were adding sexual energy to your manifestation ritual, so you're increasing the intensity of the magic spell 🌟

Getting the hang of it might take a little while, but with time you'll learn to mobilize the amazing creative power of sexual energy to cause something you desire to happen. You might want to promote healing or attract money or achieve spiritual enlightenment... the possibilities are endless!

So, get ready for a potent combination of sexual arousal, energetic movement/ circulation/ expansion, a clear focus on your desire via a 5-senses reality visualization and the high-vibe emotions associated with having this desire realized. Should we get started?

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About the Ritual

Have you ever explored the mystical world of Sex Magic?

If not, you're in for a treat! In this fascinating embodiment practice, we learn to tap into our sexual energy to achieve our dreams and ignite our spiritual journey.

It's pretty incredible how this ritual has roots in ancient cultures all around the globe, from the Greeks, Egyptians and Romans to ancient India's Tantra tradition. Essentially, it's about channelling the power of sexual energy towards a particular purpose or goal in order to manifest it.

Now, here's the thing: diving into Sex Magic isn't just about jumping in blindly. It's about understanding and mastering our sexual energy. We can do this through simple practices like breathwork, meditation, and physical activity. And once sexual energy has been cultivated, we can direct that energy towards any desire we want to achieve in our lives.

This is done through attention and intention, where we focus our mind's eye on the desired outcome and visualize it coming into reality. In practical terms, we're taking our sexual energy and personal power, refining it through each chakra into the highest vibration energy, and using that highest vibration energy to send our intention out to the universe.

Loving Reminder

Now, it is crucial to note that Sex Magic should be practiced with caution and safety measures in place. If you have any past issues or traumas related to sex, it's important to approach this practice with care and maybe even seek guidance. If this is your case, you can do an embodied manifestation with breath instead.

If you're doing it with a partner, let's not forget about safety and communication. It's all about mutual respect and understanding.

Also, remember we want to do this practice when we're in a high vibration state and even in a state of sexual arousal! (you don't need to be super sexually turned on, but you want to be in a positive state). If you're having a bad day, you're struggling, frustrated, sad, etc, wait to do the ritual at another time. This is because you're increasing the energy, moving it through your chakras and out into the universe; so the idea is that you avoid moving and expanding vibrational experiences that might not really support you.

Now, here's the exciting part: with dedication and patience, Sex Magic can be a game-changer. It's not a quick fix, but with time and practice, it can lead to incredible personal growth and fulfillment. Meaning that with enough will, you can transform the raw energy from your sex center into golden manifestation.



Action Steps

1



North Star Clarity

What symbolizes the highest good to you?

2



Five Senses Reality

Enter a Five Senses Reality with your goal.

3



Inner Wisdom Alignment

Is achieving your goal aligned with your North Star? Listen for an inner Yes or No.

YOUR THOUGHTS:



Action Steps

4

If Yes

Move forward feeling in alignment with your own values.

If No

Let's address a piece of your body/mind together or tweak your goal.

5

Sexual energy circulation

Begin seated or lying down.

Start breathing your sexual energy (if you're self-pleasuring) or your personal power up from your cervix* into your tailbone on the inhale and exhale it back forward.

*Start from the cervix (or the energy of the cervix). If you aren't comfortable with that, you can start with the pelvic floor.

Action Steps

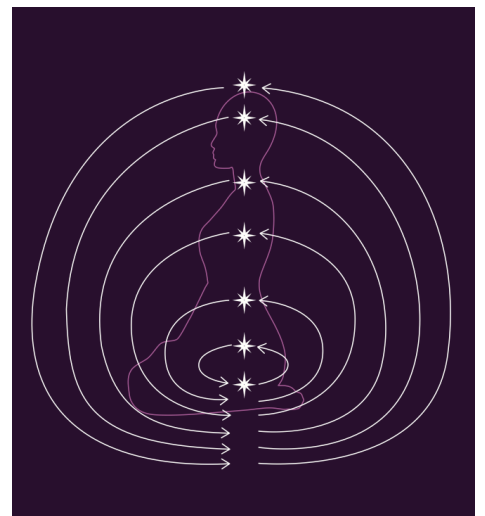
Energy Circuit through the Chakras

6

- Inhale from the cervix/pelvic floor up the back through the sacrum and then exhale down the front
- Inhale from the same place up the back, down, and then through the third chakra, the solar plexus.
- Inhale from the same place up the back through the fourth chakra, the heart.
- Inhale from the same place up the spine and through the fifth chakra, the back of the throat.
- Inhale all the way to the back of the brain, through the third eye, and down the front of the body.
- Last, inhale all the way up the crown of the head, and all the way back down.



For beginners, I recommend to do 1 min for each chakra. People who are more experienced with breath and energy work can do up to three minutes, which makes about a 25-minute practice.





Action Steps

7

Send orgasmic energy out into the universe

Once you've gone to the top of the head and exhaled down the front, inhale all the energy up again to the crown of the head and send it out to the universe in the Five Senses Reality* of having your goal.

It's important to not go into climax, at least not until you get to the top of the head. This can be really powerful, but obviously many people are not going to have that experience, so just focus on building the energy and moving it up to the top and sending it out to the universe.

8

Receive back

Once you've sent it all the way out to the universe, let that energy fall all the way back down, passing through every single chakra, letting it manifest and become real.

Repeat to yourself:
"I am worthy," or,
"I am deserving"



Action Steps

9

Guided step (with coach)- Take accountable action in eternal reality

Consider any obstacles that may arise that could prevent you from achieving your goal.

Together, work to co-create and commit to one clear action in the direction of your goal that will support you to overcome at least one of the obstacles.

COMMITMENT TO SELF:

Final thoughts

After you complete the ritual, relax and don't go into thoughts about what you are manifesting. Now is the time to enjoy the intimacy and bliss you are experiencing with yourself and the connection with the universe. Spend a few minutes in silence and devotion. Seal it with gratitude, love and the commitment to live at the highest level of worthiness/deservingness.



@cristhalito



“The alchemic process of
creation is our birthright”

Thank-you!

I'm excited to continue holding your hand on this journey of self-discovery and empowerment. Can't wait to witness what amazing things we can manifest together!

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With love,

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