

LAYLA MARTIN  
PRESENTS

# My Most Powerful Sex Magic Ritual

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THIS  
**TANTRIC  
LIFE**  
PODCAST



# My Most Powerful Sex Magic Ritual

This powerful practice combines a grieving ritual with a shortened Sex Magic practice.

To call in your deepest desires using this ritual, you'll practice it for a minimum of 7 days, but you can do it as many as 21 days if you feel called.

It's best to separate your grief ritual from your Sex Magic practice and you always want to grieve first and then do Sex Magic after. For example, when I was using this ritual to call in my beloved, I would do my grief ritual at night and my Sex Magic practice in the mornings with fresh energy.

The timer I recommend for this ritual is Insight Timer, you can find it [here](#).

# Grief Ritual

For your grief ritual, follow these steps:

## 1

Set a timer for anywhere from 10 minutes (minimum) all the way up to 60 minutes.

## 2

Set an intention for your grief ritual, followed by, “Show me anything that’s in the way.”

Here are some examples:

*I want to be healthy, show me anything that’s in the way.*

*I want to make X amount of money, show me anything that’s in the way.*

*I want to call in my forever partner, show me anything that’s in the way.*



3

Press play on your exclusive [Grief Ritual Playlist](#)

4

For the duration of the timer, allow yourself to truly feel where there's sadness, heaviness in your heart, or grief in your body.

5

Take deep, full inhales and exhales, moving it through your system and releasing it.

# Sex Magic Practice

Once you've completed your grieving ritual, it's time to fill that space with intention, pleasure and visualization.

Here's a step-by-step guide to a shortened Sex Magic practice you can do in 10-15 minutes on even the busiest days:

## 1

Choose one specific desire to manifest and get laser-focused on why you want it and what it will feel like when you have it.

Here are some examples:

*I desire a fulfilling career opportunity.*

*I desire a deeply intimate partnership.*

*I desire deeper passion in my current partnership.*

## 2

Say your North Star prayer. State out loud, “This desire will manifest in alignment with the good of all beings.”

## 3

Set a timer for 2-3 minutes. Begin your self-pleasure practice, building a vibration of passion and turn on.

## 4

Next, set a timer for 7 minutes. For the first minute, start by circling and swirling your sexual energy through your *root chakra*. On each bell, move your turn on up one chakra. Over the course of the 7 minutes, you’ll swirl your sexual energy all the way from your root chakra up to your crown chakra.

# 5

Once your pleasure has built to a peak or orgasmic state, send the energy out from your crown into the universe while entering your 5 Senses Reality.

## SIGHT

Picture what it would look like to have this desire in vivid detail, every color, texture and shape.

## SOUND

Imagine the sounds you might hear when this desire is yours. Is there music playing or words being whispered in your ear?

## TOUCH

How does this desire feel? Can you feel your lover's hands on your skin or the softness of your surroundings?

## SMELL

Imagine the scents you'll experience when your desire manifests.

## TASTE

Think of any tastes that enhance your visualization... your beloved's kiss or the taste of your favorite dessert.



6

Feel the energy come back down into your body, chakra through chakra, all the way to your feet as you allow the vision to become real.

7

Take a few moments to relax and integrate your experience.