

intro to  
**SEX MAGICK**  
self connection ritual



1. Create a safe sensual environment for yourself.

**consider these things while creating your environment:**

your room of choice, the light level & color, a place to lay down, blankets & pillows, a relaxing playlist of your choice, scented candles or incense  
... go with whatever makes you feel safe, calm and sensual ;)

Make sure to create a boundary with those you may live with, lock your door, and ensure that this is your sacred time alone with your Self.

2. Undress and lay down, breathing naturally.

You may close your eyes. Rub your hands together gently.

Place your left hand over your heart space,  
and your right on your lower abdomen.

Speak silently to your inner self.

Set an inward intention for safe self connection & exploration.

**Example:**

*"To my body: you are safe with me. I will respect your feelings and boundaries. Please communicate them to me.  
Let's explore together to find what feels good."*

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3. Allow your hands to gently explore your body.

Beginning at your head, touch your hair, scalp & forehead.

Slide your hands gently across your ears, to your eyes, cheeks, lips...

Notice how your body reacts.

Slowly, over the next 5-10 minutes, allow your hands to move downward-  
to your neck, collarbone, chest, arms, abdomen,  
until you reach your groin.

*Pay attention to your heart space.*

*Take note of areas that make you feel excited,  
versus the areas that give you anxiety.*

*Give yourself permission to stop at any time.*

*(& skip to the next step)*

4. Ask yourself permission to go further.

Establish yes/no communication with your body.

What feels like a yes, no or a maybe?

**Wait and listen.**

Feel into your heart space, and take the answer seriously.

If you feel uncomfortable, you may at any point- simply place your hands  
back to the heart & lower abdomen and breathe deeply. Thank yourself &  
your body for this experience- & do not push yourself further.

You can always try again another time.

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5. If you receive a "yes," proceed to hold your hands above your skin.

Feel the heat between your hands and your groin.

**Connect with that heat- this is your sexual energy.**

What does it feel like? Does it have a color, a feeling, a shape?  
Take a moment to notice this.



6. Begin to explore touching yourself~

Start with your hips, moving to your inner thighs,  
up your groin and down between your legs.

**Notice what feels good- experiment with different types of touch.**

Soft, hard, maybe moving in circles or up and down-  
try out different movements until you find what feels best for you.

*Spend as long as you want exploring your body.*

*And when you are ready...*

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7. Visualize an orange light in your lower abdomen.

Our sacral (svadhisthana) chakra is represented by the color orange.  
It holds our creativity, self worth, joy & sexuality.

Envision this light slowly spreading through your body.  
It feels warm, and lights up your skin.

*Let it wash over you, like a deep golden sea of light.*

Take 3 deep breaths.  
*"I am vibrant, I am loved."*

8. Thank your body & yourself.

Speak words of gratitude to thank your body for all it does for you.  
Thank yourself for taking this time to explore your preferences.

Repeat this ritual as much as you would like-  
*take note of what you enjoy and share this information with your lovers.*



Thank you for downloading this sex magick ritual.  
If you'd like to stay connected with me for more sex magick content-  
check out the links below.

xoxo, Mary

[xoxomarysue.com/newsletter](http://xoxomarysue.com/newsletter)  
[swforthesoul.buzzsprout.com](http://swforthesoul.buzzsprout.com)

Sex Work for the Soul