

Simple Sex Magick

If you desire to set up an *altar*, which is a flat, raised, and sturdy surface big enough to hold sacred objects and God and Goddess images, I suggest you have a statuette, picture, or other suitable object representing the God and the Goddess of your choice. Also suggested are objects representing the Four Elements, perhaps a bowl of water, a bowl of earth, a burning candle, and a feather. Incense, gemstones, herbs, and candles of appropriate colors are great to work magick with, also. I will not discuss candle or gemstone magick or magickal correspondences here; these are given on at least a number of websites on the Net, or you can buy good books on magick.

I suggest “Greenfire”, “Moonflower”, and “Sex, Love, and Magick” by Sirona Knight. Also strongly suggested are “The Art of Sexual Magick”, “The Art of Sexual Ecstasy,” and “The Art of Everyday Ecstasy” by Margot Anand, and “Sexual Secrets” by Nik Douglas and Penny Slinger. These are all very good basic books discussing sex magick, tantra, and other important sexual, esoteric, and neo-Tantric knowledge.

1. Decide beforehand what you want or need the most at this moment.
2. Form a simple, concise mental image of what you want. It helps to get a photo or picture of it, or make such a picture yourself. You can also write down a simple affirmation, or a positive, present tense statement saying you now *have* what you want. Example: I give thanks that I now manifest \$100 for beautiful, appropriate new clothes!”
3. Clean your bedroom or other private, quiet, kid- and pet-free space. Change the sheets.
4. Bathe and brush your teeth.
5. Enter your bedroom or space and call the quarters and cast the circle. (Basically, you turn to each of the Cardinal Directions, starting at the South, and pray something like, “Powers of the South, come and be with me in my magickal working now!” and say the same prayer to the Powers of the West while facing West, then call the Powers of the North while facing North, then call upon the Powers of the East, while facing East. Then call the Powers of Sky while looking up, then look down and call the Powers of the Earth, and then call upon the Power Within, or your Inner Male and Female. Casting the Circle is walking in a circle sunwise, or clockwise, 3 times while saying something like, “I call the Powers of the Light and the God and Goddess to enter and sanctify this area now! I give thanks. Let only that which is of Love and Light and Truth enter here. All else must leave now. So be it!) You will have set up the altar with all needed sacred objects and supplies beforehand. Have your prayers, affirmations, and invocations written on paper, plus a physical picture of your desire or need handy.
6. Call upon the God and Goddess, and any other needed beings of Light, Love, and Power. “God and Goddess, please give me the gift of sexual ecstasy. Thank you for many orgasms and much bliss!”
7. Lie down on your bed and start caressing your entire naked and freshly bathed body. Start at your head and face, and work your way down to your feet, and then up to your genitals. Caress yourself in the ways you would like a lover to caress you. Today, or tonight, you are your own lover. *Breathe deeply and gently.*
8. Now touch and stimulate your yoni (vulva) or lingam (penis) in whatever ways please you most. Take your time. This is not sinful or shameful or wrong. Forget whatever guilt and shame your parents or religion have laid on you. Self-touch is not a sin and you won’t go to Hell for this!
9. When you are about to come, **stop** all touching and **breathe deeply and slowly** a few times. Let the orgasmic energies, or your sexual excitement, subside as you do this.
10. Start touching yourself again. Suggestions: try rubbing and caressing your breasts or chest, and also nipples, whether you are male or female. Some men have very sensitive nipples! Some women can make themselves come by breast stimulation alone. Also try kissing your hands and sucking on your fingers (provided you don’t use hand lotion!); this can be sexually stimulating, either by yourself or with a lover.

11. Breathe and move your sexual energy down your legs to the soles of your feet. Leg and pelvic movements will facilitate this.
12. When you get close to orgasm for the 2nd time, stop all caressing and body movements again and breathe deeply for a few minutes until the orgasmic energies subside a bit.
13. Then use breath, movement, and sound to direct energy from your g-spot (if female) or prostate (if male) up your spine to your heart. (The prostate is the “male g-spot”!)
14. Start to caress and stimulate yourself again until you get very close to orgasm for a 3rd time.
15. Stop again and breathe slowly and deeply for a few minutes until the energy dies down a little. Then use breath, movement, and sound to direct energy up to the **crown of your head**.
16. Begin caressing yourself again and direct the orgasmic energies back down your spine. Let it spread throughout your body and into your aura, or space around your body.
17. Let yourself come! The orgasms will be very powerful and will spread out all over your body. You will feel like a popcorn popper with the energies rising from your body’s core and hitting the inside of your skin. Then the orgasmic energies will push themselves out into your aura. **This is the “glow” you feel during and after a very powerful orgasm or lovemaking session.**
18. If you are doing a Magickal Visualization, insert the image or say the affirmation outloud **during orgasm**, and let the image or words shoot up your spine and out the crown of your head and into space!
19. Enjoy the afterglow. Give thanks to God, Goddess, and your Higher Self. “Thank you, God and Goddess and beloved Higher Self, for the sexual pleasure I got and the orgasms, and for the swift manifestation of my desires! My desire of (say your own here), or something better, now comes to me, in easy and pleasurable ways, *with the highest good of all concerned*, thank you God and Goddess!”

This is Simple Sex Magick. I used this technique to manifest money for some much-needed new clothes.

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