

ASTRA ADARA'S



7 STEPS TO

Sex Magic



proceed with

CAUTION



Allow for time and space after journaling to be present for your emotions before interacting with another person, especially a partner or family member. If you have a person that is not a partner or family member to text or call after journaling, do that!

Make a plan to have a distraction or mood shift after you have your feelings. This could be taking a shower to a fun playlist, watching a comforting tv show, cooking a meal, or going for a walk. Be sure the distraction is in a different room from the one you journaled in.

If you find the prompts and exercises to be intense, consider taking breaks from journaling rather than doing them daily or all at once. You can pause writing at any time to distract yourself and come back to finish the prompt later.

If you have a friend, support person, or partner that you are talking about these prompts with, be sure to get their consent before discussing it with them and let them know verbally that it is okay if they do not want to talk about it right now.

Do not judge yourself for what comes up during these journaling sessions. Everybody has complicated and intense experiences around sex and sexuality. You are always doing great! If you are ever feeling down or judging yourself, you can come back to the affirmation page or find a care practice that helps you feel worthy and wonderful!

deep breaths

HAVE FUN

&

BE GENTLE

The background of the image is an abstract, fluid composition of colors. It features deep blues, bright cyan, and vibrant magenta/pink tones that appear to be flowing and blending together, creating a sense of movement and depth. The colors are most intense in the center and fade towards the edges.

**FOUNDATIONS
&
PRINCIPLES**

> Humans are Nature

All conscious beings are a part of the natural cycles of the planet. This means the nature that surrounds us is also inside of us.

> Nature is Sex

Beyond reproduction, the sex of nature brings us things like beautiful flowers and enchanting bird song. Sex is nature and nature is a beautiful orchestra of pleasure and symbiosis.

> Beings Deserve Dignity

Our own bodies are tools of pleasure but we do not have the right to expect or demand pleasure from others.

> Consciousness is Magic

The expansive nature of our consciousness is tied to our relationship to our bodies and psyche. Magic occurs when we expand and honor our conscious and subconscious realities.

> Imagination is Reality

Anything that feels impossible physically can be created in the imagination. Not only for manifestation, but also to access the emotions and pleasures that are inaccessible to us.

> Purity is Authenticity



To be pure is to be radically honest with yourself and others.

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HOW TO USE THIS BOOK

7 STEPS - Feel free to use these prompts in any order at any time. There is no need to do these pages in any order or in a rush.

ENERGY - The energy is listed at the top of each section and represents the "access point" for going deeper into your magic. It represents a place to start.

AFFIRMATIONS - Say these to yourself in the mirror, write the ones you want to see daily on sticky notes around your space, say them into the water and drink the water.

KEY WORDS - Use these key words online to search for books, videos, social media posts, articles, or podcasts that will further your journey.

After each energy topic you will find a journal prompt and exercise to try so you can integrate and better understand the topic.

There is a notes page after each prompt and exercise for you to dive in and process. If you feel like you might use more pages or you have a special journal that you like to use, feel free to complete them there.

The exercises have guides after them which are optional ways to integrate the practice.

Just like the rest of the book, you do not have to do them all at once! You can also write the ones you like into a planner or grimoire to use in your own practice or add to your spell work.

Desire

AFFIRMATION: I CLAIM MY DESIRE

On the journey to understand what you want to use magic for, let's explore your desires.

**K
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TRUE WILL

**W
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**ENERGETIC
BOUNDARIES**

**PLEASURE
ACTIVISM**

JOURNAL

– I DESIRE –

To work on feeling "worthy" of our desires, we have to reprogram our thoughts.

The system we are in will have us feeling like we don't deserve pleasure or abundance.

Make a list of 5 things that you desire in the first column.

After completing all 5, simply write "I deserve it" in the next column. Yes, it repetitive on purpose!

This is an act of reprogramming, so try to feel it as you write it.

I DESIRE

I DESERVE IT

The page is a worksheet for journaling. It features a central vertical dashed line that divides the page into two columns. From this central line, horizontal lines extend to the left and right edges of the page, creating a series of rows. The top row contains the text 'I DESIRE' on the left and 'I DESERVE IT' on the right. The remaining rows are blank, providing space for the user to write their thoughts and feelings.

EXERCISE

- SAYING "I WANT" -

Write "You can have it" on a mirror (expo marker, sticky note, lipstick, etc).

In that mirror, tell yourself the life that you desire using "I want" phrases.

I want... a life full of joy. I want... to see the fruits of my labor in my own community. I want... to have time for rest and self care.


This is to get used to saying "I want" and replace any feelings of shame, helplessness, or lack with a feeling of bliss and worthiness.

WHAT DO YOU WANT?

A series of horizontal lines with square end caps, serving as a template for writing. The lines are evenly spaced and extend across the width of the page. The end caps are small squares located at the left and right ends of each line.

sensation

AFFIRMATION: I AM IN MY BODY



On the journey to being able to touch your body with awareness and love, let's connect to the body.

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**BODY
RECLIMATION**

**W
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**EMOTIONAL
CHECK -INS**

EMOBODIMENT

JOURNAL

- THIS IS MY BODY -

Is there any place on your body that you feel uncomfortable touching?

What ways would you like your body to be touched by a lover or partner?

What does it feel like emotionally when you think about touching yourself the ways you would like to be touched?

EXERCISE

– SELF TOUCH –

Experiment with touch by trying self-massage on different parts of your body.

This is way better with romantic music!

Using lotion or oils, rub your own feet, legs, thighs, tummy, chest, shoulders, and neck.


Go really slowly so you can feel the emotions that come up and keep breathing.

A self massage can be anywhere from 5 minutes to an hour, so just see what feels right!

HOW DID THAT FEEL?

healing

AFFIRMATION: I CLAIM MY HEALING



On the journey to changing our relationship to sexuality, let's accept where you are right now.

**K
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**SELF
ACCEPTANCE**

**W
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PARTS WORK

**INNER CHILD
HEALING**

JOURNAL

– COMPLEXITY WELCOME –

What emotions do you feel when you think about touching yourself?

What experiences in the past have made it hard for you to move forward confidently with self touch and self love?

What new experiences have changed your perspective of sex and self love?

What would be easier for you if you healed your wounds around sex?

EXERCISE

– WHERE IN MY BODY –


Imagine yourself doing the following things and take note of **where in your physical body** you can feel these emotions:

- Masturbation
- Being totally naked
- Giving yourself an orgasm
- Saying no to somebody who wants sex
- Somebody saying no to sex with you

It may take a few moments of imagining and feeling the feelings before a part of your body starts to become apparent.

movement

AFFIRMATION: I HONOR MOVEMENT



On the journey to activating your body, let's tune into the magic of movement.

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ASANAS

**W
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**ECSTATIC
DANCE**

EFT TAPPING

JOURNAL

– I MOVE FREELY –

What are some early memories you have of dancing?

When does movement feel most free for you? In public, alone, with partners or friends?

What mobility issues are you coping with?

What kind of movement do you think of when you think of "sex"?

EXERCISE

– FLAIL AND SWING –

Put on some fast music that you love to dance to.

Starting in a seated position, move only your arms and see just how far they stretch. Roll and wiggle them with the music. Be careful as you go faster, swinging them!

Experience the full range of motion with your arms before you stand up and shake your whole body. Rolling and reaching.


With the rhythm of the music, imagine you are a tree being blown in a wind storm. This should feel good so dial it back if your neck, head, or joints start to hurt.

WHAT DID YOU NOTICE ABOUT
YOUR MOVEMENTS?

A series of horizontal lines for writing, each starting and ending with a small square marker. The lines are evenly spaced and extend across the width of the page, providing a guide for handwriting practice.

breath

AFFIRMATION: I HONOR MY BREATH



On the journey to being present in our reality, let's connect to your breath.

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MINDFULNESS

**W
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BREATH WORK

FIRE BREATHING

JOURNAL

– GRATITUDE –

Breath is our life force, a moving symbol of the reality that we are alive.

We can make peace with the difficulties we may have breathing or forgive ourselves when we forget to breath.

Make a list of 11 things of the things you are grateful for in your life as you take deep breaths.

None of this would be possible without the miraculous mechanism of breath.

EXERCISE

- BREATHE INTO... -

Practice the skill of breathing "into" areas of your body.

Visualize your breath coming into your body by imagining the breath as a white light.

While you breath, the white light moves into your lungs.

Now, imagine the white light as you breathe in moving all the way to your belly button.

Then, on the next inhale, the light moves into your pelvis. Next breath, your knees. It takes practice!


Experiment with other body parts.

HOW DO YOU FEEL AFTER THAT?

A series of 14 horizontal lines for writing, each starting and ending with a small square marker. The lines are evenly spaced and extend across the width of the page.

sovereignty

AFFIRMATION: I AM DIVINE



On the journey to channeling our power, let's explore your sense of self.

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ANCESTOR ALTAR

**W
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DIVINATION

**CONSENT AS
LOVE**

JOURNAL

– BELIEVE IN YOURSELF –

What are your greatest strengths as an individual?

What powers do you have that you would like to grow through sex magic?

Are you comfortable spending time alone yourself? Why or why not?

What things about you now would your past self be proud of?

EXERCISE

– SUPERHERO STANCE –

Experiment with sitting and standing in ways that make you feel empowered.

You can try superhero, with hands on your hips. You can try lifting your arms up and away from you like bird wings. Even sitting with your back straight and head level may help you feel more secure.

You can add costume and make up to the practice of "power poses" when you are doing magical rituals. Dress in an ornate way that makes you feel confident and divine and stand, lay, or sit in an empowering position as you recite spells or affirmations.

WHAT POSITIONS OR AFFIRMATIONS FEEL CONFIDENT?

A series of 15 horizontal lines for writing, each with a small square marker at the beginning and end.

attraction

AFFIRMATION: I AM MAGNETIC

On the journey to living our destiny, let's reclaim your attraction.

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DIVINATION

CONSENT AS
LOVE

JOURNAL

– FEEL ATTRACTIVE –

Are there any outfits or make up looks that make you feel attractive physically?

What does "attraction" look like in the context of magic for you?


What people or circumstances do you find yourself consistently attracting?

EXERCISE

- LIKE A MAGNET -

Create big arrows! Either cut them out of poster board or paper or just draw them on pieces of paper.

On the arrows, write down what you would like to attract. Money, love, magic, knowledge, community, creativity- Anything! As many as you want!

Then, place them in a circle around you with the arrows pointing toward and meditate there for as long as  you'd like.


Breath in and out and try to FEEL your attractive, magnetic energy!

WHAT DOES IT FEEL LIKE TO KNOW
HOW ATTRACTIVE YOU ARE?

A series of horizontal lines for writing, each line starting and ending with a small square marker.

Discernment

AFFIRMATION: I HEAR MY INNER VOICE



On the journey to practicing safe sex magic, let's tune into your inner voice.

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CORRESPONDANCES

**W
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APPROPRIATION

HIGHER SELF

JOURNAL

– BOUNDARIES –

What is your heritage/lineage?

What rituals do magical people from your own culture practice?

How do you know when you are being divinely guided?

Do you connect to a higher power, inner voice, higher self, or all of these?

EXERCISE

– INTEGRITY AND EMOTION –

Say your name out loud.

It can be your full name, a name you gave yourself, or any name that resonates with you.

As you say it, even if you have to say it many times, see if you can tell where in your body you FEEL your name.

This is the place that truth is kept for you, so practice saying things that are not true and see how it feels in your body.

Use this as a way of testing if something is true or an ego trap.

WHERE DO YOU FEEL YOUR NAME?
WHERE DO YOU FEEL FALSEHOOD?



YOU DID IT!

You Are Magical

As you continue to explore, you will ideally develop a practice that works for you.

Your body is a radical key to the portal of the divine and you are now prepared to walk into your life with more confidence and ability than ever before.

Remember: Never judge yourself for taking breaks or forgetting your path.

The systems we live in are not conducive to this work. They are always working against us. Be kind to yourself and release any judgement you have of others.

Next Steps

> Find Community

Online or in-person, start seeking people that are like-minded and can be in mutually supportive relationships with you. Set boundaries with people that drain, judge, or limit you.

> Learn About the Land

Find out the original stewards of the land that you live on and learn ways to magically and materially honor them with prayer, donations, or land taxes.

> Dismantle

Do not conflate sex magic with tantra and avoid appropriation.

> Explore More

These are just starting points and the best way you can find the flow that will work for you is by making an effort to study and research.

As you know, information about "sex magic" is not exactly easy to find. This practice exists in so many ways and can be found in many traditions.

Your innate power and your will to learn more will lead more information toward you as you dive deeper.

Podcasts, videos, books– Stay thirsty for it! Use discernment and be critical and justice-minded.

The learning never ends and this is just the beginning!

HAPPY MAGIC MAKING!

**My name is Astra Adara
and I am a queer,
polyamorous witch that
makes magic, art, and
connections.**

**Thank you for reading
and stay curious!**

**This work was written on the
land of the Karankawa,
Sana, and Ishak.**

For marginalized readers:

If the content
of this text has caused
any harm and you would
like to seek an accountability
process with a mediator,
please email me at
astra.adara@gmail.com
and I can provide details on the process.