

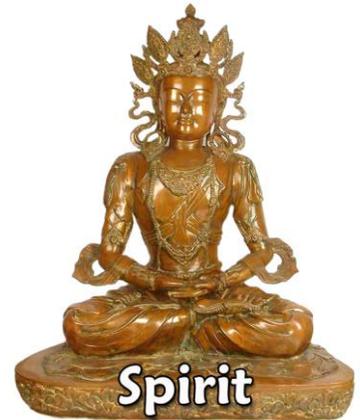
Your SexCraft Toolkit

Your Spiritual Tools

*"We are not human beings having a spiritual experience.
We are spiritual beings having a human experience."
—Pierre Teilhard de Chardin*

Sacred Intention

Holding the conscious intention to make something sacred is your most basic spirit tool. You can use your other spiritual tools to make your intention more concrete (which often helps), but the essential skill is to intend your practice to be sacred. Define a sacred purpose for your pleasure, create a consecrated container, touch on your sacred intention during your erotic activities, appreciate and affirm the holiness of your erotic actions—and it can be transformative. You can dedicate your erotic energy and your orgasms to a spiritual purpose such as enlightenment, blessing or healing.



*"All acts of love and pleasure are her rituals."
Neo-pagan chant from "The Charge of the Goddess,"
a piece of contemporary Wiccan lore generally attributed to Doreen Valiente*

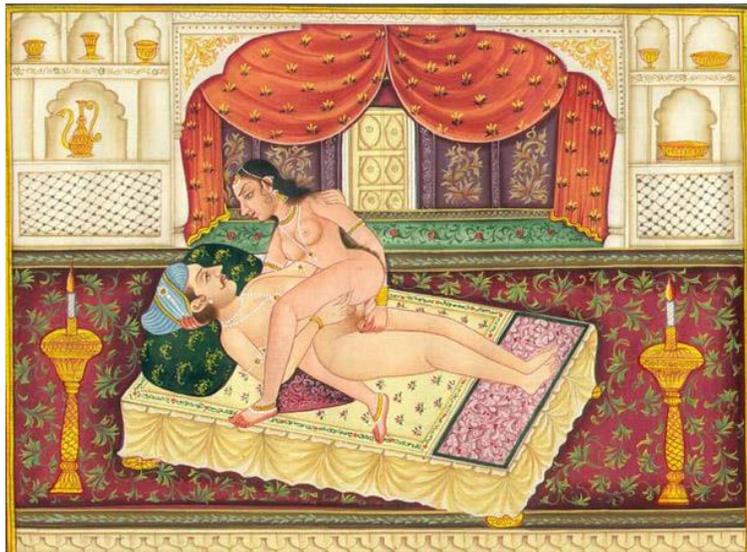
Sacred Sound

Sacred sound is any sound used in the service of spirit. Many traditional spiritual practices use spoken prayer, chants, toning and instruments like drums, rattles or flutes. While any sound can be sacred if you intend it to be, certain sound vibrations are particularly potent such as the full-body resonance of singing bowls and the ethereal sound of chimes. Pleasure sounds are inherently sacred.

*"Help, Thanks, Wow: The Three Essential Prayers"
— Title of a book by Anne Lamott*

Meditation

A practice used to enter an altered state of non-mundane reality, anything that gets you into trance. Arousal is a trance state! Meditation can be spiritual or secular based on your intention. Meditations can be quiet and still or active and audible. You can use movement, dancing, drumming or arousal and orgasm as a spiritual meditation practice to connect to the Divine, to the life force, to your own sacredness and that of your partners. It's creating inner sacred space.



Because of Our Wisdom

*In many parts of this world water is scarce and precious.
 People sometimes have to walk a great distance then carry heavy jugs upon their heads.
 Because of our wisdom, we will travel far for love.
 All movement is a sign of Thirst.
 Most speaking really says, "I am hungry to know you."
 Every desire of your body is holy;
 Every desire of your body is Holy.
 Dear one, why wait until you are dying to discover that divine Truth?*

—Hafiz

Manifestation

Making magic manifest. Manifestation is the art of creation. The simplest way to do it is to visualize your goal and use that belief to create reality and/or your response to reality. It can be creating a physical embodiment of something intangible such as making an altar to manifest your sacred intention. Either way, the practice is to focus your attention and intention on manifesting your desire.

"Sex is ... the engine, the driven inner workings of all that shines and breathes" — Louise Erdrich

Ritual & Ceremony

All human cultures throughout time have used ritual and ceremony to induce altered states of consciousness, create group resonance and establish a sense of collective identity. Repetitive chanting, drumming, and dancing, along with fasting, symbolic actions and other techniques are among the many tools communities use to create a collective trance state.

"Ritual itself is not sacred, but it allows the sacred to emerge." — Nina Hartley



A ritual is a practice or pattern of actions with a sacred purpose. Ceremony is a more formal or traditional rite. We can create our own rituals and ceremonies and use them to serve our own desires.

The power isn't in the tradition. It's in the practice.

When it comes to the erotic we can use time-honored tools to create a sense of purpose and imbue our erotic activities with sacredness.

Dear one, why wait?

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