

Keyis
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Sex Magic!

*Make Your Dreams Come True
...the extra fun way*

To get what you want, you must believe that it's possible.

You must feel **safe receiving what you desire.**

You must **remove the obstacles** that are in your way.

And most of all... if you really want it...

visualize what you want, combine it with pleasure, and
teach your subconscious mind that your desire is not only
safe, but **pleasurable** as well!

Repeat this practice and watch as your life transforms...

Learn more by listening to EP 53 of
'I'll Have What She's Having'

Step 1: What Do You Desire?

If you could have anything in the whole world - what would that be?

Write down your desire. For example: "I am attracting my soulmate and cultivating a grounded, loving, & peaceful presence."

While creating your desire, come back to the 3 P's of powerful desires:

#1: Power

Keep your desire **in your own power**. Something you can control. You control what you give, not what you receive.

#2: Present

If your desire statement is described as a **future state** it will never be **in the present**. Make your statement present tense to increase it's power.

#3: Positive

Don't focus on what you don't want, focus on **what you do want!** Instead of 'I don't want to feel sad', how about '**I feel pleasure!**'

Step 2: Your Pleasure Tools

You will be prompted to use your most powerful sexual tools to increase & deepen into your pleasure. Remember, your pleasure is your power & your creative life force.

Breath

The gateway to pleasure. Conscious breathing brings energy into the body & expands your capacity for sensation.

Sounding

Sound releases energy, deepens relaxation, and allows pleasure to flow more freely.

Energy & Movement

Free intuitive movement and circulating the sexual energy through your body is key to expanding your pleasure!

Mindfulness

Pleasure lives in the present. Pleasure is increased by being present with every sensation. Meditation helps activate your sexual center! Get out of your head, and into your body!

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IT'S TIME TO TURN ON THE AUDIO!

Step 3: Remove the Obstacles in Your Way

After your Sex Magic practice, take a few moments to reflect.

Actively create the life you want by removing the obstacles standing in your way.

Make a list of all the obstacles you can think of that might get in your way of achieving your goal. Write down as many as you can think of.
(Then pick the top 3 biggest obstacles).

Make a list of the inner & outer work that you need to do in order to work through this obstacle. Inner work example: affirmations, meditation. Outer work example: do 1 hour of work a day towards your dream.

What daily focuses, actions, or practices do you need to take to achieve your goal? Make a commitment to actually doing it on a frequency that works for you.
Ex: Daily Focus: Thinking I CAN. Every time you doubt yourself.
Ex: Weekly Practice: Worthiness meditation or sex magic!
Ex: Daily Action: Working for 1 hour per day towards your dream job.

What Next?

Use this practice weekly and notice the shifts in your pleasure and dreams! Remember, whatever happens during your practice, **you are doing it right.** Spending time thinking about what you want, **will get you closer to it.**

Commit to your goals & move through your obstacles.

Send an email to connect@krishall.ca with any questions.

Ready to make your desire come true - now?

Explore the **Wild, Worthy & Orgasmic** coaching program at

<https://www.krishall.ca/coaching>

After only **12 weeks**, ***your life will never be the same again!***

Kris
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