

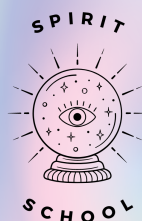
CLASS ELEVEN: SEX MAGIC

THE PLEASURE STATE

Pleasure is an experience, not an end result. When you're focused on pleasure in one experience, you're tapped into pleasure in all experiences. Pleasure is not exclusive to sex and orgasms, pleasure is sensory, it's using all of our senses (massage, touch, smells, ambience, the space, lighting, the music, the tastes, the textures).

The Masculine energy creates the (safe) space, and the Feminine energy uses her fluid expression and fills it.

GRIGORIAKRITSOTELIS.COM



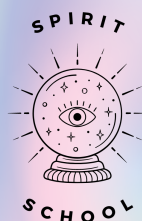
CLASS ELEVEN: SEX MAGIC

A STEP-BY-STEP GUIDE

Step One: Crafting the Vision

What is it that you exactly want to manifest?
Who is the version of you that has that manifestation?
(Explore, from every single angle, the frequency of that
version of you)

GRIGORIAKRITSOTELIS.COM



CLASS ELEVEN: SEX MAGIC

A STEP-BY-STEP GUIDE

Step Two: Pleasure

To hold space for more pleasure in your life, you have to be able to hold space for that pleasure in your body.

Widen your ability to hold the pleasure for longer in the body without restriction or confinement.

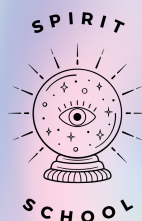
It's not just the moment of orgasm, it's the frequency of pleasure that you maintain even after climax.

For women (and all who identify), you hold the pleasure state just after the climax.

For men (and all who identify), you hold the pleasure state just before the climax.

Easing into feeling the pleasure for longer and longer using it as a meditation practice while visualising your desired reality (explained in Step Three).

GRIGORIAKRITSOTELIS.COM



CLASS ELEVEN: SEX MAGIC

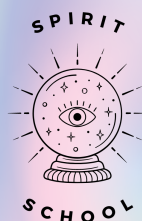
A STEP-BY-STEP GUIDE

Step Three: Meditation

The orgasm gives you access to the Quantum Field, and that's what you want. It's the loop hole into the Quantum. Accessed when you're in a Theta Brain Wave State, which is achieved during orgasm (just after for women(x), and just before for men(x)). (Orgasm is the most pleasurable fun way of reaching this state, but of course there are many ways to reach this state, such as hypnosis, meditation, mantras, etc.) Once in this state, this is where you can reprogram your subconscious mind.

After a deep unfolding orgasm from a woman(x), or just before the climax for a man(x), use that time to meditate, and that's where you tap into the field. Focus on your third eye, deepen your breath, almost like a trance-like state, a lucid-like state, your body feels checked out and asleep, but your mind is still conscious and creating.

GRIGORIAKRITSOTELIS.COM



CLASS ELEVEN: SEX MAGIC

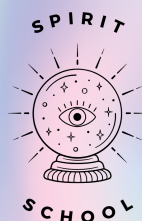
A STEP-BY-STEP GUIDE

Step Three: Meditation

Let the details of the thought/visualisation/intention organically expand and unfold within your consciousness, without your conscious input. (Plant the vision, but then let it create itself) Be aware of where your mind wanders, these thoughts make up the energetic architecture of your subconscious, and hence create your current perceived 3D reality.

Awareness alone is all that is required to change the conditions in your subconscious if they don't align with your desired state, you can imprint new codes in your subconscious (using mantras, affirmations, hypnosis, repetition, visualisation, embodiment, etc.) when in the Quantum Field.

GRIGORIAKRITSOTELIS.COM

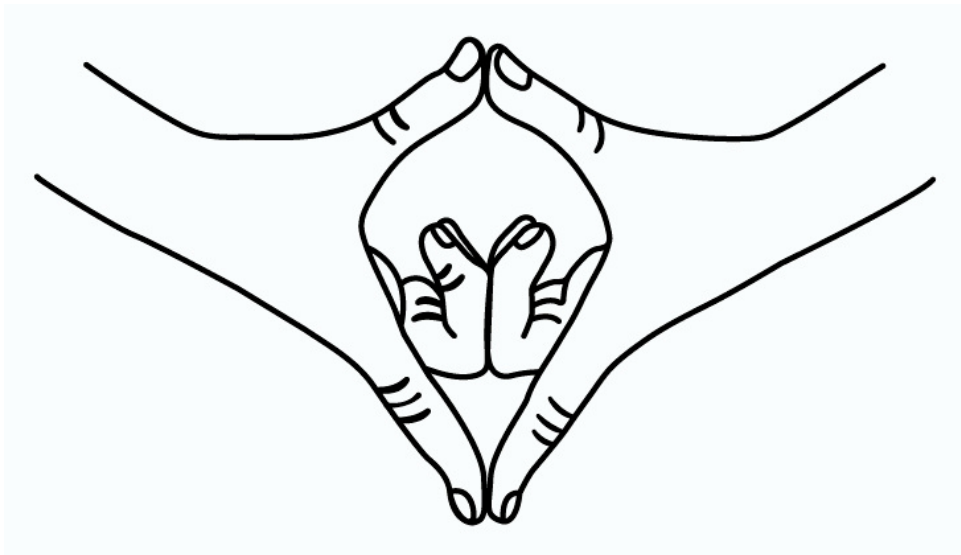


CLASS ELEVEN: SEX MAGIC

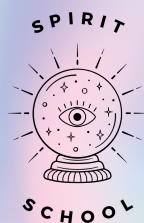
A STEP-BY-STEP GUIDE

To amplify

Use your yoni mudra to amplify.



GRIGORIAKRITSOTELIS.COM



CLASS ELEVEN: SEX MAGIC

A STEP-BY-STEP GUIDE

Masculine and Feminine

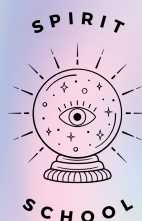
Remember we survive in our Masculine, but thrive in our Feminine. Below list some characteristics of the Divine Masculine and the Divine Feminine, in a pleasure intimacy context:

Masculine



Feminine

GRIGORIAKRITSOTELIS.COM



CLASS ELEVEN: SEX MAGIC

SEXUAL EMBODIMENT CRYSTAL KIT



Rose Quartz

The lover, ignites romance



Carnelian

The passionate one, works with Sacral Chakra, activates bigger orgasms



Red Jasper

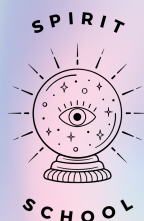
The promiscuous one, the stone of passion and sex



Tiger's Eye

The protector, protect your energy, don't let the demons. dark energy hunt you

GRIGORIAKRITSOTELIS.COM



CLASS ELEVEN: SEX MAGIC

SACRAL ENERGY EXPANSION ACTIVITY

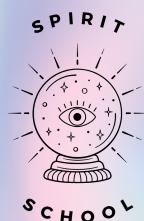
Get yourself into a comfortable position, and when you feel relaxed, start breathing into your Sacral Chakra. Deep breaths into the chakra, and then released within the body. Keep doing this (while playing Binaural Beats), to enhance the energy being created within the Sacral.

Over time you will be able to activate an orgasm through breath alone.

Use movement and swaying to help feel into the intense energy.

Once you start to feel the expansion of energy, do not release it through climax, instead move it to all your energy centres, but especially your Third Eye, open your Third Eye portal, and once open, you can use this space to visualise.

GRIGORIAKRITSOTELIS.COM



CLASS NOTES

GRIGORIAKRITSOTELIS.COM

