

directed to other purposes based upon the focused intention of the couple.

### **Sexual Healing**

Healthy, pleasurable sex can relieve headaches, seal holes in the auric body, and relax physical tension. In a monogamous relationship, part of this healing comes from a loving, safe connection to another person. This powerful connection, through sex magic, can be transferred to others in need of healing. A typical cone of power such as that used in Wiccan ritual can direct the energy to a person in need. If the person receiving the energy might disrupt the rhythm of the ritual, naming that person and identifying the intent on a candle or other symbol of that person will suffice for creating a target for the energy. This way, you and your partner can concentrate on the act itself.

Sex magic can cause positive changes. Mature and responsible legal adults can certainly benefit themselves by exploring this aspect of ritual. It also can contribute to the betterment of the world.

The cautions about sex magic are usually slightly exaggerated, but there are also good reasons for these warnings. Sex is a powerful act with or without a ritual context. Engage in sex magic with joy and wisdom and with full acceptance of all consequences.