



EroSomatics Arts Collective Presents

EROTIC UPRISING

AN ORGASMIC RITUAL FOR LIBERATION & HOPE

EroSomatics Art Collective is an intentionally multi-racial, multi-gendered, and multi-cultural group of queer erotic educators, artists, conjurers, practitioners, sacred intimates, and tricksters. We understand the body as a laboratory for transformation and erotic energy as a source of power and healing.

In this ritual, we use our bodies, our breath, our eros, our orgasmic energy to shake the collective consciousness out from under Empire's spell. Pleasure is power and sex magic is real. We do this on behalf of changing the world.

Your Guides for this ritual are [M'kali-Hashiki](#) & [Tru](#).

Preparation

Create your space:

Find a quiet place where you have privacy. Have pillows, blankets, heating pad, towels, or whatever else you need to build a warm and comfortable little nest for yourself.

Have pleasure tools (optional):

Toys and lube can be helpful. Bring whatever makes the experience of touch more pleasurable and easeful to you. Using oil, lotion, or body butter can be a sensual way to tend to your sacred body.

Have a soundscape: Music engages our other senses and can help create the container for ritual space. We encourage you to have a playlist — a soundscape —

that helps you stay with yourself. It can be 15 minutes or 45 minutes — however short or long you need. You know your body best. Consider how much time you want to spend in the self-pleasure part of the ritual. Some suggested artists that provide music without distracting lyrics: Cellomano; Deuter; Garth Stevenson; Jason Dos Santos; Yang Dragna.

The Ritual

[Download the Recording](#)

When you are ready to begin the ritual, start the recording. M'kali Hashiki and Tru will guide you. The recording begins with a blessing, followed by an explanation of breath work to use during the self-pleasuring time. Pause the recording before the self-pleasuring part of the ritual. When that portion is complete, unpause the recording to listen to a brief closing prayer.

Go deliberately and luxuriously slow. Honor and bless all parts of your body with loving touch and intention. Experiment with speed and pressure. Use the various surfaces of your hands, including palms, the heel of your hands, the top part of the palm, the fingertips, the finger pads, your nails, and knuckles.

Post Ritual

Journal:

After the recording has ended, take time to reflect in your journal about your experience, your intention, and anything else that came up for you. How does your pleasure and erotic energy fuel your work in the world? What are big and small ways you can continue casting this counterspell?

Follow up:

Feel free to send us an email sharing your experience, what you noticed, what spells you cast and plan to continue casting. Remember that this spell can be done whenever you want, as many times as you want.

"Litanies to My Heavenly Brown Body" by Mark Aguhar

BLESSED ARE THE SISSIES
BLESSED ARE THE BOI DYKES
BLESSED ARE THE PEOPLE OF COLOR MY BELOVED KITH AND KIN
BLESSED ARE THE TRANS
BLESSED ARE THE HIGH FEMMES
BLESSED ARE THE SEX WORKERS
BLESSED ARE THE AUTHENTIC
BLESSED ARE THE DIS-IDENTIFIERS
BLESSED ARE THE GENDER ILLUSIONISTS
BLESSED ARE THE NON-NORMATIVE
BLESSED ARE THE GENDERQUEERS
BLESSED ARE THE KINKSTERS
BLESSED ARE THE DISABLED
BLESSED ARE THE HOT FAT GIRLS
BLESSED ARE THE WEIRDO-QUEERS
BLESSED IS THE SPECTRUM
BLESSED IS CONSENT
BLESSED IS RESPECT
BLESSED ARE THE BELOVED WHO I DIDN'T DESCRIBE, I COULDN'T DESCRIBE, WILL LEARN TO
DESCRIBE AND RESPECT AND LOVE

"An Activist Prayer" by Terrance Hawkins

Thicken my love.
Widen my heart.
Sharpen my analysis.
Enliven my praxis.
Embolden my voice.
Deepen my rest.
Lighten my heaviness.
Toughen my skin.
Soften my spirit.
Strengthen my friendships.
Lengthen my endurance.
Weaken my ego.
Awaken my soul.