

In this PDF, we are looking at how to integrate pleasure into our daily life.

In part, this will be supported by the content of the MoW course and in part, will be supported by conscious choices you make on your behalf.

This document has a list of what practices to do when as sometimes you will feel energized and connected and other times you may feel tired, uninspired, or turned-off.

This PDF is only a simple guideline since, at the end of the day, *only you can possibly know what will be your highest option.*

Menu:

1. Menstruation	Page 2
2. Ovulation	Page 3
3. Exhausted and peaceful	Page 4
4. Exhausted and emotional	Page 5
5. Energized, but emotional	Page 6
6. Energized and peaceful	Page 7
7. Overly Turned-On	Page 8
8. Zero Libido	Page 9
9. Single	Page 10
10. Partnered	Page 11

1. Menstruation:

When you are in your moon-cycle, the best practice is to indulge in 1 full day of YIN. This means calling in sick, sending the kids to play elsewhere, and hanging up your '**Do Not Disturb**' sign on the door.



If you do have kids or a partner, you may enjoy the visual cue of lighting a **RED candle** which signals that you are in your cycle and require more quiet, support, as well as alone time.



Practices:

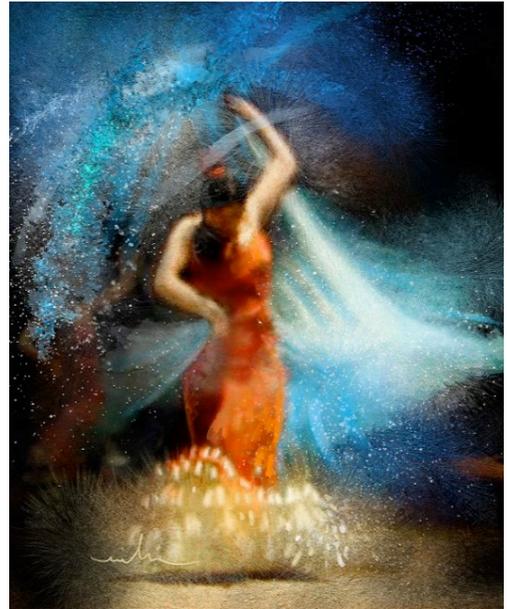
1. YIN practice - The Art Of BEing (practice enjoying stillness).
2. Yoni Journaling - get clear on what isn't working & what you would love.
3. Kidney Breathing
4. Kidney Rejuvenation
5. Subtle Sensations Meditation
6. Erotic Field Meditation
7. Lushing Out - Whatever would most support you to feel luscious.
8. Following Your Own Flow - Attune yourself to what YOU need and do it.

NO JADE EGG during this time (unless you really feel it's vital to do it).

2. Ovulation:

From around the 4th day of your menstrual cycle up to your ovulation cycle, you are entering a phase where you are more outward and capable of creating new projects and connections.

This is the ideal time to expand your horizons, to go for what you really love, to be fearless in how you create your life, and to dance or do any lively practice with your body (she will purr with gratitude for this!).



Practices:

1. All the warm-up practices.
2. All the Jade Egg practices.
3. Dancing of all kinds.
4. Relaxed Arousal - Self-Loving Session.
5. Exercise of any kind.
6. Collect smiles (from everyone you meet).
7. Act on the insights you received during your moon-cycle.

3. Exhausted & Peaceful:

Sometimes life is very full and we get tired, very tired, but we are feeling happy because we are expressing our gifts in the world, we are living fully, and we just can't seem to say 'no' to all the goodness that is flowing in.

In these times, it is STILL very important to take care of our body because she can easily 'shut us down' if we exhaust her!



Practices:

1. Sleep, really good, consistent, restful sleep.
2. Vibrant food and fresh air.
3. Kidney breathing (even sneaking in 2 mins. here and there helps).
4. Erotic Field or Body Love meditations are very rejuvenating.
5. Kidney rejuvenation practice (even if you just do SOME of it).
6. Getting real with your schedule and start to say 'no' once in a while.
7. Feet on the Earth. Get grounded while you celebrate your life.

4. Exhausted & Emotional:

Life can get to us sometimes, it's not always rosy and peachy and that's okay.



What isn't helpful in these times is perpetuating our stress by indulging in our negative emotional cycles or self-sabotaging behaviors.

Practices:

1. Sleep, really good, consistent, restful sleep.
2. Vibrant food and fresh air.
3. Kidney breathing (even sneaking in 2 mins. here and there helps).
4. The Sex. Reflex with sounds can be centering & insightful.
5. Kidney rejuvenation practice (even if you just do SOME of it).
6. Getting real with your schedule and start to say 'no' once in a while.
7. Feet on the Earth. Get grounded while you celebrate your life.
8. Yoni journal - be willing to unearth what is at the ROOT of your stress.
9. Is there one thing you can do right now to make your life more enjoyable? If yes, do it without hesitation.
10. Find and spend time with people that delight you and enhance the fact that you are powerful, whole, creative, and capable. Let go of the people who aren't inspiring and who feel like a drain for your energy.

5. Energized, but Emotional:

Let's face it, sometimes we are not lacking in energy, but we still feel stressed and taxed.

Even too much joy can be over-stimulated and throw us off balance!



Yet at the root of most of this is often a belief that if things are going really well, something must go wrong. The ongoing drama of our mind murmuring: *"The shoe is going to drop soon and if it doesn't, I'll create a 'shoe drop' myself..."*

Practices:

1. Exercise! Exercise! Exercise! Sometimes emotions are simply related to 'stagnant' energy.
2. Yoni Journal - get real with yourself: *What is REALLY going on here?*
3. Kidney breathing (even sneaking in 2 mins. here and there helps).
4. The Sex. Reflex with sounds can be centering & insightful.
5. Kidney rejuvenation practice (even if you just do SOME of it).
6. When was the last time you just did something for FUN? Sometimes being frivolous is healthy and healing.

6. Energized & Peaceful:

So what do we do when we feel awesome, have energy, and life is just in an awesome groove?

CELEBRATE!!!

And it's a great time to get your practice to the next level, now that you no longer need to get your body back on track and your emotions purring, you actually have the state of mind/body to take this practice to a much deeper and more profound level.



Practices:

1. Definitely practice waking up in the morning and attuning yourself to see WHICH practice would be more supportive and aligned for you that day.
2. Wear your egg as you do your day and remember to play with her.
3. Pick 2-5 Jade Egg practices to actually do regularly and watch the amazing changes and refinements that happen with consistency.
4. Definitely meditate. Send some of this goodness right down deep into your bones and the core of your being.
5. Set new intentions for creating even more awesomeness for yourself.

7. Overly Turned-On:

You know what I mean! Sometimes we get sooooo turned-on, even the furniture looks sexy!

But before we run off and try to find a series of lovers to satiate our intense hunger, we may want to take a deep breath and recognize that even though we're feeling 'toey' (as they say in Australia), this doesn't necessarily mean we need to 'discharge our sexual tension'.

In fact, part of the practice is to learn how to hold more and more erotic current in our body, rather than discharging it the second it starts to build.

Practices:

1. Jade Egg practice ALL THE WAY! Wearing your egg regularly can be the one factor that will help you slow down enough to make choices that you actually can live with later.
2. Dance and Exercise.
3. Have a HOT DATE with yourself and practice RELAXED arousal: *How much can you soften and expand into your pleasure?*
4. Make love! Let your wildness come forward and guide your experience.



8. Zero Libido:

This is when we feel 'dead' inside, there's no spark, no umph, just 'blah'. It is a symptom of a shut down spirit, never mind the body.



When our yoni is beyond even saying 'no' and has dropped into a 'silent period', it's time to take action, even if it feels like it's the LAST thing in the world we want to do.

Practices:

1. Be gentle with yourself. When we are 'turned-off', there is a reason. By being gentle and curious, we begin the process of inviting our aliveness to return.
2. Trust that you are not 'dead' and that there is a reason for this dormant period: Are you exhausted? Unmet relationally? Bored with work? Emotionally unbalance? Are you on any drugs? Or eating food that actually eat up your energy, rather than giving you energy?
3. Heart/Womb or Yoni connection.
4. Yoni Journal.
5. Kidney Breathing & Kidney Rejuvenation.
6. Be with people that you find delightful, inspiring, and igniting.

9. Single:

Being single isn't tragic or a disease (as some would have us believe). We are our own most delicious, exquisite, profound lover and life-partner.



Being single is a great time to really get clear on what you love and going for it. It's a time to explore and get clear on what your non-negotiables are along with what is actually on your own gourmet plate (what you have to offer others).

Indulge in frequent sessions of giving to yourself what you would yearn a lover/partner to provide you with. Become so fulfilled that you no longer search for your other half, but magnetize to you another whole being to celebrate the journey of life with (if you so choose this for yourself).

Practices:

1. All the questions and self-inquiry of this program will support you to deeply know and love yourself.
2. Combine any practice that feels delicious, but especially the ones that support you feeling relaxed, confident, and radiant.

10. Partnered:

Having a life partner can be both exquisite and a nightmare, depending on how we are relating.



Relationship is an essential part of being human as we are inter-relational creatures, yet few of us actually know how to relate in a truly revealed and expressed way.

The greatest gift you have to offer another is yourself, which is why, especially when we are partnered, our solo practice is essential. For one, it builds and maintains strong polarity which is essential to having a great sex life, and for two, sharing our intimate self and receiving another's intimate self is a deep privilege. So what are you bringing to the table?

Practices:

1. Continue being willing to develop, mature, and blossom both sexually and emotionally, utilizing all the insights of this course as a way to support your growth.
2. All practices provided in the course are awesome for creating a delicious gourmet offering, so choose the ones that really resonate and see if you can gift yourself even 5 mins/day of self-cultivation.