

WEEK 4:
PREPARING YOUR JADE EGG

Now we can turn our attention to the practice of the jade egg.

Here are a few key pieces of information about the Jade egg:

1. The jade egg is a natural piece of nephrite jade carved into the shape of a small egg. Despite all the marketing to encourage you to buy multiple sizes, you do not need all these different eggs, you only need to understand HOW to use the egg.
2. By using the jade egg internally, you activate a localized production of hormones which keeps your vagina moist and resilient. This means your vaginal lining will be healthy and strong. **Most issues with vaginal wall thinning has to do with lack of use, not age.** I've helped women even in their 70s & 80s reclaim full pelvic health and vitality. If they can do it, so can you!

3. Regular use of the egg builds your conscious connection with your vagina and pelvis, the more sensitivity & awareness you develop, the more you will be able to relax and enjoy all your subtle ripples of orgasmic/pleasurable sensations.

4. Regular use also gives you more mastery and control over the different pelvic floor muscles so you become skillful at inducing your own pleasure and stop being reliant on your partner's skill and/or size of erection.

5. Too much use or over doing the practice has the opposite effect, it can create undue pelvic tension and result in blocking your orgasmic experience.

Unfortunately, the jade egg practice has become popular and many **false claims** and **notions** have emerged along with its popularity.

It is very easy to get caught up in the jade egg practice as a 'special practice'.

The worse mistake is to believe that it will solve all of your sexual issues.

This is why I am adamant that we understand the truth of this practice. After 15+ years of teaching and practicing myself, I have come to understand the truth about this practice.

The jade egg is actually an **ANCHOR** for our consciousness and a **SYMBOL** of our choice to make our succulence, our pleasure important and non-negotiable.

I have seen how using the egg rebuilds our connection with our arousal cues and erotic intelligence.

I have seen that when you are out of integrity or perhaps in a situation that isn't for your highest good, the egg will bring your attention to it (normally by falling out or causing cramping or other sort of messages).

I have seen women fully reclaim themselves shamelessly and with beautiful dedication.

But what I also know is that the Jade Egg didn't do this. ***The woman who CHOSE to use the egg did.***

The jade egg is your friend on this Multi-Orgasmic journey and by understanding its role in your discovery, you will find that many new experiences will unveil themselves to you.

This practice can be incredible as a tool for **reawakening our lost connection** with our sexual center as well as **reprogramming the cellular memory** in the tissues of our pelvis and our genitals.

The key is that LESS is more.

And to go very very slowly.

The key is to be so curious that you let go of your agenda's and become aware of BEING with yourself in a profound way.

With that said, make sure you have some uninterrupted time so we can begin our journey with the jade egg, first with a few short demos on preparing your egg.