

The illustrious **JADE EGG**

Why Women Rave About It &
Everything You Need To Get Started



Saida Désilets, Ph.D

Hi. I'm Saida and I'm very happy to meet you.

It takes courage and vulnerability to investigate something that can seem edgy or new, especially when it comes to exploring your own sensual/sexual self. So congratulations for making that first step!

I've designed this ebook to give you all the information you need to feel confident about both purchasing and successfully using a Jade Egg.

I know how overwhelming it can be to find real, non-hype information on the Jade Egg, and let's be honest, how much of it can you trust anyway?

I'm hoping that this little ebook will leave you feeling more confident and inspired to jump into one of the most powerfully transforming practices you can do for your sensual/sexual wellbeing.

I've also included a few pages of testimonials so that you can hear directly from women who taken the courageous step towards fully claiming their pleasure and sexual vitality.



Love Saida!

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Foreword

I believe in a holistic approach to sexuality, in which all facets of a being—body, mind, heart and spirit—are aligned in order to function at optimum capacity.

When women have barriers in one or more of these areas, the consequence is manifested in a disconnection—most often shutting off the mind from the body.

Through the Jade Egg practice, Saida demonstrates her genius for facilitating a rebuilding of that connection.

Saida is both masterful educator and trusted counselor in bringing forth a brilliant method to both learn about and connect with one's inner wisdom and consciousness.

I find that it is vital for a woman to connect with herself and understand what is happening in her sexual anatomy in order to heal and progress.

Moving far beyond simply toning the pelvic floor or stimulating arousable tissues, The Jade Egg practice is a powerful pathway toward self-understanding, self-acceptance and self-love.

Debra Wickman, MD, FACOG
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Founder of the “Gynecologic Approach to Sexuality Counseling”



Who is Saida?



Before we jump in... Who is Saida?

Since we don't know each other, I'm happy to tell you a little about myself and why I'm qualified to be your guide on this part of your journey.

In 1995, I first stumbled up this odd idea of putting an egg-shaped piece of Jade inside my vagina. Although I thought it was a little strange, I also knew that I really wanted to learn a practice that would both keep me healthy as a sexual woman while also helping me learn discernment in the world of relationship and sex.



After trying a few times to earnestly follow a couple of Taoist Books on female sexuality (both written by men), having the egg shoot across the room like a torpedo, and having a partner who was so frightened of these books he refused to even touch them, I set the practice aside for another time.

After a painful break-up, I returned to the Jade Egg practice in 1998 and met a teacher (another man) who shared some very basic ways of using the Jade Egg. I found his method as confounding as the books were. In fact, he got his information from those very books that confused me in the first place! In spite of this, I was still convinced there was something more to this odd little practice.

So instead of following the 'Ovarian Kung fu' instructions, I decided to follow my body's wisdom, and lo and behold, amazing insights and practices emerged.

By 2001, I had practiced very vigilantly (3hrs/day every single day of the year!) and found myself being approached by women to "*share what you are doing because whatever it is, it looks amazing on you*". This is when I started to share my adapted version of Taoist practices and my classes took off like wild-fire!

By 2002, I thought I should get certified in the system that I used as the foundation for my modifications. Not only did I get certified, but the founder, Mantak Chia (the author of one of the original books mentioned above) invited me to go to his center in Thailand to share my version of the Jade Egg practice. He agreed that it needed to be adapted to be more feminine and he embraced and supported the modifications I had come up with.

It was during this time that I met Dr. Rachel Abrams. She and I exchanged a lot of insights as to the results of the practice had on the pelvic floor, vaginal health, orgasms and hormonal health of women. These discussions contributed to her collaboration with Mantak Chia, resulting in the book, *The Multi-Orgasmic Woman*.

2004 marked me launching “*The Désilets Method*” of instruction around the world and it was received with wide-open arms and inspiring enthusiasm. In 2006, I decided it was time to share the insights and practices that I had gleaned both from my personal practice and working with thousands of women world wide and I published my book, *Emergence of the Sensual Woman - Awakening Our Erotic Innocence*.

I realized that it’s one thing to teach a theory, it’s quite another to adapt it when you are face to face with women and receiving their direct feedback on what works and what doesn’t. Their vulnerability and honesty impacted the evolution of my Désilets Method.

I had decided that the impact of this practice was worthy of a research project and launched a pilot study looking at the impact of the Jade Egg practice on the psycho-sexual well-being of women. The defense of my research served to complete the requirements of my PhD in Transpersonal Psychology. (If you are interested in reading this, please feel free to [contact us](#) about receiving a copy of my dissertation).

This was a huge step in my understanding of women and their sexuality. In fact, one of the results was so unexpected and surprising, it changed how I shared my information forever (I will share some of those insights in this book!).

As my practice and research is on-going, while working on my degree, I had the honor to contribute to two of Dr. Christiane Northrup’s books, *The Secret Pleasure of Menopause* as well as the revised edition of *Women’s Bodies, Women’s Wisdom*.

Meeting Dr. Northrup had an instrumental impact on my understanding as well as my ability to reach more women than ever. I'm forever grateful for her deep wisdom and for recognizing the importance of this practice in empowering women as sexual beings.

Throughout my career I've met and taught doctors, PhDs, nurses, lawyers, military women, yoga teachers, athletes, career women, birth professionals, sex educators, therapists, and mothers.

Every single one of these tens of thousands of women touched my life and influenced the depths of my understanding of how profound and effective this practice really is... when it's done the right way.

And yes, there is a right way and a wrong way... I've seen what happens when women are misled and I don't want that to happen to you!

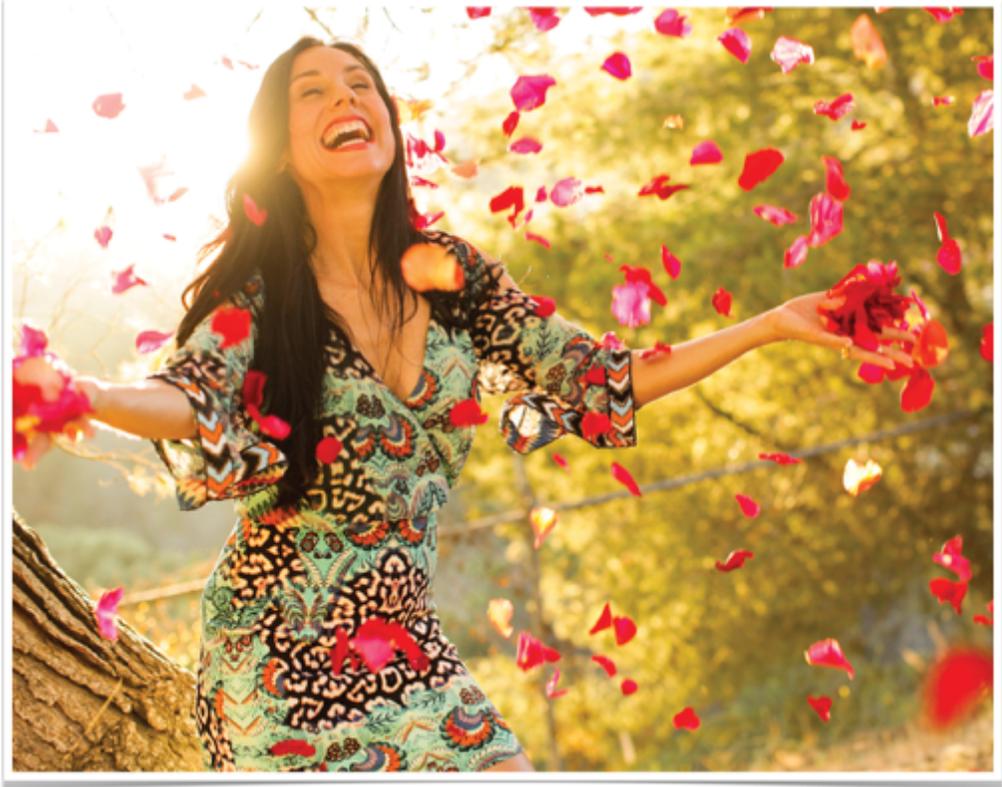
The Jade Egg isn't a quick fix sex-toy, but rather a very potent tool of transformation.

To this day I continue my own practice. I once took a short hiatus where I attempted to live life without it. I found that I was more shut down, less juicy, and more susceptible to being thrown off my center.

I've dedicated the majority of my adult life to the study and practice of the Jade Egg and I'm delighted to share with you what I've learned in hopes that your journey can blossom with ease, delight, and in lasting transformation.

Everything you will get in this book, in my videos, and courses has all been tried and true and refined into what I believe is the most potent and useful for you success with the Jade Egg.

Ready to jump in? Let's do it!





What is the Jade Egg?



Let's start out with the **physical facts** about the Jade Egg



The Jade Egg is a piece of pure Canadian nephrite Jade that is carved into a small egg shape. It has a hole drilled through it so that you can put fresh string through it and control your experiences from practice to removal. As you become more experienced, you will rarely need the string, except for more advanced exercises.

Now WHY JADE?

Why would I choose to use jade when there are so many different types of crystals out there?

First of all, I like a natural substance in my body instead of a synthetic one.

Secondly, quartz, obsidian, and most of the other stones available as eggs have a crystalline structure. Crystalline structures are porous and therefore susceptible to trapping bacteria and germs, so are not a great option for using internally.

Jade does not have a crystalline structure, but has interweaving fibers that make it non-porous.

Another great characteristic of pure Jade is that it heats very quickly to your own body temperature which makes it very comfortable to wear. Plus, it's so strong that you can drop it without it smashing into a million pieces. This is very important because it inevitable that you will drop the Jade Egg at least once, if not more. It's happened to most of us, leading to humorous sharing both in class and in threads within our private FaceBook Group.

Jade and Energy

For those of us interested in the energetic side of the Jade Egg, there are some fascinating traditional thoughts on this stone.

For the Chinese, Jade is a very powerful healing stone. It is known to protect the wearer from negative energies. I find that idea fascinating, especially when we wear the Jade inside our vaginas.

While in the Mayan tradition, Jade is also considered sacred, healing stone, one that was used to connect family members with each other when they were apart.

As an energy conduit, it has the quality of gently grounding and cleansing whereas quartz crystals tend to amplify whatever is most dominant for you emotionally.

This is why, energetically, Jade is a very supportive gem for healing and transformation.

Jade also takes on your energy and may even change it's color slightly.

When I first started this practice, I became more sensitive to energy from other people and started to appreciate having a little 'shield' for my sexual center, especially when I was in situations where there was unconscious use of sexual energy.

Whatever the reason, traditional or new, Jade is an incredible anchor for doing a practice that leads to you having the most profound experience of yourself, love, and pleasure.



Who is it for?

The Jade Egg is for you. In fact, it's for a:

- woman of any age who is interested in having a life-time of radiant pelvic health along with a greater sense of living at home in her own body and sensual/sexual nature.
- woman who wants to feel more empowered about their body and make healthy choices when it comes to intimate relationship.
- woman who needs to recover from trauma that has left them shut-down, ashamed, hurt, or afraid of their own sexual self.
- woman who wants have a baby.
- woman who wants to recover from having a baby.
- woman who wants to understand peri-menopause, menopause and post-menopause and create the most juicy time of their life.
- woman who has forgotten that being sexually fulfilled is vital to their well-being.
- woman who loves sex.
- woman who hates sex.
- woman who feels intimidated or frustrated by orgasm.



- woman who loves orgasm and wants to know more.
It matters not the reason why you come to this practice, only that you know you feel called to know and understand your sensual/sexual self even more.

In fact, the *only type of woman this isn't for* is for those who are expecting a quick fix without being able to dedicate a little effort towards creating great transformation.



What's all the fuss about?



Why would we bother to use a Jade Egg?

First of all, the benefits are numerous!

- **Pelvic health**
- **Hormonal wellbeing**
- **Vaginal health**
- **Accessing a greater amount of our pleasure potential**
- **More pleasure, more orgasms!**
- **Healing old wounds**
- **Awakening sleeping 'pleasure spots'**
- **Recovering from birth & surgery**
- **Healing stress incontinence**
- **Healing vaginal dryness and thinning**
- **Healing from chronic yeast and bladder infections**
- **Prevention of prolapse**
- **Greater sexual mastery**
- **Helping with eating issues**
- **Helping with over-spending due to emotional issues**
- **Rekindling of libido**
- **And much, much more!**

Yet to enjoy these amazing benefits it's important to note that the Jade Egg itself isn't very useful unless you know HOW to use it properly.

In fact, there are a lot of Jade Egg kits that claim that you need a series of different sizes and weights in order to improve your pelvic health.

But here's the truth: *That's information from people who are great at marketing and who know very little about the actual practice.*

Just putting it in and expecting miracles is a bit far-fetched.

This is not a quick fix method, so if you want your "problems" to be miraculously erased and transformed at the snap of your fingers... you're bound to be disappointed.

That being said, you can experience results with as little as 5 minutes of practice per day.

The results you want begin with TONE, but there are two other effects of practice that will lead to exponential transformation.

Let's have a look at tone first, and then explore the other two essential components to a successful Jade Egg practice.

TONE:

Tone is great.

Tone is what makes for better sex and a healthier pelvis, however, when I use the word TONE, I don't mean it to be super tight muscles, but the type of muscle that has strength and resilience, a bit like that of trampoline.

In fact, too much tone can cause scarring and even block some of the nerves in your pleasure system and cause the opposite effect: *Loss of feeling and atrophy!*

So, to balance out tone, we also need to have a practice of SUPPLENESS.

SUPPLENESS:

This is our ability to soften and melt open, intentionally! I'm not referring to atrophied muscles (muscles that are underused and don't function properly), but to the ability to willingly open up and soften completely.

The ability to "melt" your pelvic floor is essential to pleasure!

It will heighten sensation AND is the necessary ingredient for orgasm. I've had

many fitness trainers and athletes who cannot orgasm due to having too much pelvic tone! They are unable to relax at the point of climax and let go into the exquisite experience of orgasm.

So my method trains your vagina and pelvic floor to have strength WITH suppleness.

But there is a 3rd component that is often left out, in fact, few people really know about this one. This is like the difference between skill and art.

DEXTERITY:

Dexterity is used in reference to our fingers and our ability to move them independently from each other.

I use the term “vaginal dexterity’ because that’s what happens, you learn how to move the different layers of your pelvic floor in such a way that it can feel like you are ‘playing the flute’, so to speak.

This ability is crucial for pleasure.

It helps to grow new nerves, PLEASURE nerves that will enable you to access a greater range of sensation and a greater variety of orgasms.

It has helped women discover that intercourse is an exceptional experience because of her own ability to pleasure herself from the inside out!

The side-effects for your partner are pretty sweet too.

Women have been able to heal stress incontinence with this practice.

They have been able to go from never having an orgasm to having full-bodied ones.

They have gone from being dried out and having painful sex, to having a well self-lubricated yoni (female genitals) and enjoying sex again after more than a decade of little or no sex.

Women have recovered their pre-birth pelvic health after giving birth.

Women have alleviated menstrual cramps and reduced heavy cramps.

There are many amazing effects from using the Jade Egg.

And here's why: **We are a sitting culture.**

And when we sit as much as we do, we atrophy our pelvis (make our pelvis unhealthy). By having a very specific set of exercises, we can counter the negative effects of sitting too much.



The same holds true for extended periods of standing, as this also can have an atrophying effect.

The exercises help increase blood and lymph flow through your pelvic floor, which in turn increases vitality and resilience to imbalances.

I used to have chronic yeast and bladder infections and they disappeared after a certain amount of time and practice... and I rarely get them now (They can reoccur if I get angry, but we'll talk about your emotions and their impact on your sexual health and pleasure in a different chapter).

Sometimes I like to refer to our genitals as the 'Sleeping Beauty' and love how the exercises actually awaken parts of your pleasure system that have been sleeping most of your life!

I know from personal experience that it's possible to have exquisite pleasure, not just in some areas of your vagina, but in all of it!

As you can tell, I'm very excited for you.

I've been told time and time again by the women who do my method: *"Why isn't this taught to young women? I wish I knew this a long time ago!!"*

I've had partners thank me and marriages suddenly reignite themselves.

I've also witnessed women finally leave abuse situations and start to make a new life for themselves, recognizing that they are powerful and worthy of deep respect and reverence.

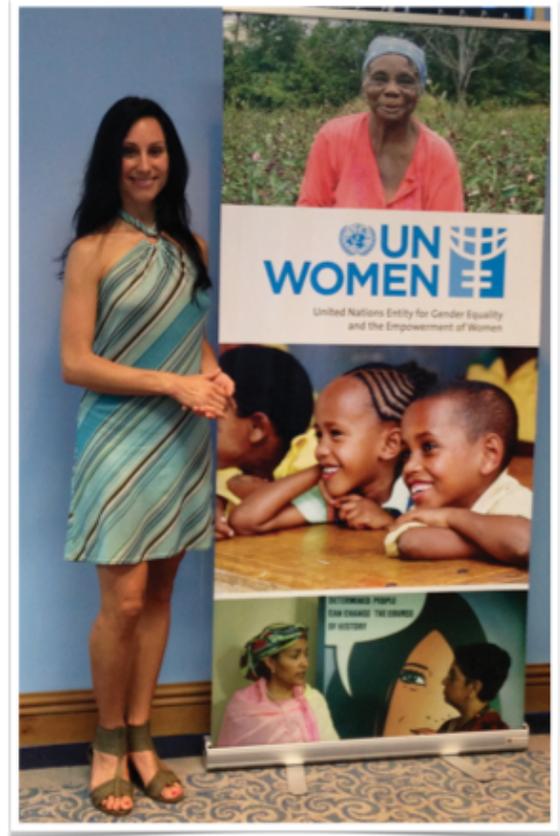
All of these things and so much more is what await you as you begin your journey with the Jade Egg.

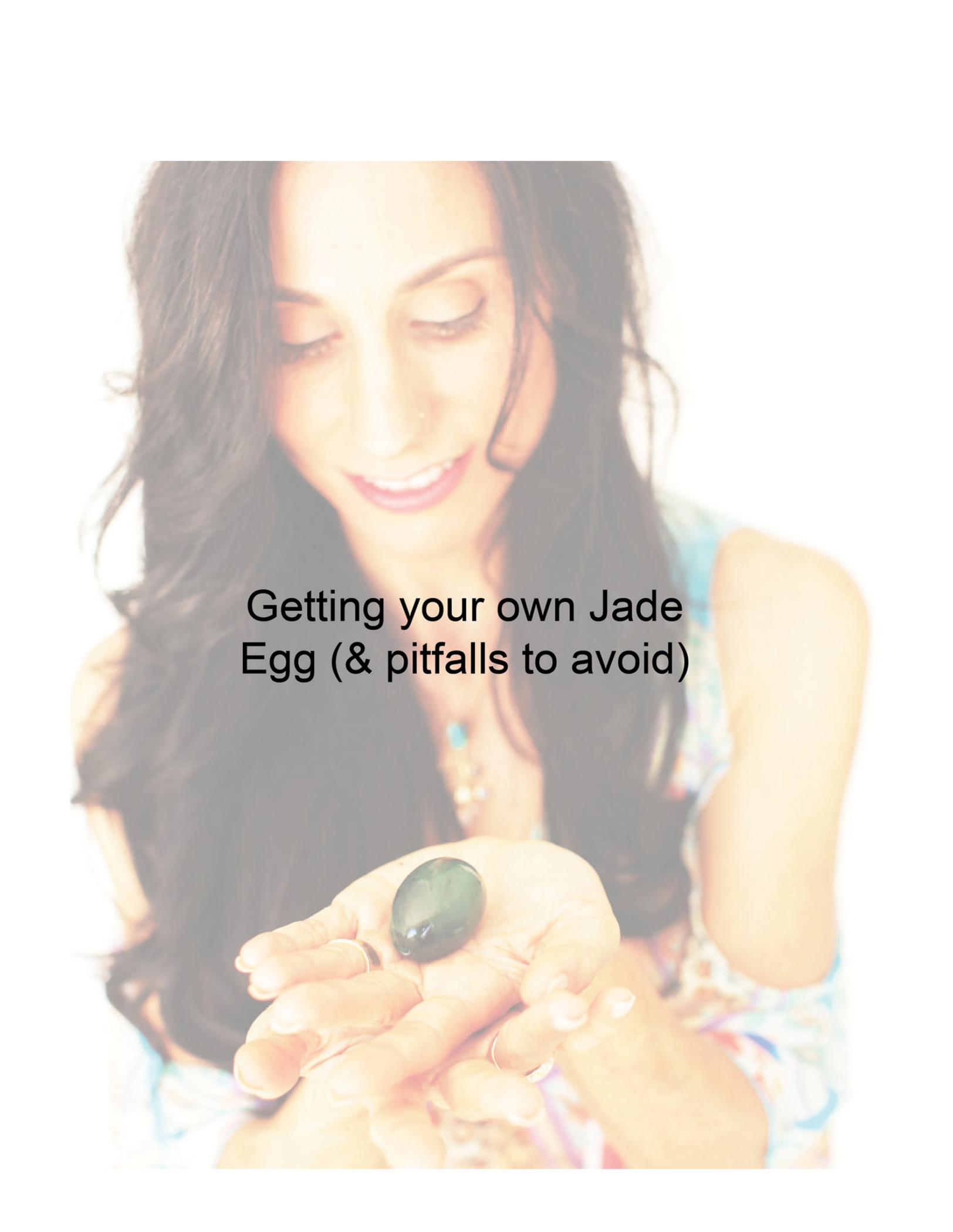
And the best part?

You won't be alone.

There are tens of thousands of women world-wide who have also said YES! to feeling and being sexually sovereign.

Will you?



A woman with long, dark, wavy hair is looking down at a small, dark green, oval-shaped jade egg held in her open palm. She is smiling slightly. She is wearing a colorful, patterned top and a necklace with a blue and gold pendant. The background is a plain, light color.

**Getting your own Jade
Egg (& pitfalls to avoid)**



In this section, I want to give you important points to consider when getting your own Jade Egg.

1. Use only Certified PURE Nephrite

Jade: Insist on quality. Many vendors sell other stones and call it Jade, some will even 'dye' their eggs to give them more of a 'jade' like color.



2. You only need one: Don't worry about all the fancy kits, you just need one Jade Egg and to learn HOW to properly use it and you will advance much faster and in a way that is balanced and healthy for your pelvic floor and genitals.

3. Avoid big miracle promises: They are too good to be true. When it comes to the Jade Egg good ol' practice is what will give you lasting results and help you create a life-time of pelvic health and pleasure.

4. Jade Eggs can't heal all your emotional problems: Even though many people will promise you this, they do not know what they are speaking about, no matter how convincing their arguments are. This practice will put you back in touch with yourself and assist you to discover your gifts and how to glean wisdom from past experiences, but it will not erase or change what has come to pass nor will it make you happy 24/7 forever and ever. You are an emotional creature, be grateful that you have a feeling relationship with life. It's precious and so are you.

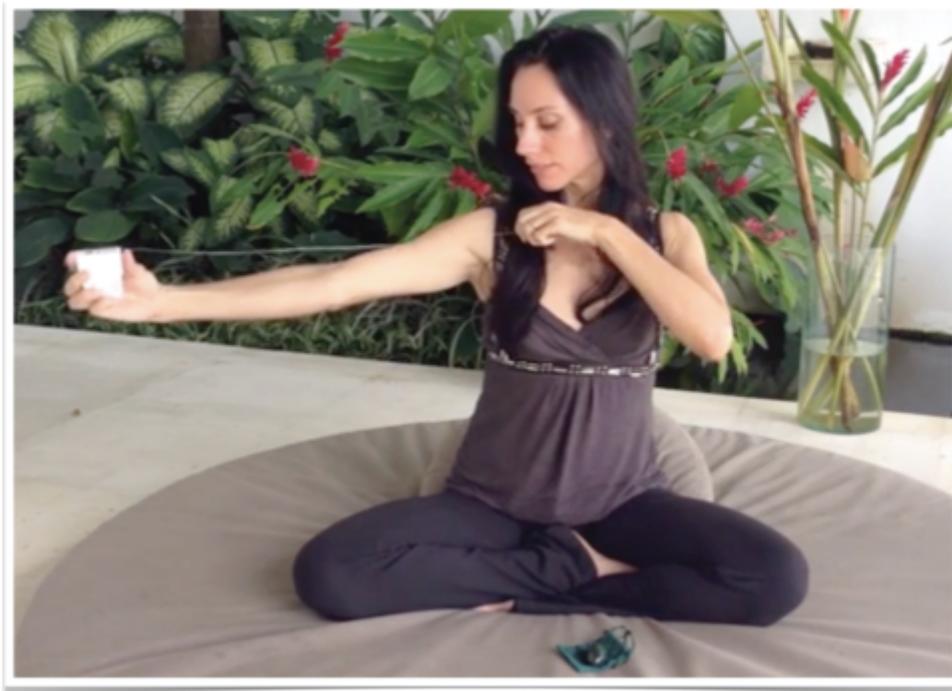
5. Jade Eggs won't resolve your sexual problems: Even though it's often promoted as the miracle cure, it's not. But guess what? Your willingness to practice as often as it feels delicious to you will assist you in opening up your body at her open pace and help you access greater and greater pleasure as well as high-light what works and doesn't work for you. And that's very

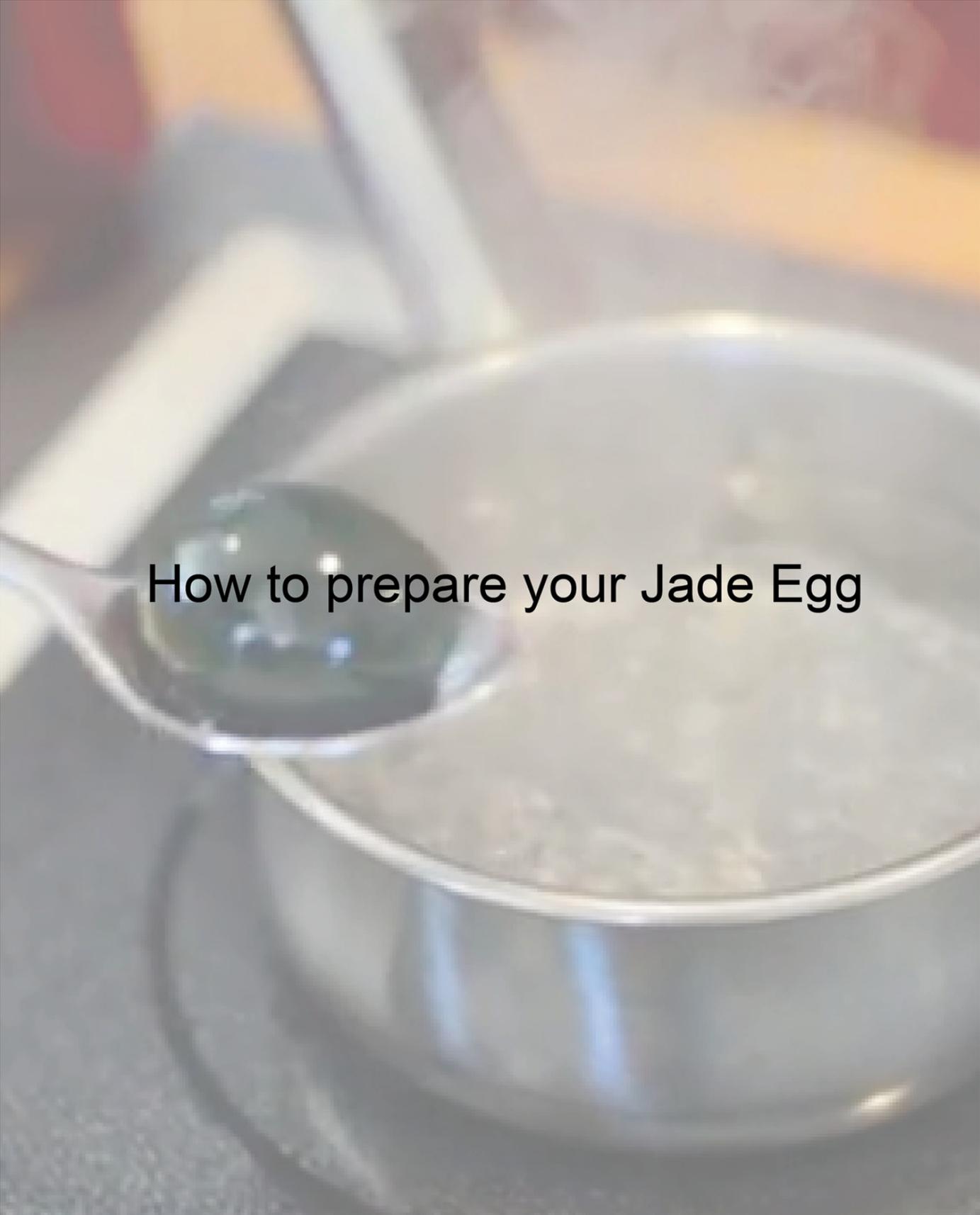
empowering because it is YOU that is doing it, not the inert Jade Egg.

6. Lifting weights with your vagina is dangerous: Unless you have an instructor who is working directly with you and who also understands the delicate nature of your pelvic floor, it can be harmful for you to be lifting weights with your vagina. It may feel exciting to have 'supremely strong' vaginal muscles, but as you already know, strength without suppleness can be a detriment to your pelvic health and pleasure.

So in the beginning, don't worry yourself about all the hype about vaginal weight lifting and concentrate on rebuilding a deep somatic relationship with your vagina and pelvic floor.

7. Make sure it is drilled: You want to feel confident about removing the Jade Egg with ease and not have to worry or panic if it stays stuck inside. This means having a drilled egg which will enable you to use fresh string (this is essential for hygienic reasons!) with each use and ensure you have a way of easily removing the Jade Egg ([click here for more details](#)).



A stainless steel pot is placed on a dark-colored electric stove. A metal spoon is held over the pot, containing a dark green, oval-shaped jade egg. The pot is filled with a light-colored, bubbling liquid. The background is slightly blurred, showing a wooden cutting board and a red object.

How to prepare your Jade Egg



The following is the step-by-step process of preparing your Jade Egg for use. Afterward there is a section of preparing yourself for your practice.

Preparing the Jade Egg:

1. You should have received an organic pipe cleaner with your Jade Egg. Use it to clean out the drilled section of the Jade Egg to make sure nothing is left from the drilling process. **NOTE: if you did not get one, don't worry, this is an extra step that can be left out.**
2. Take the pipe-cleaned Jade Egg and place it in a pot of cool tap water, make sure there are a few centimeters (half an inch) of water above of the Jade Egg.
3. Heat up the water just like you would to boil a real egg.
4. Let the water boil for 10 minutes.
5. Take the egg out with a spoon and let it sit to cool. **DO NOT USE IT UNTIL IT IS COOL.** You do not want to burn yourself.
6. Measure out either unflavored floss or silk string to the length of your entire arm and cut it.
7. You may need to double up and twirl the floss/string in order to get it through the drilled hole in the Jade Egg.***
8. Make sure you knot the loose ends and make sure the knotted end is not next to the egg, but at the end of the string, as far away from the egg as it's possible to have it.
9. If you are not going to use it now, place it back in its silk baggie until you are ready to use it.
10. If you are ready to use it now, then proceed to the next section.

IMPORTANT NOTE OF PRE-CAUTION:

It's advised not to use the Jade Egg while on your period, only because it can be messy and you will need to boil it after each use for hygienic reasons.

It is also advised to use extra caution and awareness if you have an IUD. If you cramp, stop the practice, rub your lower belly, and relax. You can come back to it another time.

If you are pregnant, it's advised NOT to use the exercises as they do work the uterus. Pregnant women have used the Jade Egg, but passively and have enjoyed it.

Remember, less is more in this practice.

*****There are several reasons for having a DRILLED jade egg:**

1. When first starting, it can be stressful to remove the jade egg, so having a string (floss) helps relieve that stress and assists in easy removal.
2. There are more advanced 'pulling' exercises that are amazing for your pelvic health and pleasure, so being able to add the string (floss) for those practices is essential. If your egg is un-drilled, you won't be able to perform these techniques.
3. After a few years of practice, adding weights to your Jade Egg practice is amazing for even more pelvic health and incredible pleasure (Do not attempt this without a qualified instructor).

[Click to watch a video on how to prepare your Jade Egg](#)



**Getting familiar
with your Jade Egg**





It's important to get to 'know' your Jade Egg before using it. This will be an intimate experience and the more you know about your egg, the more meaningful the experience will be.

For some of us, this is as simple as sterilizing it and holding it for a few minutes. For others, it can take us a long time before we are willing to actually have a relationship with the Jade Egg.

Whatever the case, it is up to you to design what works for you!

Here are some examples of how women get familiar with their Jade Egg:

Sleeping with it under your pillow.

Having a special place for it on your bedside table or somewhere special in your room.

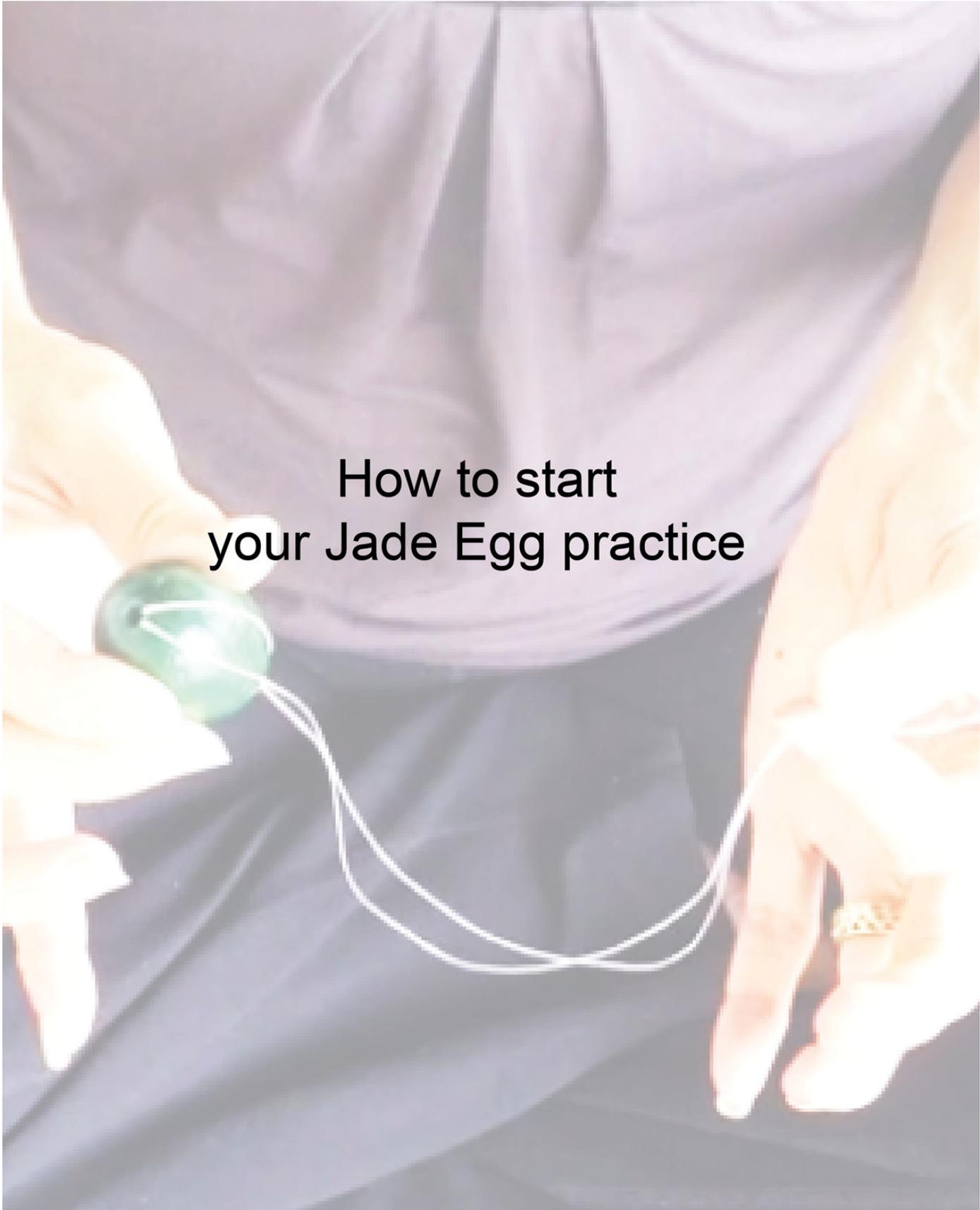
Just placing her on your body: over your heart (in your bra), or on your navel, etc.

Carrying the Jade Egg around in a pocket and holding her at different moments throughout the day.

Only using it externally for a while.

Whatever way you choose to start is perfect, so get creative and give yourself an experience you will treasure and love.



A photograph showing a person's hands holding a green jade egg on a white string. The person is wearing a purple long-sleeved shirt. The background is a dark, draped fabric. The text "How to start your Jade Egg practice" is overlaid in the center of the image.

How to start
your Jade Egg practice



Now you are ready to begin your practice. The following tips will assist you to have a relaxed practice:

1. Ensure you will not be interrupted.

Lock the door, hang a do not disturb sign, do what it takes to ensure no one will walk in on you.



2. Get cozy. It's important that you will be comfortable as you will be lying down for a little while, so make sure you have whatever you need to relax and get cozy.

3. Wear comfy clothes. Make sure you are able to move easily in your clothes. Most women opt to wear a long skirt, a sarong, or do the practice in the nude.

4. Have some personal lube handy. I like to use raw, unrefined coconut oil myself, but aloe vera gel is also great. Whatever you use, make sure it is edible, as the skin of your genitals is ultra sensitive and absorptive.

5. Warming your Jade Egg. You can either place your egg on your body somewhere or place it in a cup of hot water so that it can warm up.

6. You won't feel your Jade Egg once it's inside. This is a little heads-up that once your Jade Egg is inside your vagina, it is hard to actually feel it. That's normal, so don't worry about it.

7. Doing the Jade Egg warm-ups are essential! When you first start this practice, you will be working out some muscles you may not even know you had! To reduce or eliminate cramping, make sure you do not skip over the warm-ups (self-massage, etc).

8. ALL your muscles will respond. Initially it is hard to feel each muscle separately, so don't worry if your pelvic floor is acting as a whole unit, it's meant to do that! With time, you will develop dexterity.



**How to practice
with your Jade Egg**

Now that you have prepped both your Jade Egg and your space, you are ready to start practicing with it.

Doing your Jade Egg practice:

1. Start with self-massage. Touching yourself gently and with the intent to relax yourself as well as to awaken your sensuality is crucial for the start of the practice. The more relaxed and sensually aware you are, the more successful your practice will be. (In my online course, I teach a more formal way of awakening your body and your hormones, but for now, all you need to worry about is touching yourself in a way that feels really good to you).

2. Always ask permission. This is also very important. How many times has your doctor or lover asked your permission to enter your body and waited for your answer? You may find that some days you get a NO and that's fine. You can do the exercises without the Jade Egg inside. And some days you'll get a YES. Learning to listen to your body is one of the KEYS to being a fully awakened and expressed sensual/sexual woman, so keep practicing!

3. HOW TO ask permission: Beginning on our back, we place one hand on our heart and one hand on our womb/genitals and rest for a moment. We release big sighs and allow ourselves to relax.

Imagine there is a connection between your heart and your womb/genitals. Imagine there is warmth flowing down from your heart and wrapping around your genitals. Take a moment to feel respect for your beautiful body and then ask your yoni (genitals) permission to put the Jade Egg inside (do this in your own words) and then listen for the answer.



4. The first and MOST vital practice of them all: Sipping. This is a practice I created years ago when I realized two very important points:

a) How we practice can either re-stimulate and reinforce old patterns/trauma or can re-pattern the cellular memory of our genitals!

b) When sipping is practiced correctly, it awakens your pleasure pathways like nothing else!

5. HOW TO do the preparatory sipping practice. Bring the fat end of your Jade Egg to the opening of your vagina, just inside the inner labia. Gently move your egg in a circle and slowly search for the best angle for your egg, where it feels like it will easily move into your body. Once you have found that spot, just take a few breaths and relax there for a moment.

6. HOW TO do the sipping practice. As you inhale, gently sip or squeeze the tip of your Jade Egg with your inner labia. Upon exhaling, relax your grip and feel like your vaginal canal yawns open. It might help you to actually pretend to yawn with your mouth when you do this as it will translate into your pelvic floor. What you are doing is creating a vacuum that will suck in your egg. Do this sipping and yawning until you feel your egg start to move inwards.

7. EXTRA PRACTICE TIPS: Always go as FAST as the SLOWEST part of you. Pay attention and don't override the tender parts of yourself, let them join in the experience.

You can apply a very light pressure with the hand that is holding the egg to encourage it to move inwards, taking your time, and never forcing your egg in. Our yoni loves to be entered gently, with love and honor.

Keep breathing deeply and stay connected to your heart. This can take time to learn, but it is WORTH IT!!!

When you do the sipping part, you may feel like you are pushing the egg out. It will only move in on the relaxation or exhale part of the exercise, so be sure to hold it in place when you do the sipping part of the exercise. Once the egg is in, rest and reconnect with your heart and breath.

8. What next? Now you have a choice to get up and wear the egg for your day or you can choose to take it out if you feel tired, any kind of cramping, or if it comes out on its own. If you choose to remove it, just gently pull on the string as you push down with your pelvic floor. Then jump to #13 to see what to do at the end of your practice.

9. I WANT MORE!! If you are not ready to stop practicing, you can try the following exercises.**

10. Tone & Suppleness: Lie with your feet hip width apart and with your arms at your side. As you inhale, raise your pelvis up off the floor as high as it is comfortable for you to do so. When you exhale, you will slowly roll down through your spine and fully relax open your pelvis.



Simultaneously, with the exhale, allow yourself to make the sound of mmmm, ooooooh, or ahhhhh. Through vibrating open your throat, you affect your vagina to relax and open. Repeat this exercise 3 - 9 times. Be sure to rest afterwards.

11. Continence & Pleasure - Part 1: Straighten out your legs and bring them hip-width apart and flex your feet strongly. This exercise is also known as the 'wind-shield wiper' as your feet will be moving as though up against a window or wall. Move your flexed feet in towards each other until you feel your big toes kiss, then move your feet away from each other as far as you can while keeping your feet flexed and knees straight. Be aware of the front of your pelvis as well as the back. Notice which part of your pelvis activates with the different movements.

12. Continence & Pleasure - Part 2: Now bring your legs in tightly together so that your ankles are touching and flex one foot while you point the other foot. For greater sensitivity, place your fingertips above your pubic bones pointing down towards the bone and imaging you can feel the inside of your vagina moving. As you slowly flex the pointed foot and point the flexed foot, be aware that one side of your vagina is lengthening while the other side is shortening. The slower you do this, the more powerful the exercise!

13. After Care: Be sure to clean your egg after practice or wearing by removing and disposing of the floss, blowing through the hole to clear any build-up, and rinse thoroughly with warm water and let sit to dry. Do NOT use soap. You may use a few drops of tea-tree or grapefruit seed extract in a glass of warm water as a cleansing soak, rinse afterwards.

Occasionally, give your egg a salt bath to clear any build-up of energy.

Now you have the basics. Practicing these will give you a lot of amazing

success.

Remember, always use FRESH string (floss) with each use to keep things clean and hygienic.

****Note:** My book, ***Emergence of the Sensual >Wman***, and my online course, *Secrets of the Succulent Woman*, go into 60+ different Jade Egg exercises, but for now, the following exercises are a great place to start.

A close-up photograph of a flower, likely a gerbera, with a soft-focus background. The flower has white petals with a pinkish-red center. The center features a yellow and red patterned design. The text is overlaid on the flower.

You're never 'too old', 'too young', 'too this or that' to start this practice...

I know for a fact that age is irrelevant when it comes to this practice as I've have the privilege to teach women as young as 11 years of age all the way up to women in their 80s.

All that matters is choosing that you want to have a more profound relationship with your body, your sensuality, and your sexuality. That's it.

If you feel like you are 'too something' to do this, you have been misled.

It's always a great time to start loving ourselves more, enjoying our lives more and feeling more confident and beautiful as a woman.

If you feel like you are 'not enough of something' to do this, you have also been misled.

You are perfect. As you are, right now.

The journey back home into yourself starts now, in this very moment.

And I'm thrilled for you.

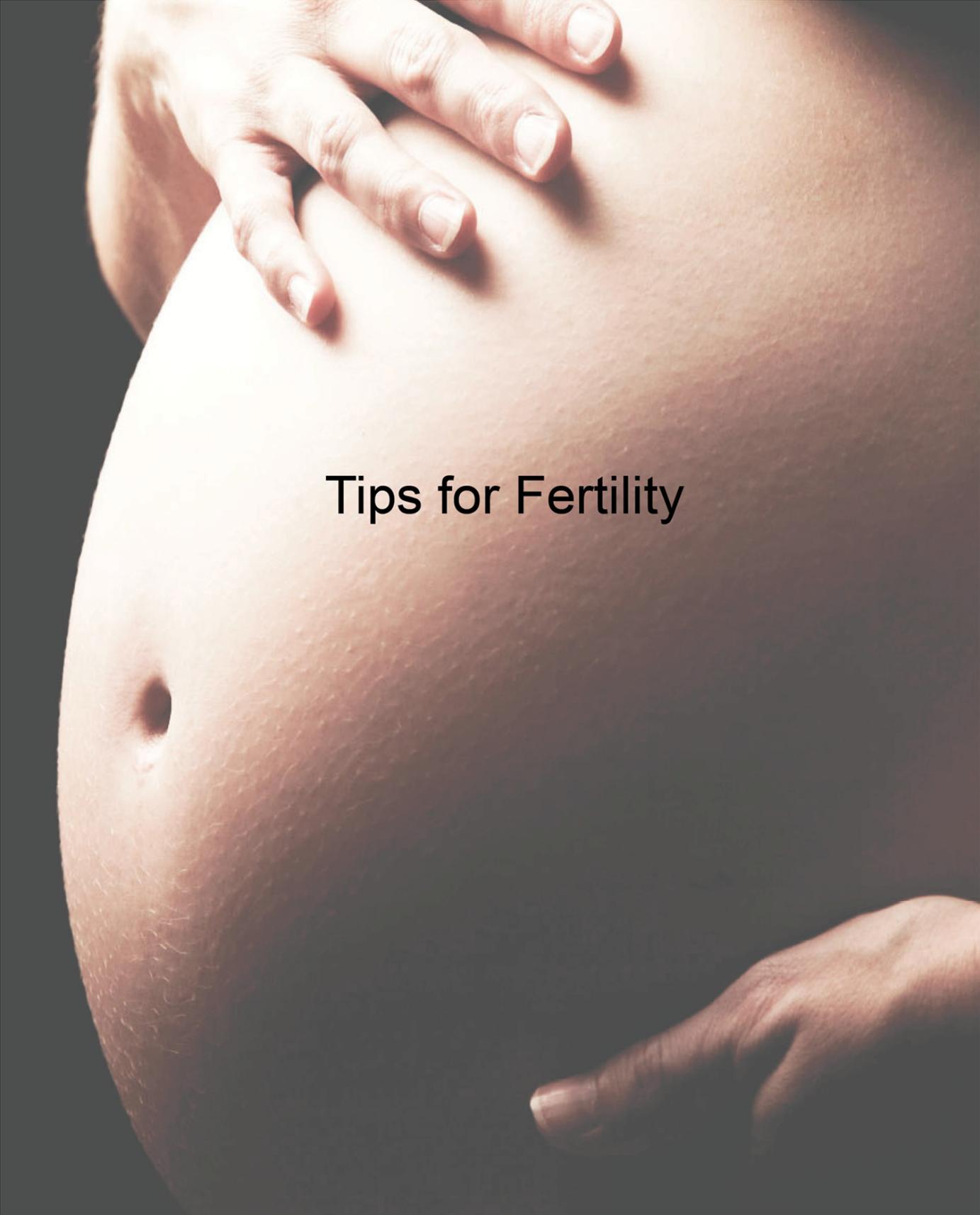
We women have been misled for far too long and we've been taught myths and given bogus information about ourselves, and the power of our femininity.

It's time, right now, to enter into the most exquisite, satisfying, deep, delightful, delicious, fulfilling relationship you will ever have... with yourself!

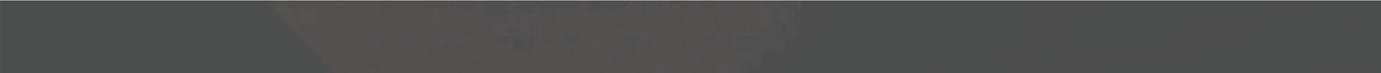
And I'm deeply honored to be here with you as you claim what is rightfully yours:

Being a fully expressed, awakened, and healthy sensual/sexual woman.



A close-up photograph of a pregnant woman's belly. Her hands are resting on her skin, one near the top and one near the bottom. The lighting is soft, highlighting the texture of the skin and the curve of the abdomen. The background is dark, making the skin tones stand out.

Tips for Fertility



Being fertile is important, it's one of the basic birthrights of being a woman.

Yet many women suffer from fertility issues.

The first thing you want to do is start to be aware of your STRESS. **Stress is the number one destroyer of fertility.**

By learning to relax, making healthy new choices that create more ease and openness in your body, and by practicing regularly with your Jade Egg, you will be on your way to transforming stress into vitality. **And vitality = fertility.**

I've also helped many women get pregnant. Here are some tips I shared with them:

1. Relax and invest time in being more sensual.
2. Discover what really turns you on and lights you up and do more of that.
3. Regular Jade Egg practice. It's essential to get proper blood flow into your pelvis and uterus.
4. Connect with your desire to be a mother and spend time feeling what excites you and what frightens you about it.
5. Connect with the spirit of the child that wishes to come through you. Talk to him/her and start to create an environment that would be invitational to a child.
6. Get in right relationship with yourself and your partner.
7. Have more fun. The more we 'try to get pregnant' the more stressed out we feel when it doesn't happen and we fall into a loop that is counter-productive to pregnancy.
8. Work with a naturopath that understands women's fertility.



Tips for Post-birth Recovery



Many women who have given birth and tried my method with the Jade Egg have found that above everything else they tried, the Jade Egg practice is what brought them back to a pre-birth state in their pelvis and womb.

Giving birth is a sacred experience.

As much as it can be an ecstatic experience, it can also be very stressful on our body.

So it is vital to give our body what she needs to heal herself.

Breastfeeding is essential as it stimulates your womb and helps to bring your uterus back into it's pre-pregnancy state.

Using the Jade Egg. Only do this when your yoni (genitals) feels ready. Even just 5 mins of practice per day will really help your vagina regain her tone and dexterity.

If you have any scars from giving birth you want to massage those scars daily if possible with an edible oil (such as raw, unrefined coconut oil).

The more love you can put into your body, the more she will respond and recover.

Fun exercise is also important. Belly dancing is designed for women! And it's one of the best exercises I've found for pelvic health after the Jade Egg practice.

Making love again.

This will also help you feel connected to your partner and help your body heal, even if its just a very gentle connect.

You may not feel like it, and that's ok.

Keep loving and touching each other and doing little things towards helping your body feel delicious and alive.



**Tips for Peri-menopause,
Menopause &
Post-menopause**



I have a lot to say about this amazing stage in a woman's life.

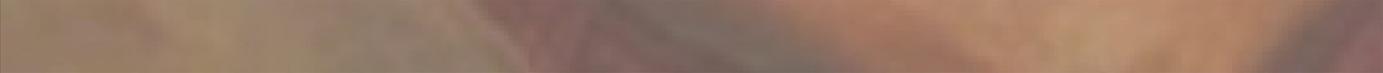
This is a vast and incredible subject, but for the sake of this ebook, I'll keep things simple and practical:

1. This is not the end of your sexuality, but the beginning! In fact, many healthy post-menopausal women have reported that they feel more sexy and alive after menopause than before!
2. I like to call this stage the POWER STAGE because it is when a woman blossoms into her full power.
3. The most important practice you can do at any time during this entire phase (and really, for the rest of your life) is to **support your adrenals!**
4. Adrenal health is supported by rest and reducing or eliminating stress AS WELL AS exercising and having more pleasure in your life.
5. Pleasure is the secret ingredient for a successful transition, so explore what brings you more joy, delight, and sensual pleasure and do much more of that!
6. The Jade Egg practice is also very key. I've had many clients who have completely rejuvenated their genitals from being shut-down, dry, and thin to being alive, juicy, and happy to make love! These clients were from mid-50s to mid-70s and their success has been tremendously inspiring!

Consistency is key. The more you make your pleasure and your body worthy of your love and attention, the more she will respond with revealing her newfound beauty and grace.

A photograph of a woman with dark, curly hair, her eyes closed, and her arms wrapped around herself in a self-embrace. She is wearing a red top. The background is a plain, light-colored wall. The text "Tips for Healing Sexual Trauma" is overlaid in the center of the image.

**Tips for Healing
Sexual Trauma**



After teaching tens of thousands of women world-wide, I've come to understand that very, very few of us escape sexual trauma, to one degree or another. This is why this practice of coming home to ourselves is so important!

No amount of talk therapy can heal the cellular memory held in the tissues of our genitals and pelvis.

I've found the Jade Egg practice, when done correctly, can be the single most powerful practice to re-reprogram our beautiful body to know and understand what respectful, loving touch is and what healthy sexual relationship feels like.

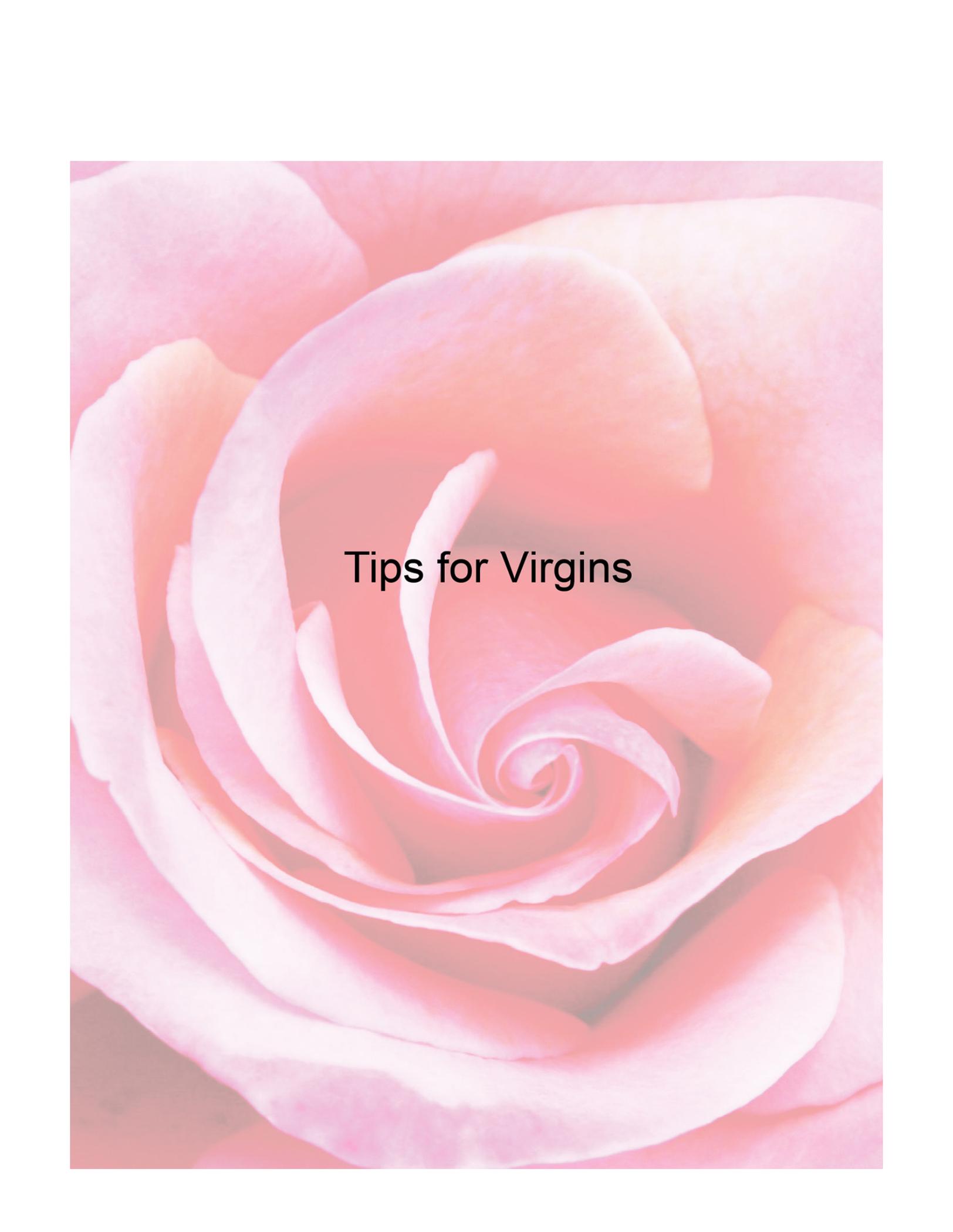
Time and time again, I've seen women reclaim their body and their pleasure for themselves, freeing themselves of the pain and terror that lived like a shadow inside of them.

So the first tip in recovery is to know that you are you are not broken and that it is possible to feel safe and healthy again.

Then I would invite you to take time to just connect with yourself, especially using the preparatory practices 1-3 found on page 29.

It's especially important to *'go as fast as the slowest part of you'*, this way each step you take forward is integrated and grounded.

Trust those slowest parts and give yourself the love and respect you've always desired.

A close-up photograph of a light pink rose, showing the intricate spiral pattern of its petals. The petals are a soft, pale pink color with some subtle variations in tone, creating a delicate and romantic appearance. The text "Tips for Virgins" is centered over the middle of the rose in a simple, black, sans-serif font.

Tips for Virgins



Every once in a while I will get an email from a virgin woman who is curious about the Jade Egg, but nervous about using it.

Sometimes she's interested in learning about her body and pleasure because she is soon to be married, sometimes she's just curious how being sexual in a healthy way looks like, and sometimes she's confused from all the misleading information she has received in her life.

Whatever the case, practicing with the Jade Egg gives a woman a chance to get familiar with herself in such a way that she feels more confident and at home with her sexuality.

When beginning this practice, the most important part is to understand that how you treat your body imprints your body, so it's best to start off with deep respect, curiosity, and a goal-free experience.

By going slow and by building a relationship with your body, you actually form positive, pleasure-full neural pathways that will enhance your sensual and sexual experiences for years to come.

Again, go slowly! What's the rush?

Try the practices laid out in this book, first using only your imagination (an imaginary Jade Egg), then using your finger (it's small and you will get direct bio-feedback from your body this way), and then graduating to the Jade Egg.

Using the Jade Egg regularly helps your vagina understand when to relax, when to open, when to squeeze, and when to move.

In fact, this level of sexual mastery is very important as you set yourself up for a beautiful 'first time' experience.

NOTE: *If you have further questions or want more information, you may also enjoy my book, **The Emergence of the Sensual Woman**, or even following my step by step online course, **Secrets of the Succulent Woman**.*



**Tips for Orgasms
& Female Ejaculation**



Orgasms! One of my favorite topics!

To orgasm is your birthright.

You are designed to have orgasms throughout your entire life, all kinds of orgasms, little ones, big ones, multiple ones, cosmic ones... every type of delightful orgasm is yours to be had.

The main issue with those who cannot orgasm or who have a hard time orgasming, is mainly in our mind.

How we define ourselves, our bodies, and our pleasure shapes our experience of it!

This is where the Jade Egg practice comes in, it will reveal to you your habits around pleasure (if you are pushy, overly goal-oriented, numb, etc) and allow you to slowly relax into the fullness of your unlimited pleasure potential .

The more you learn to relax and open during your practice, the more you enhance your pleasure pathways.

The more you exercise your vagina and pelvis in a balanced, healthy way, the more access you have to those pleasure pathways.

In fact, many women who have never orgasmed before have reported back to me that they experience full body orgasms, multiple orgasms and even ejaculatory orgasms after using the Jade Egg.

So I'm excited for you because I know what an amazing treasure you are sitting on right now!!

My main tip for experiencing more pleasure:

Relax and go deep into your sensual sensations, allowing your breath to expand into each little tiny delight.

When it comes to female ejaculation, I definitely have a lot to say about it, so much so that I wrote an entire chapter about what it is and how to do it in my

book, *The Emergence of the Sensual Woman*.

The first thing I'd love you to know about it is: **it's completely natural.**

But what happens to most of us is this ability is stifled at a very young age through being told that sex is bad, dirty, or wrong and that our 'juiciness' is disgusting or filthy.

Nothing can be further from the truth.

I know because I had my first ejaculation when I was twelve years old. I was completely erotically innocent, on my own, exploring my young body when it happened!

Since that moment I've been researching and discovering the truth behind this natural phenomenon.

What I've come to understand is that the fastest way to pleasure, orgasm, and releasing our sacred waters (ejaculate), is through erotic innocence and the letting go of goals.

Through exploring ourselves and building a meaningful experience with our erotic self, we open the doors to unlimited pleasure.

Many women who have worked with me with the Jade Egg practice have come to realize this natural ability to surrender so fully that both orgasm and ejaculate flow without needing them to direct it or force it.

In fact, forced ejaculation is tiring and draining.

So be open to the mystery of your own erotic genius and trust your body to open like the gently blossoming of a beautiful flower.

A close-up photograph of a pair of hands, likely belonging to an elderly person, gently holding a purple awareness ribbon. The hands are positioned with fingers spread, supporting the ribbon from underneath. The background is a soft, out-of-focus light color. The text "Tips for Post Cancer Treatments" is overlaid in the center of the image.

Tips for Post Cancer Treatments



It is essential to come back home to your body after any cancer treatment.

This is because from the moment you learned you had cancer to the moment it either went into remission or was healed, you learned to not trust your body. In fact, you still may carry a lot of fear inside of your body.

By initiating a new relationship with yourself, one where you can love and trust your beautiful body once again, you initiate a healthy relationship where you no longer are feeling at odds with yourself.

The Jade Egg practice has helped many women to reclaim their body, even post cancer.

If it was breast cancer, then touching the scars with conscious massage each day (using rose oil in the blend) has been huge in transforming self-loathing and fear into self-love.

If it was ovarian, uterine, or any other cancer that impacts your feminine body, then putting love back into those places is key to the next stage of your healing.

Some of you may even been on drugs that suppress your estrogen which have left you feeling out of touch with your femininity and perhaps even with side-effects such as vaginal dryness, thinness, no libido, etc.

You've been on a massive initiatory journey to get to where you are today.

Now it's time to reclaim pleasure, even in the simplest and smallest of ways as a life-style for vitality, joy, and inner peace.

The first step to doing so is giving yourself permission to trust your body again and to enjoy the sensations of delight, no matter how small or where they emerge from.

Once you feel more attuned with yourself and your pleasure, then proceeding gently with the Jade Egg practice will support you in having a profound relationship with yourself once again.

**Speed-bumps along the way
& how to resolve those**



We will end this ebook with a few of the things that can slow us down and what to do about it.

Researching and doing this practice since about the mid-90s has taught me a lot about what actually works and what doesn't work at all.

The following is a summary of the top speed-bumps that can slow down our process of opening up to the fullness of who we are sensually and sexually:

1. Our mind. How we define ourselves, our pleasure, sex, etc plays a huge role in whether or not we feel free to allow our natural sensuality and sexuality to emerge. If you do have negative or inhibiting type beliefs/ideas about yourself and sexuality, you may want to look at those and change those ideas to better suit the woman that you are today.

2. Our lifestyle. Most of us have a go-go-go lifestyle with little room for relaxing and for self-pleasuring. In fact, the more we get things done on our to-do list, the more we impede the very neural pathways that enhance our pleasure. If this is true for you, see if you can take even 5 minutes per day just for relaxing and just for pleasure. Take notice of its effect on your well-being.

3. Sexual fitness. Because of busy-ness and being a sitting culture, we often are destroying our own sexual fitness! A regular Jade Egg practice, squatting instead of sitting for some of the time, belly dancing, and fun, creative movement make you more sexually fit.

4. Other people's opinions. I find this one to be very harmful. It's important to remember that "**what others think of you is none of your business**". This is especially true when you start to feel better and start to feel more beautiful, radiant, and alive.

5. Bad habits. Many of us have habits that keep us from really letting go and fully feeling our feelings and our sensuality. By examining these habits, we can slowly start to put energy towards life-enhancing habits (like your Jade Egg practice) and doing less of the things that steal energy from you.

6. Not doing it right. This can stop a lot of us... but if you go slowly and go step by step, you will succeed. If you need more support, it's here! Come join our members-only group where there is live daily discussion, where I give coaching and answer questions. Or use my other support tools (like my book and online course) and take advantage of what I have to offer you so that you can feel confident about moving forward.

7. I have no time for this. This is the biggest excuse I hear, but it's simply not true. We always have time for the things that are high on our priority list. So where are YOU on your list? By making yourself and your sensual/sexual health important, you will find that you will easily and joyfully make time for even just 5 minutes a day of practice.

8. I'm single. I hear this a lot, if you are single, why bother? It is VITAL you keep your sensual/sexual self healthy for several reasons: For one, pelvic and hormonal health is something worthy to have for an entire life-time (so much suffering and surgeries are preventable through practice). Two, by keeping yourself feeling inspired and juicy, you become very magnetic and attractive to be around.

9. I'm in a relationship. I also hear this one a lot! It's also important to keep having a way for you to nourish yourself and not look to your partner for fulfillment. This way you will keep the polarity that makes for delicious connection alive! In fact, many women who've been married for a while find that practice enhances their sexual relationship with their partner.



**Real Jade Egg Stories From
Women Around The World**



Below you will find testimonials from women around the world, from many different walks of life, who were willing to come forward and share with you their living experience of using the Jade Egg:

The first time I sipped in my Jade Egg, something changed inside me and I no longer need to compulsively overeat. I feel like the Egg helped me to fill a hole that I had been trying unsuccessfully to fill with food. - Naomi Harris

The Jade Egg practice is now my go to place whenever I feel unmet by the world or myself. Today, my angst and loneliness have tapered off and quite manageable. Knowing what the jade egg can do for me comforts me, and gives me courage to ask for more in my life. - J. Eriksen

The Jade Egg has become a Sacred Ritual for me. The first time I held the Jade Egg in my hand I intuitively knew transformation would take place. I have learned to celebrate all the sensations, pleasures and erotic edges the Jade Egg has taught me. I am free to love, play, worship all that is Divinely Feminine with my body. - Cindy Hively

I've been using my jade egg for about a year & I'm in awe of the awakening my yoni is experiencing. I'm more intuitive, relaxed & accepting of life experiences. I used to feel numb, & now, I experience physical pleasure when I do yoga or just tune into my body anytime anywhere. Plus, my orgasms have quadrupled during sex (my husband thinks it's because of him). - Beatris

Initially, I was amazed that after only 30 days of Jade Egg Practice my period dropped to 2 days. Then I gradually experienced that JEP (and the inner work that goes along with the practices) helps the healing and integration of my past. Over time, as I am clearing the debris, I found and I am able to stay within my center and connect to my own truth and feelings in multiple emotionally challenging situations. So, overall I am living a more authentic version of myself. I also feel that my intuition is heightened. -M.D.

My jade egg practice is CRITICAL for this low libido issue! Nothing else has helped this like my jade egg practice does, not even HRT, which I don't do anymore. - P.H.

The Jade Egg Practice has become a total game changer in my life. I didn't know that I could change menopausal symptoms without drugs, hormone replacement or abandoning myself completely. I'm now a very delighted, juicy, alive Goddess flourishing post menopausal, symptom free, fully enjoying my sensual and sexual pleasures. - Judy Little

I did the heart/yoni breathing and love that...I've been doing it since you first introduced it to us in the Jade Egg practice. I do this every morning and feel really peaceful. - Tina E.

The Jade Egg is a simple way to ritualize the fertile phase of my cycle. And the benefit of these personal fertility rituals on my creative work, is profound! - Shara Raqs

The jade egg awakened me to my true power of who I am. I've found the way to really be in love with my body. It has strengthen not only my pelvic area, but my whole being. It woke up what I thought had gone underground permanently; toning and strengthening muscles, tissues, nerves and the energy in my yoni and pelvis that I didn't know existed. The jade egg taught me to say yes to myself. And I'm just beginning... - Lisa Weinstein

I've also started working with the Jade Egg which I love!! It is slow going, it doesn't stay in very long though I have successfully slept with it in once. I am noticing an increase in my sensitivity & had a mind-blowing orgasm with my boyfriend last night. - E.G.

The most powerful practice so far is maybe the simplest. To rest one hand on my yoni and the other on my heart, and feel that they are one. It's one of the warmest and most gratifying feelings, I've ever had. - Karin Grand

I've been wearing the jade egg after being introduced to your book and your practice by my friend and I must say, I LOVE IT!!! It made my sex life so much better and my orgasms are even more frequent and longer lasting. Not to mention how my mood changes to a total bliss and happiness whenever I wear the egg. - Aleksandra W.

Thank you for your beautiful words and wisdom. I have spent the last hour in tears. You validated my feelings. To feel the words I am not broken ...I am not incomplete ...to hear those words affirmed...to first be able to voice my deep feelings and now in hearing your words I am letting go of those thoughts ...moving energy... I now sense my body calling the egg....that is what I feel

like....a belonging maybe...my journey with the egg is already bringing healing in loving my beautiful self, just the way I am. - Sandy P.

Since using the egg in the last 12 months, it's 100% evident to me that the sooner a woman gets to intimately know and utilize the skills that the Jade Egg, allowing their body to release many misperceptions that have steadily built up over the years, then this will serve them well during this pivotal time of menopause when they move into the "wise old crone" stage of their Being. The egg will show them that they do not have to buy into the fact that their femininity and sensuality now becomes atrophied and asleep, but indeed will stay vital and alive in bringing them to the fullness of their own Divine Feminine Power. - Libby Dartez

"Regular Jade egg practice has definitely enhanced my orgasmic potential, and made me a lot more conscious of my pelvic area. I'm pretty sure it has also contributed to the fact that I never have any UTI or candida issues, which I suffered from before, as it has strengthened the immune system of my yoni."
- Sofia

In regards to my practice, I have been doing the 1,2,3 Bliss as you recommended along with a lot of other pelvic floor exercises. It has made a difference in my stress incontinence and bladder sensitivity. - N.L.

For me it has been lower back pain diminished, maybe it was because using the Jade Egg I was more aware of my pelvic posture, I realized I walked and carried myself with a lot of tension in my pelvis. Also, my period pain became less and less, and in general, I became very aware of my cycle, even more than I was because I was so intimate with myself and looking more into my panties to check for discharge, etc. - Maxine Astorga

A jade egg in combo with the exercises and instructions Saida provides are like a portable gym for your yoni, giving you strong, supple muscles you never knew you had. - MT

On a professional level, I am a Childbirth Educator, Calmbirth Practitioner and a doula and see that many women are so disconnected from their pelvis, the womb, that birthing is very difficult, often traumatic and the roll on affect into mothering, is often full of challenges. When I discovered Saida's work, I instantly wanted to share it with every pregnant women. Her work takes you into your body, opens up the channels and creates a space for a an empowered, dynamic birth. What Saida teaches should be taught to every

woman, especially before they experience childbirth. I believe her work is more important than childbirth education. If we can get women to connect into their bodies, then when it comes to birth, we are half way there. - Lael Stone

Through listening and participating in your seminars, I've had a huge breakthrough in counseling because of you and now I'm looking at how to release this shame and how to love myself my body and my life. Without hearing you, I'm honestly not sure if I would of had this big breakthrough. I'm on my way of being whole again and that's amazing. Oh, and because I found you, I went from a size 15 to a size 8! Thank you so much! - A.T.

The jade egg has provided me with immense learning about myself and my body. It taught me that when it comes to connecting with myself I need to let go of "making it a goal". For me it is all about "feeling", "keeping it simple" and "letting go of expectations". This has been a gorgeous practice where my body is the teacher and my mind is the student and the more connected they are with each other the more radiant I feel! - Gladys B.



What's Next?



I trust this ebook has given you deeper insights, understanding and confidence in the subject of the Jade Egg.

I've really enjoyed being with you for this journey and look forward to continuing to support you.

There are several ways where this can happen:

1. **My Website.** If I haven't answered one of your questions in this ebook, then feel free to browse my website. I do have additional videos there on the Jade Egg that you may find insightful: www.TheJadeEgg.com
2. **My book. The Emergence of the Sensual Woman - Awakening Our Erotic Innocence** goes much deeper into both the lifestyle of being a succulent woman as well as giving you over 60 practices you can use with the Jade Egg (including a chapter on female ejaculation). You can get a hard copy here: www.SaidaDesilets.com/store or you can find the ebook version on Kindle, Kobo, and Nook (The audio version is on iTunes and Amazon).
3. **Online Course. Jade Egg Mastery - The Ultimate Course For Lifetime of Pelvic Health & Profound Pleasure.** This 8-week course is designed to give you a deeper practice and more delicious insights through video and audio-guided weekly lessons. There is also a forum where you can ask questions and get direct feedback, occasionally I launch this as a LIVE course where LIVE calls are implemented along with the automated course. www.JadeEggMastery.com
4. **One-on-One Coaching.** On the rare occasion that all other resources fail, it is possible to apply to coach directly with me. You can get more details by going to my site and contacting us directly: www.SaidaDesilets.com/contact

I want you to succeed because the more alive and pleasure-filled you are, the more amazing this world becomes.

It's inspired people who have energy and enthusiasm that make the biggest changes in this world.

Who you are as a person, what you truly embody within you, has more impact on those you love and those around you than you can possibly know.

This is especially true if you are a mother or someone who cares for others.

Thank you for being you.

Thank you for trusting me.

Thank you for being willing to be all you can be as a beautiful, awakened, and profoundly alive woman.



Love Guida!