

Yoni Egg Beginners Guide

Before using your yoni egg you will want to give it a thorough cleansing. Wash your yoni egg in warm water with a natural, gentle soap. Rinse well, and then place in a pot of cold water (never start with hot water which could cause cracking) and bring to a boil for 10 minutes to sanitize it. Allow to cool down before use!

Preparation:

Yoni eggs go far beyond strengthening, toning and healing your yoni, and any associated trauma. To get the most out of your yoni egg journey, you will want to clear, charge and bond with your yoni egg before using it. If you bought the set, most women start with the largest egg, although some can start with the medium size.

Clearing your yoni egg will remove any lingering negative energy that it may have picked up before coming to you, or in the space where you will be using it. Although your yoni egg *has* been charged with healing Reiki and crystal energy before being shipped to you. One way to clear your yoni egg is through burning sage. Smudge your yoni egg by burning sage over your crystal egg, allowing the cleansing smoke to waft over the yoni egg and surrounding space. You can also use running water (let the water go down the drain) or place it in salt for an hour or so, being sure to rinse well with water to remove all traces of the salt before use.

After you have cleared your yoni egg you will want to charge her. A crystal never loses its Mother Earth given energy however it is always a good idea to give it some extra power and put your own energy into it. You can charge your yoni egg in sunlight or moonlight for a couple of hours or as long as you feel is needed.

You're almost ready to begin your practice, but first try bonding and connecting with your yoni egg. Set your intentions for what you want to accomplish out of your journey. Do you want to heal past trauma? Forgive yourself or someone else? Love your yoni and heal from painful menstruation, rough pregnancies or difficult births? Do you want to love yourself more, and bring a more rewarding love life to yourself and/or with a partner? Get over sexual inhibitions? Hold the crystal in the palms of your hand, state your intentions out loud or in your head. Repeat your intentions until you feel they are set.

How to insert it :

Inserting your yoni egg is easy and fun. Get into a private space where you feel safe, relaxed and comfortable. Warm the egg in the palm of your hand. In a squatting position or lying down with knees bent and legs slightly spread, gently insert your yoni egg with the larger end first, and the tip/string pointing down. Some may need a gentle lubricant, but over time your yoni egg will increase your natural lubrication. Inserting a yoni egg is just like inserting a tampon with no applicator. Using it without the string is also fine and is a personal preference. Don't worry, your yoni egg can't get stuck! It can only go as far as your cervix, which acts as a wall, keeping her within the vaginal canal only.

How to use: Once your yoni egg is in, there are a few different ways to use it.

- **Exercise:** The most common use of the yoni egg or jade egg is strengthening vaginal muscles through kegel exercises. Simply insert your yoni egg and begin to use your yoni muscles to rhythmically squeeze the egg. Don't worry if it falls out! Your yoni will begin to tighten and tone up fairly quickly with regular use. But if this happens, then lying down may be the best position for you at first.
- **Meditate:** Use your yoni egg to meditate, by holding it in your hands, inside your vagina, on top of your womb or where ever you feel it is needed. Begin to relax, clear your mind and connect with your spiritual self. Let the energies flow through your yoni egg and yourself.
- **Yoni breathing:** The practice of connecting with your yoni and sexual energy. Insert your yoni egg into your vagina or hold your yoni egg on your womb, begin to inhale and exhale with your mind and body focused on your yoni. At the same time you inhale squeeze your vaginal muscles, on the exhale release your vaginal muscles. Be sure to be in sync with your squeezes and your breaths. Use this time to focus on you, your body, sexual energy and bringing out your feminine side.
- **Love it (and you):** This is best done with a smaller sized egg. Insert your yoni egg, and get it into a comfortable position. Try nudging it up into the g-spot region. Play and enjoy the pleasure it brings. Be careful not to let the yoni egg hit your cervix with too much pressure to avoid causing bruising or discomfort.
- **When you are more advanced/toned** you may go about normal daily activities without worrying about losing your yoni egg. At this point it is time to move to a smaller sized egg.

How to Remove:

Removing your yoni egg is simple. In a slightly squatting position, tug gently on the string as you push out with your vaginal muscles. Think of how you would remove a tampon and allow your egg to glide out slowly and easily. If not using a string, push it out with your yoni muscles or use your fingers to pull it out. Follow the cleansing and sanitizing instructions above before putting it away, wrapped in a silk bag or cloth.

Notes & Contra-Indications:

Please note, laughing, sneezing, or coughing may sometimes cause the egg to pop out of the yoni unexpectedly. Simply retrieve and reinsert your yoni egg and begin again. And if you forget and it falls into the toilet, don't worry, it's happened before! Retrieve, cleanse and sanitize before putting away. Discontinue use immediately if you feel any pain.

Contraindications: check with your doula, midwife, or gynecologist if any of these apply to you

*Within the last three months you have had pelvic surgery

*You have uterine fibroids

*You have inflammation or infection of the vulva, vagina, or bladder

*You are in your second or third trimester of pregnancy

*You have given birth within the past six weeks

KEGEL EXERCISE YONI EGGS

Made especially for women who struggle with peeing when laughing, running, sneezing or coughing to super charge their kegel exercises.

