

THE FAMOUS CHINESE DRILLED JADE EGG

As used in the Imperial Court of ancient China for pleasure and health.

Jade Eggs are drilled to accommodate a string for ease of removal and for applying internal pressure. Prepare your egg and yourself

Before first use, boil your egg for about 20 minutes to dissolve the wax coating which protected the egg during packing, on its way to you, and in case of possible handling by others.

Wash your egg in warm water before and after each practice. Soaking it in a solution of tee tree or grapefruit seed oil in water is also an option for afterwards.

Insert the string into the hole at the thicker end of the egg and pull it through.

Knot at the thicker end to prevent slipping.

Rub your hands vigorously – and massage around your Breasts, Belly, Mound of Venus, Groin, Inner Thighs, Perineum and genitals.

Feel the warm loving energy open and melt away any tension, pain, blockages and start internal lubrication.

If you like, use a non-toxic gel before insertion.

**An ideal gift -
you will always be remembered!**



2

Gently place the egg, thicker end first, inside the inner labia and move it in slow circles until you feel it rest in a comfortable 'angle' Remember to take slow, deep breaths.

Gently feel the inner labia sip or suck the egg upon the inhale, and feel the vagina 'yawn' or open on the exhale. (This takes time to feel, so simply smile and Imagine this happening).

Sipping/Rocking: Continue the sipping exercise and add a gently pelvic rock – tail-bone rocks toward the ceiling on the inhale and presses into the floor on the exhale.

Using the egg: basic practice

As you become more familiar with inserting the egg, you can increase the suction used to get it in. Practice can be done lying down (no gravity), seated or standing.

Imagine breathing in to the ovaries. Focus your mind on the bud and your sexual energy. Visualise bringing it down through the uterus to the clitoris and hold it there.

Gently and slowly pull on the string and contract your vaginal muscles to keep the egg inside.

Stronger Sips: Big squeeze on the inhale and push down/out on the exhale. The egg will move 'in and out'.

Do with or without the pelvic rock

Apply gentle pressure on the egg with the holding hand to encourage it to move into the Genitals.

The JADE CIRCLE a Taoist Meditation for Women Group shares instruction and practice in working and playing with the Jade Egg. Jade Circle Sessions run regularly facilitated by experienced women practitioners.

3

Value your own inner knowing and wisdom. If a practice doesn't feel right experiment to create a special version for you.

With practice you can apply stronger pulls. Vary the angle of pull and observe the different sensations as the egg presses on different internal parts.

Isolate and slowly contract the muscle groups which close the vagina (as if stopping urination). Squeeze and release several times and feel the build-up of internal sensation.

Experiment now with squeezes and angles of pull until satisfied.

More advanced practice

Strengthening exercises: Inhale and squeeze the genitals/egg and press your pelvis as high off the floor as possible. Exhale and relax/melt vertebrae back down to the floor.

Between each exercise: Rub your hands warm, massage your belly/ovaries and bring your hands up to your heart centre and massage around the breasts in both directions.

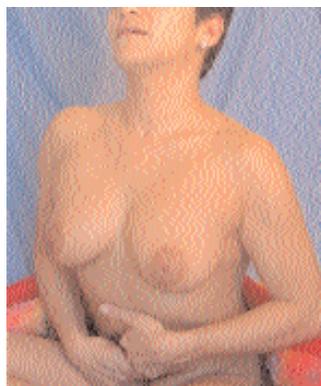
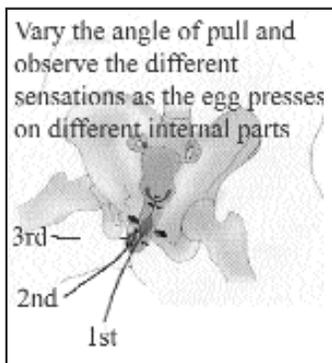
Windshield Wiper: open the legs a little, flexing both feet simultaneously and keep them flexed the whole time. Rotate them away from each other and squeeze the buttocks, then rotate inwards – big toes touch. Feel the front and back of the genitals work.

Important

Rest after each exercise and if you feel any discomfort, massage the area with loving hands.

THERE IS NO NUDITY at Jade Circle sessions.

The illustrations shown are for demonstration and private practice only



4

Seated Practice: Grab the egg with the genitals and relax. Inhale – Grab, Exhale – Relax. Grip the egg with the genitals and move it up and down. Keep breathing slowly and smiling.

Pull up and squeeze with the inhale, push down with the exhale. Egg moves up and down, do not let it completely go out, just down to the opening. Remove the egg by contracting the vaginal muscles to expel it. At first, a squatting position may help or lift one leg on a short chair.

Lie down and relax for ten or fifteen minutes before gently withdrawing the egg

Smiling helps keep the sexual energy in the body – allowing you to cultivate more and more energy without losing it.

Keep Smiling! If you do not have a lot of time to do the practice, just wear the egg around the house, or out if you feel comfortable.

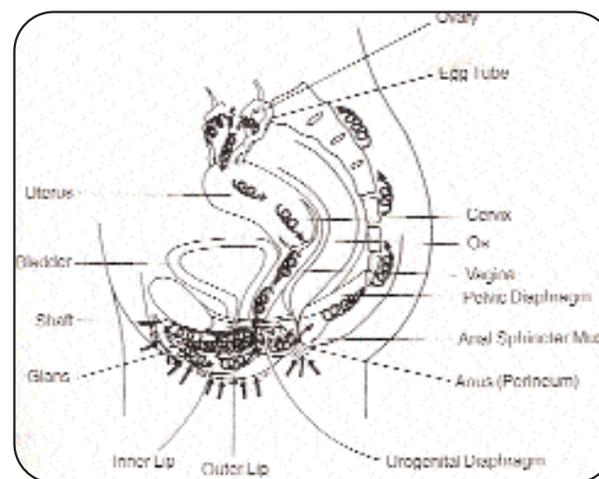
If you are not lubricated enough, massage the nipples and/or use a lubricant of your choice with the egg.

If you have difficulty at first holding the egg in, try sleeping with it. The genitals will continue to work with the egg as you sleep – many women have reported vivid dreams and a firming of the muscles.

If you feel emotional or any pain, stop and rest.

5 minutes/day of practice will create more positive results than 1 hour one/week.

Consistency is the key. Think of it as a wonderful, rejuvenating program. It is recommended to rest from your practice while menstruating. Use your own discretion. Do not use if you have an I.U.D;



Text and images from 'A Touch of Sex: Shiatsu Secrets for Love' by Mantak Chia & Kris Deva North www.healing-cao.co.uk

To learn more about the Jade Circle email (click): info@healing-cao.co.uk