



# **THE YONI EGG INITIATION**

**MELISSA SANGER**

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## THE HISTORY OF THE YONI EGG

To explore the origin of the yoni egg we have to travel back to about 5000 years, in ancient China. The jade egg (the traditional type of stone used in Taoism) was first written about in the oldest sex manuals in the world: the Chinese Handbooks of Sex and Tao of Love Coupling, written by the legendary Yellow Emperor, Huang-Ti. He was said to have had three female sex advisors: Su Nu, the Plain Girl, Ts'ai-Nu, the Harvest Girl, and Hsuan-Nu, the Dark/Mystery Girl. Their conversations were compiled into a book titled 'Su Nu Ching' or 'Classics of the White Madam', which became part of the 'Yellow Emperor's Classic', the most important ancient text in Chinese medicine and very important to Taoism.

It was said that the emperor was to make love and satisfy many women (at least 120 wives and concubines) from different ranks so that the planets were pleased and so bring good fortune. The ancient texts contain detailed descriptions of postures and timing for lovemaking in order to optimize its healing effects. If the emperor was to make love to so many women, the only way to not get energetically drained like many other emperors was through semen retention and other sexual cultivation practices that would preserve his jing (essence). For his lovers there were ways to support and expand his orgasmic fulfillment, while also enjoying generous benefits themselves.



The Yellow Emperor



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The three female advisors initiated the Yellow Emperor in the universal laws of the cosmos like the feminine and masculine and heaven and earth polarities. The women had an important role in advising the emperor on i.g. the best timing of big events.

The three female advisors also developed the jade egg practice to make the vagina strong and sensitive, so she could play with the emperors jade stalk (penis) and give him orgasmic experiences without ejaculation. Instead they taught him how to circulate the sexual energy throughout his whole body. The jade egg would also massage reflexology zones of the vital organs and therefore create great benefits for the women.

In the 50s and 60s, yogic and tantric practices were being discovered in the west. In 1980 Mantak Chia was the first to bring these secretive Chinese practices to the west. He came to the US and Europe and began to teach ancient taoist practices like the Microcosmic Orbit, thereby bringing these practices that were always reserved for few “spiritually developed” people, to the masses. He believed this was very much needed to free up repressed sexual energy.

These ancient practices and wisdom from the female advisors, like the jade egg, are still being practices by modern women, although in modern taoism and tantra they are adopted to support modern life and bring empowerment to women.

Source: ‘Tao Tantric Arts for Women’ by Minke de Vos



Ancient Taoist Yin/Yang symbol

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## THE YONI EGG BENEFITS

- This is a practice 5000 years old from Ancient China, used to create strong, orgasmic, healthy, vibrant, lubricated and toned yonis!
- Can help with healing, massaging and re-sensitizing the numbness or tensions of sexual trauma.
- Builds a re-connection with your yoni through conscious consent, loving touch and nurture.
- Brings fresh Qi and blood flow to your sacral area and pelvis, which prevents period cramps and pelvic stagnancy.
- Acts as a resistance kegel, so it tones and strengthens the vagina muscles and the pelvic floor.
- Your whole foundation feels stronger, orgasms are more powerful and you can hold your wees longer! It's really helpful for healing incontinence (a weak bladder).
- Prevents bladder or uterine prolapse.
- Amazing for peri-menopausal and menopausal women, to maintain yoni aliveness and lubrication!
- Cultivates a feeling of wholeness in your vagina and a nourishing feeling of filling up of your own cup!
- It re-sensitizes the many erogenous zones of your vagina, such as the G-zone and the Cervix into their awakened, orgasmic potential!





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## INITIATION 1 - YONI TONING PRACTICE

During the first initiation call we practiced contracting and releasing of different muscle groups of the pelvic floor. Doing this practice is essential in the yoni awakening journey, to support bringing consciousness to your Yoni & into pelvic bowl. You may not be able to feel all the different directions (as described below) in the beginning, in this case you can practice by *visualising* these movements. Over time this helps to build new neural pathways and therefore new connections. Be patient, practice is key! Keep your eyes closed and your awareness in your pelvic bowl.

### **The Directions**

Practice squeezing with your inhale and releasing with your exhale.

#### ***East - West***

Pulling the left and the right sides - hip bone to hip bone - inwards towards the vagina. Imagine bringing your two hips towards the centre.

#### ***North - South***

The front wall of your vagina (the g-spot side) and the back wall (the spinal side) together.

#### ***Earth - Sky***

Activating the 3 rings of muscles inside the vagina

The 1st at the very entrance of the vagina (bottom)

The 2nd is in the middle

The 3th is near the cervix (top)

Practice isolating these 3 rings of muscle. Squeeze the bottom, and release. Then the middle, and release. Then the top, and release. With practice, you can give a penis massage with your vagina!

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## *Altogether*

In this order, during your inhalation squeeze:

east - west

north - south

earth - sky

Release all at the same time, with an exhale.

OR relax just *one* direction at a time

First relax earth - sky

Then relax north - south

Then relax east - west

## OTHER POWERFUL YONI EGG PRACTICES

### **Pussy Pulses Sublimation Practice**

Begin with 15 pussy pulses: each pulse is a 2 second inhale squeezing your yoni, followed by a 4 second exhale relaxing everything.

Rest for 1 minute. Relax your whole pelvic floor, vagina muscles and jaw. Whilst resting and keeping all muscles totally relaxed... inhale all the cultivated sexual energy up from your pelvis into your heart, then exhale and expand the energy into your heart space.

You can place your hands over your heart to help give the energy a focal point. If you're a visual person, envision the energy streaming up into your heart like a river of light, and then expanding into into your heart space. Repeat for a 4+ sets.

Afterwards be sure to spend some extra time relaxing your whole body and yoni, with some deep integrative breaths. You can also try this practice up into the third eye, or into a different chakra, or into an organ or a part of the body that is experiencing pain.



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## Hips Circling

You can explore this either standing up or cross-legged. Put on a couple of sexy, sensual songs and circle your hips one way for a while, before switching directions. This can be really good to get your sexual energy invigorated before channeling into a creative project or even before a first date. If you are standing, close with a couple of hip thrusts to REALLY activate the raw sexual energy! Remember to breathe deeply throughout.

## Cat Cow Breathing and Pulsing

Take some slow, slinky cat and cows with deep sounding breath. You can explore squeezing your yoni on the cat, and relaxing on the cow. Or you can relax on the cat, and squeeze on the cow. Let your body guide you intuitively in what feels most delicious for you in the moment. Deep breath, moaning and sounding can feel really good with this one.

## Expanding Your Sexual Energy Capacity

Try building up as much sexual energy as you can using one of these practices or through self-pleasuring ~ without orgasming! Then, cycle it around the micrcosmic orbit for a few minutes, before finally concentrating it into the golden pearl in your wombspace, and go about your day! Channel it into creative magic instead!

## Yoni Egg Yoga

Try your usual yoga practice with a yoni egg inside. Explore intuitively squeezing and releasing your yoni muscles in different asanas and have fun with it! Less is more here, you don't need to squeeze your egg very often as this can create hypertension, just add in a few pulses or squeezes now and again!

## G-Zone Breathwork

You'll need a yoni egg with a string for this exercise. This is really powerful for activating your g-zone orgasms. I recommend doing a lot of clitoral and vulva massage before this practice so that your g-zone is engorged and ready for stimulation.

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Once the egg is inside, lay on your back and begin pulling the string upwards towards the sky in a pulsing motion. Play with different pulsing speeds, medium to fast. During the pulsing, breath in and out of your mouth in a fiery fashion. Try to send your breath in and out of your pelvis, like a balloon.

This can eventually lead to a g-zone orgasm, but please don't focus on this as "the goal". Instead, the goal is to be as present as possible with your loving awareness on your g-zone. There may be some pain or an emotional release. Focus on what sensations you are feeling in your g-zone moment to moment, and let the mystery unfold.

## Chakra Breathing & Sex Magic

Always start sex magic consecrating the ritual to the greatest good and to something much bigger than you (e.g. the divine feminine). You can either work with a manifestation as a symbol or enter into the 5 senses reality of your manifestation ~ or both! You could also have a more simple intention to experience more pleasure and more sexual energy throughout your entire body.

You can begin with self-pleasuring and some pussy pulses. Once you've built up a lot of sexual energy in your yoni ~ using your loving awareness you can begin to breathe the sexual energy as a ball of light down into your root chakra.

Next, emanate it into your sacral, then your solar plexus, your heart, your throat, your third eye and finally up into your crown. Spend about 2-5 minutes on each chakra. I like to place my hand on each chakra as a focal point. Eventually, you can send your manifestation and your sexual energy up into the cosmos through your crown with your orgasm!

Afterwards, lay in the echoes and meditate in the stillness for a couple of minutes. Then, use your hands to slowly bring the cosmic, refined, sexual energy back down through your body and through each chakra. You can anchor the manifestation into your wombspace. Grounding after this practice is super important, so I suggest building a root from your womb into the earth to anchor you. Lay there for a while, and open yourself up to any downloads or insights that may come through afterwards. Close with 3 gratitudes for yourself and the practice.



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## INTERNAL ORGASMS AND FULL BODY ORGASMS

This epic journey starts with self-responsibility! I highly recommend having a regular yoni egg practice, a crystal wand practice and a sexual energy cultivation practice (like the microsomic orbit or chakra breathing). It requires training and devotion beloveds!

The yoni egg practice re-sensitizes all the orgasm zones inside your vagina, which are often asleep and numb prior to this practice. It's also an ancient tool to practice cultivating sexual energy in your pelvis ~ before consciously sublimating it up into your entire body!

Also spend some time with your crystal wand, lovingly massaging any pain or numbness away and then, re-sensitising the new pleasure pathways in!

In your self-pleasure practice (with a glass or crystal wand) and in lovemaking ~ remove the “goal” of orgasm. Why? Because if you are constantly thinking about the big O, you're:

- a)** Up in your head and not present in your body!
- b)** Projecting anxiety into the future and conscious orgasms occur when you are present in the *\*now\**!
- c)** When you remove the “mind goal” of orgasm and focus on just being PRESENT in your embodied sensations Instead, you will enter this forever unfolding and deeply mystical sexual experience - and from there, orgasms will naturally occur in waves anyway (but WITHOUT all the pressure of the mind).

Keep bringing your attention down into your pelvis and ALL of your awareness to the even the tiniest, most subtle sensations of pleasure you DO feel. Follow the pleasure moment by moment. If you get stuck up in your head, return down to the current sensations again and again.

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Continuously breathe deeply and SOUND. Sound liberates and moves the sexual energy ~ bringing in sound is a whole other level of orgasms! I don't mean high pitched porn sounds. I mean deep, primal and guttural sounding!

This also vibrates your vagus nerve ~ which allows your nervous system to relax and feel safe to experience internal orgasm.

It also requires a level of sacredness, patience, love and trust with your partner to create the right environment for an internal orgasms.

The Yoni often needs to feel love and respect on all levels to fully surrender into those states of consciousness. Through patience, self-devotion and self practice, you'll get there. It's inevitable!



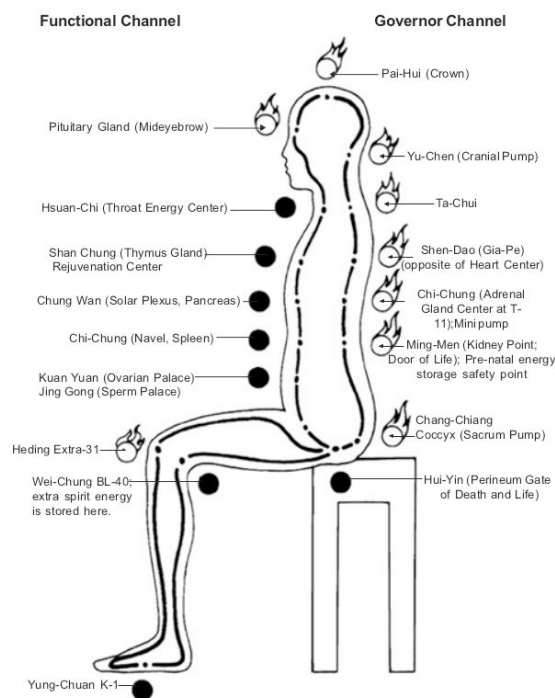
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## TAOISM BASICS

### The Major Sexual Energy Channels

1. Straight up through the central channel
2. Up the central channel through the chakras
3. Sushumna Nadi (up the spine from the root to the crown)
4. Ida nadi and pingala nadi channels (left and right sides of the body)
5. Two channels left and right, which begin at the perineum, and ascend crossing over at each chakra until they meet together up at the third eye.
6. A channel from the ovaries to the nipples over the shoulders and around to the ovaries again
7. The microcosmic orbit fire cycle (invigorating) and water cycle (cooling)
8. The macrocosmic orbit (which includes the legs and arms)

### The Microcosmic Orbit



*Fig. 3.1 Learn to circulate your Chi in the Microcosmic Orbit to assist in counteracting stress. The tongue touches the roof of the palate to complete the circuit of the Governor and Functional Channels.*



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