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Quick Steps To Get You Started with Dr. Saida Désilets

So you have a genuine Canadian Nephrite Jade Egg, NOW WHAT?!

The following simple instructions will assist you to begin your adventure in claiming your full sexual health and orgasmic potential. (More details can be found in Saida's books & online courses).

Step 1 - Sterilize & Clean: Boil the egg for 10 minutes and let cool. This ensures that the egg is disinfected and ready for use. You only need to boil the egg again if you drop it on the floor or in the toilet (or if you are very sensitive and need to make sure it is more sterile). Make sure you use the complimentary pipe cleaner by inserting it into the jade egg and moving it back and forth. (This WILL NOT hurt your real Jade Egg).

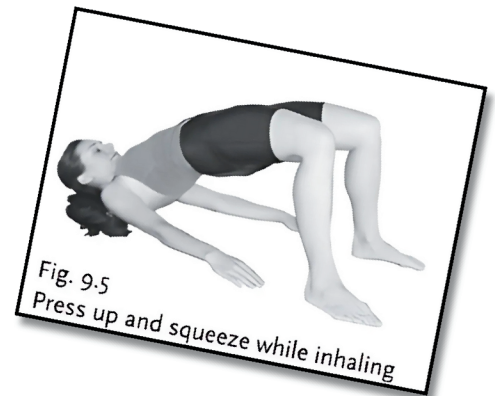
Step 2 - String Your Egg: Using a piece of unflavored, unwaxed floss (at least the unflavored if you cannot find unwaxed) about the length of the inside of your arm from armpit to wrist, insert one end of the floss through the hole and "thread" it through like you would thread a needle. Tie the two loose ends in a firm knot. (This is made easier with our on-line video, please view at <https://dareyourdesire.com/the-jade-egg>). Scan QR at the top.

Step 3 - Using the Egg: *Make some uninterrupted time for you to get comfortable and relaxed.* The initial 'putting the egg in' involves a technique called sipping. Here you will take the fat end of the egg (add some personal lube if you need) and place it on the inside of your inner labia. Rest your free hand on your heart and practice consciously breathing. As you slowly make circles with the egg around the opening of your vagina, be aware of how you are feeling and all sensations. Imagine you are looking for the perfect angle for the egg to easily enter your body. When you find it, rest for a moment and reconnect with your heart and breath.

Then, inhale and imagine your vagina 'yawning' wide open. On the exhale, simply relax or do very gentle 'pulses' (sipping) with your vaginal opening. You will be creating a vacuum that will assist you to suck the egg in. This will start to awaken your vagina in new and important ways. Note: When you do the sipping part, you may feel like you push the egg out. It will only move inward with yawning or the inhale 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.

Step 4 - What next? Now you have a choice to get up and wear the egg for your day (taking it out if you feel tired, if you experience any cramping, or if it comes out on its own), taking it out and see **Step 7** or continue with the following exercises:

Step 5 - 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*, *oooooh*, or *ahhhhh*. Through vibrating open your throat, you allow your vagina to relax and open. Repeat this exercise 3 - 9 times. Be sure to rest.



Step 6 - 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 activates with the different movements.

Step 6 - 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!

Step 7 - 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, grapefruit seed extract or iodine 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. ENJOY!

Dr. Saida Désilets, author of *The Emergence of the Sensual Woman*, & *The Illustrious Jade Egg - Everything You Need To Get Started*, is the founder of the Modern Jade Egg Movement as well as an international advocate for women's sexual health, sensuality, & erotic genius. Having worked extensively with tens of thousands of women world-wide, Saida shares tried & true methods for reclaiming pelvic health, awakening orgasmic potential, transforming trauma into personal power and wisdom in simple, fun, and effective ways. Deepen your experience and mastery through joining a live seminar and/or experiencing her online course Jade Egg Mastery. To get your copy of her free eBook, visit: TheJadeEgg.com & for more details on the online course, visit our store:

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