

Frequently Asked Questions

about *Yoga for the Vagina*

I get asked a LOT of questions about *Yoga for the Vagina*, so I have compiled a list of them, as I know if one lady asks a question, she is not the only person seeking that same answer. So if you have questions about *Yoga for the Vagina*, or if you simply want to learn more about the practice, this is the place where you will find insights, answers, and deep vaginal wisdom!

And to make it easier to find what you might be looking for, I have popped them into categories. Obviously some questions fall into a couple of categories, so be sure to have a good browse through.

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If you have another question (or number of questions) you would like answered, feel free to sign up for a month of email support. You will find this in the 'Support' section of the course. The cost is \$100 for a month, and that gives you a month of asking unlimited questions about *Yoga for the Vagina*, the Jade Egg and what you are experiencing as part of your practice. I will personally answer each of your questions, to help you move through any blocks of resistance that are impacting your personal practice, your sexual health or your sexual pleasure.

Breathing

Q. We already "talked" about breathing and when to lift pelvic floor. You teach raising it during the breath in and I had learned the opposite (so to make more space in the belly). Which is fine. It's all about intention! I understand as well why the breath out should be with letting go the pelvic floor and vagina muscles... It's to help release. That part makes sense for me. However, I was wondering why I was thinking it is so "unpleasant" to do it your way... It's because my belly doesn't want to get big (inflate) when I breathe in and contract pelvic floor at the same time!!! It stays small... It is all contracted. Is it "normal"? Or is it because I can't isolate properly the 2 moves?

Contracting the pelvic floor and breathing in (contracting the diaphragm) should be 2 different things, right? I am really trying to understand and I also had a conversation with my teacher on that so I really want your opinion. Here is what I did : I lied down on my tummy and concentrated on squeezing my egg and feeling my belly on the floor. It's then that, if I am not wrong, I thought that it might be 2 different moves that we should be able to do at the same time, but it's so different that what we are used to do that it feels weird. What do you think?

A. In the society we live in, we are taught as women we must suck our belly in. So begins this process of backwards breathing where we inhale our belly in. Because we do this so often - and because some yoga disciplines promote this - it feels natural to us. Yet, the natural way of breathing is to breath the belly round, and let it deflate on the exhalation. If you consider we are filling it with air on the inhalation, it makes sense that as oxygen goes in, it would round out the belly. Also - breathing in this way, is what pins the sexual organs in place. If we are breathing backwards, the sexual organs are more likely to prolapse because of a lack of intra-abdominal pressure created from natural breathing. So yes, this will feel strange to begin with, because you are essentially needing to re-pattern your old way of breathing. But with time and practice, this will become the norm for you.

Yes you can break it down into two separate moves, contracting the vagina and breathing the belly round, but ultimately we're aiming to marry them up together. Simply set the intention for this to happen, without putting any pressure on yourself to feel it actually happen, and with time and practice this will naturally begin to happen for you. Can I also suggest having a read of the playsheet from the **Luscious Lady Parts 30-minute sequence 5**? The reason for this, is ultimately we don't just want to be contracting the pelvic floor, but the whole pelvic parfait (all of the contents of the pelvic basin) which I explain in this playsheet in much greater depth.

Unfortunately there is a lot of mis-information on the pelvic floor. When we isolate one area like this, it causes weakness in other areas, hence as women, we want to be engaging the entire contents of the pelvic bowl. But I'll let you explore that in the **Luscious Lady Parts playsheet**, as I think that will give you all the information you need there :)

Q. I've learnt a few different breathing techniques over the years and am familiar with belly breathing but noticed that when I was doing the Spinal Flex, when I inhaled and squeezed forward, I tended to scoop my belly in like is taught in Pilates, and then exhale release my belly out. Before I started yoga I used to do Pilates so I think I'm now breathing incorrectly? Is this an issue, and if so is there something I can do to help correct it?

A. With the breathing techniques - each different modality has different breathing techniques, so it's not that you're doing anything incorrectly per say. I teach to breathe out on the inhale in *Yoga for the*

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Vagina, because that is what the belly naturally wants to do; as the belly fills up with air it rounds outward. You may have read in the **Blissful Breath playsheet** that belly breathing - where you inhale your belly out, and exhale you belly in - helps keep the sexual organs pinned in place so you don't experience prolapse later on.

My suggestion with this, is don't rush to change your breathing. Simply be aware of your current pattern of breathing, and as you practise these sequences, you will start to change the way you breathe over time. Also pay attention to how you may or may not hold your belly in, in your day-to-day life when out and about. There is an unconscious tendency to hold the belly in when we breathe - due to societal conditioning that teaches us we need a flat belly - which does compromise the resilience of our sexual organs. So just start to bring gentle awareness to it, and begin to connect in with a full belly breath in.

Q. I am trained in Kundalini Yoga and as you would know we quite often apply mulabhand after each exercise in a kriya. Would you just refrain from that, perhaps just holding in the final posture or medi? I was always taught to actually visualise that when applying that lock, my internal organs were drawing up inside.

A. It really depends on how you do this. If it is a really strong squeeze and hold then this could potentially do your lady parts damage. What we need to remember is that yoga, when it originated, was just created for men, and women weren't even allowed to do it. Yet the way it is being taught today, most styles have not been adapted to suit the female body and our beautiful pelvic parfait. If you were to do a very light squeeze - keeping it really soft - and simply visualise the energy moving up your body, this would be absolutely fine. I also wouldn't hold for more than 10 seconds.

Q. When you are doing sipping, with the breathing in and out, am I breathing in through the nose and breathing out through the nose also? I have nose allergies, and am not used to breathing through out through my nose so much, so it feels strange to me sometimes.

A. In most of the exercises and poses in *Yoga for the Vagina* (apart from those that direct otherwise) we breath in through the nose and out through the nose. And this is also the case when we are Sipping. Ultimately, if you're having trouble breathing through your nose, if you can breathe in through your nose (as this filters and warms the air, making it healthier and easier for the body to assimilate into our blood stream) then breathe out through your mouth that would be ideal. You may even like to make sound as you breathe out through your mouth as this is deeply healing on the body. Of course, if breathing in through your nose is too difficult on any given day, simply breath in through your mouth. The most important thing is that you make the practice work for you. If you do choose to breathe in and out through your nose, know that with time and practice, it will start to feel more familiar to you.

Q. When I am breathing and doing any of the exercises that require squeezing and releasing the egg, I find that my breathing gets out of whack. For example, if I do a Pelvis Lift and normally we need to breathe out right (so the stomach comes out) but then I find squeezing the egg at the same time makes me stomach want to go in instead of out. Is this something that gets easier with practise?

A. Yes, this does get easier with practise. We live in a society that teaches us that we need to breathe in our stomachs and so for many women this becomes their natural way of breathing. Yet, breathing in this way actually hinders our supply of oxygen. I go into a lot more detail on this in the Layer 1 and Layer 2 Blissful Breath playsheets.

It is for this reason that when we then go to add a squeeze that it feels completely unnatural to squeeze and breath our stomach full at the same time. The most important thing to realise is that you are reprogramming the way your body functions to a more healthy way of functioning and that does take time and patience and practise. So simply be aware of what you're wanting you body to do, keep reminding it to do it the way I instruct it, and if it doesn't always happen that way, simply be accepting of where your body is at. Love it, for what it is willing to experience in this moment.

Emotional Healing

Q. I realised that by letting go, your program brings back good and bad memories from the past about all that's regarding chakra 2 (pleasure, intimate relationships, the first time, etc). I guess it's what was under the rug that I thought was gone. I think it's a good thing for me to face them now and just let go what I don't need anymore. It is very strange though because, it's no drama, but it's things I thought I had forgotten. Maybe we never forget with our head but we can let go the bad emotion associated with it?

A. Yes the practice will bring anything from the past to the surface that has not been fully resolved. We may not consciously remember something, but that doesn't mean we are not suppressing emotions around it. Be grateful that it is coming to the surface, as that means that healing around that is happening. Simply lean into these feelings and allow the healing to unfold organically.

Q. I tuned in on my womb last weekend and worked on releasing trauma. I feel like a lot has shifted. But since then my body is very tired. My heart and my mind are quite happy but even taking a shower is physically exhausting. Can that be related to releasing negative beliefs and emotions? My body working very hard to let go of the trauma? If so, is there anything I can do to support my body in that process?

A. Congrats on spending the time on this! And yes, fatigue and feeling tired can often be the body's way of processing. What is happening here, is in order for the full physical healing to happen, the body needs to be in a state of rest - as that's when much of our healing and regeneration happens - hence why the body is asking for rest through making you tired; so it can do the healing.

My advice would be to rest, as much as you can. Have afternoon naps, take a day of work to rest, turn the alarm off of a morning so your body can sleep in till whenever it needs. The tiredness will pass, as long as you give your body what it needs now. I actually had this happen a few weeks back. I was sleeping 12 hours a night for 5 nights straight and had to keep napping during the days, but felt so much better afterwards and had a really beautiful breakthrough thanks to it.

Our body is very very smart. When it makes us tired, hungry, etc. it's simply communicating to us what we need at that time. That said, if this happens a lot as part of the healing process, you may be holding onto some subconscious belief systems around change/healing being hard or difficult. IN which case you would want to work with a therapist (if you do not already have these skills) to clear these beliefs, so that when you release trauma, it doesn't effect you in such a full on way. I teach people who to remove beliefs themselves in the [Remarkable Relationships 3-month online course](#).

Q. When I do the breast massage and start to do the nipple circling it immediately brings up feelings of being short of breath and wanting to run away. It is quite a strong emotion and I haven't yet had the courage to breathe through it and feel the emotions connected. What I wanted to ask you: Is there (generally) a specific trauma connected to nipples which I can work on? I don't have a clue yet what it is relating to and I think it would help me moving through these emotions and transforming it to pleasure and joy.

A. I am not aware of a specific trauma associated with the nipples. When you asked this question, my initial feeling is that there is a part of you that is wanting to run away from pleasure. The majority of us are programmed from a young age to feel we are not worthy or it is not right to experience pleasure in our body, and given the nipples are a major pleasure source, this would make sense.

My suggestion would be, as you massage your nipples, breathe through the resistance. Even if you need to stop massaging your nipples and just rest your hands on your nipples, breathe into the feelings. Let yourself feel the feelings. For when we feel the emotions and feelings that this kind of touch ignites in us, we are giving it voice, so it can heal.

There may be specific trauma that you have experienced that is directly related to this experience you're having when you do the nipple massage, but in most healing, you do not need to know what that trauma is to experience a healing. You simply need to allow the space to feel what comes up - feel the emotion that has been locked in the body all these years - and that is what will create the healing.

Q. Would you mind if my question is about body image? I have suffered so much because I considered myself not pretty enough/or not slim enough and I strongly disliked some parts of me and "mistreated" them with my thoughts (and it even translated into love making, I avoided it sometimes for these very reasons). I am learning to be gentle and compassionate towards my wonderful body and accept the way I look, although my perfectionist mind keeps on being very harsh and mean sometimes. The practices help greatly, but I would love to hear from you if there are some more ways to support the process... I will also try to work with my limiting beliefs and try to look into the time when all of this started. Thank you very much for any insight.

A. Yes, our body image is very much wrapped up in our limiting beliefs and how our parents and carers taught us to see ourselves as a child. So, my biggest advice would be to do direct belief work (I teach this in the [Remarkable Relationship 3-month online course](#)) as that is the quickest way to help you fall in love with your body. And don't worry - most ladies have experienced body image issues - me included, until I started doing this work and cleared it out. One piece of research showed that 90% of women in America, for example, hated their body. So this really is a major problem in the world we live in.

Now all of that said, one of the major side-effects of *Yoga for the Vagina* is that women begin to fall in love with their body. Nearly every woman I have worked with has had that same experience. Body image issues are not generally what bring women to the practice, but because you are connecting with your body on such a deep intimate way, you begin to iron out the body image beliefs, and begin to really love your body in a new way. So the more you practise, the most you will experience that self-love for your body :)

Q. I've been working very slowly and gently with your materials and on the whole practising every day - with some gaps. I was finding that the jade egg did not want to go in and I was encountering

pain in my vagina when I gently pushed it. It felt like a band of fear just inside the entrance to my vagina. I have been respecting this and still working through the 30min sequences and still practising the sipping every time, and then carrying on and finishing the sequences without the egg inside.

Then two days ago after I'd had a two week gap (I was exploring some other body work - Liz Koch Core Awareness and I did her London 12hour psoas course) the egg went in!! It felt wonderful and I could feel it working on the issue I've got in my left hip. I had feeling of completeness and wholeness. It also slowed me right down - similar to when I used to have my period (I'm now post menopause - age 55). I pushed the egg out after about two hours.

The following day the healing reaction was very very intense. In Base Position I felt huge distress, tears came and at the same time a feeling of blockage in my chest and throat / neck. And a lot of fear. The egg went in again yesterday and this time I was aware of anxiety and fear and pushed the egg out after sitting and listening to my heart straight after finishing the sequence. I noticed I was more disconnected than usual during the sequence. Fear is still around in my body / energy today.

My question is - when the distress and tears come up in the healing reaction - should I give myself over to them and let myself cry and cry and cry? I'm terrified of this - it feels as though there will be no recovery from this and it is so distressing and there will be no way out. Or is it better to observe myself blocking the tears and sit with the pain in the chest and neck that this creates?

A. Liz Koch teaches some really great stuff for the body. So happy you came across her. Not sure if you have explored the two Luscious Lady Parts playsheets yet, but you will find some similar material in there that talks about the reproductive system in relation to the psoas. And many of the poses through the sequences are working with your psoas to help create the type of healing she teaches.

I am so happy you listened to your body and did the sipping, then continued on without the egg. You certainly don't want to be experiencing pain. If there is ever pain, it means you're either not doing a pose correctly, or the body doesn't want what you're offering it at that time, and that is totally ok. This is why this practice is so good at teaching us to really listen to our body and honour what we need in that moment.

In answer to your question about how to deal with the emotions the practice brings up, the best thing you can do is sit with whatever you are presented with. In the society we live in, we are taught to avoid feeling our emotions. We get taught that it will hurt us. When the truth is, it is our 'resistance' to feeling our emotions that hurts, not the emotion itself. Emotion is simply energy in motion. It needs somewhere to go. In order to resolve it, we need to feel it. That is the only way to release it.

When we don't give ourselves permission to feel our emotions they get stuck in the body and create pain, fear and illness. This is why there is so much sickness in our world - people are suppressing their feelings. Yet, when we give voice to them, by letting ourself have a really good cry, or simply leaning into the experience and being with it, our body is able to communicate to us what it needs to communicate, and the emotion is able to fully release. So I know it may feel scary the first few times, but trust yourself enough to give it go. Let the tears flow, scream if you need to, really feel what you are here to feel, and what you will find is you feel so cleansed afterwards

Jade Egg

Q. I have read that the highest quality of crystal to work with is jade, and for good reason. Would you absolutely suggest never rose quartz or obsidian? I have often used those eggs and have loved their attached healing potentials.

A. Now in answer to your question, I have not done enough research on obsidian to be able to recommend it for vaginal use. Hence why currently I only sell the Nephrite Jade, as I can be assured from my research they are 100% safe. So I couldn't advise on obsidian.

Rose Quartz I can help you with, and I would not recommend using it vaginally for a couple of reasons: Quartz stones shatter and crack easily, meaning you are at risk of them cutting you whilst inside. There have been cases where rose quartz eggs quite literally shattered as women have been using them. Any type of quartz is very fragile and for this reason you don't want to be putting it inside your vagina. The other thing to consider is that Rose Quartz is porous. What that means, is that it can quite literally absorb and grow bacteria, meaning that you could be putting bacteria into your vagina when you use it.

When it comes to healing properties of various stones, I know that certain stones have various healing potentials. Yet I believe that it is the intention we bring to our practice that actually creates the healing, as opposed to the stone itself. That said, if you still feel you want to use the stone, my suggestion would be to have the stone near you or touching your skin as you practise, and let it spread its goodness that way, as you use the Nephrite internally.

Q. I'm looking at purchasing a Jade Egg but I read that it can cause Toxic Shock. Is this true?

A. There has certainly been a lot of media on the Jade Egg of late, and unfortunately a lot of being reported is coming from mis-informed sources. Can I suggest you have a read of this blog I wrote, which discusses these claims around Toxic Shock, as I go into detail on it here...

<http://gettingnaked.com.au/2017/01/31/gwyneth-paltrow-talks-jade-egg/>

In a nutshell, Toxic Shock Syndrome can only come about by using something that is 'absorbent' inside the body. Nephrite Jade Eggs (the ones I sell) are not absorbent. The confusion has come about because there are a lot of online businesses selling crystal eggs that are made from other semi-precious stones that are absorbent, and are therefore, not viable options for vaginal use. According to the latest research the only non-absorbent semi-precious stone is Nephrite Jade.

Q. I'm wanting to know your thoughts on different sized eggs. I have read that medium is safe as a general rule of thumb? Large eggs are said to be the beginner eggs, moving through to small being advanced. What is your take on this?

A. In terms of size. Despite the marketing of some retailers that encourage you to buy multiple sized eggs, you don't need all these different eggs to reap the benefits; you only need to understand HOW to use the egg. The way you use the egg - and obviously inside the course I am teaching you many different ways of using the egg - is what will gain you all the benefits you require. This is why I always recommend a medium size egg, as the vagina quite literally moulds to your egg. Our medium sized eggs are 4.4 by 3.1cm. I know some retailers sizes vary slightly.

Yes, different sized eggs can offer new challenges. Larger eggs are easier to feel but harder to hold because they have more weight, and can make the dexterity practices more difficult. Smaller eggs can be harder to move unless you already have a very dexterous vagina. But honestly, you only need the one egg to reap all of the delicious benefits available as part of a regular practice, regardless of your vaginal history.

Q. You have so much information in your program... Wow! It's amazing! I am surprised how effective it is... I have done Layer 1, sequence 1, 6 times already and it seems I have made so much progress. Just sipping the egg is much more easier. It's wonderful if I consider that 2 weeks ago I didn't know what to do with my jade egg! By the way, do you know if it's possible to buy one without a hole? I don't see why I need a hole... I am not scared (anymore) that it wont go out!

A. So happy that you feel more confident with the Jade Egg, and not worrying about it getting stuck :) You can certainly buy an egg without a hole - although I don't stock them. That said, once you get into the Layer 2 sequences we do use the string on the egg to do a little resistance work. So you would need the hole for that. You can just do as I do, and, when not doing the resistance work, simply use the egg without the string. But it can also be good to have the string there, so that if you leave it in afterwards, you can hold onto the string when you urinate, to ensure you don't lose it in the toilet! Nephrite Jade is such a hardy, powerful stone, that it will literally be with you for life if you look after it, so you certainly don't need to invest in more than one egg.

Q. I read all about caring for the jade egg. However, I was wondering if I was really taking "a chance of something bad happening" if I was just putting it under tap hot water after my practice. I was also wondering if it was a bad idea also to put a drop of tee tree oil on it, rub it all over and then rinse under hot tap water once in a while??

A. If you are not experiencing a vaginal infection of any type, then yes, running the egg under really warm water and blowing through the hole in the top of the egg will work fine. That said, if you feel concerned, then absolutely soak the egg in a glass of filtered water with a drop of tea tree oil. I wouldn't suggest rubbing the oil all over the egg, but in a glass of water should be fine. Did you have a read of the **Jade Egg playsheet**? As there were a few different cleaning options there.

Q. What if the egg gets stuck inside?

A. Firstly, that's why we attach a piece of unwaxed dental floss. And secondly, if for some reason the string did come off, or you inserted it without the floss - which is a common practice - it can't get lost. It's impossible for it to go past the cervix. Even for women who have had a hysterectomy and had the cervix removed, the doctors sew up the vagina so that it's closed at the top - there is absolutely no way anything can get lost inside. For women who have had this kind of operation, you want to be using the egg because you need to prevent prolapse from having 'extra space' in your pelvis.

So now that we know it can't get lost under any circumstances, if you do find you can't get it out, my first bit of advice is: **DON'T** stress. Simply approach it in a calm manner, get yourself into a squat position, like you're about to lay an egg, and bear down as if you were going to have a bowel movement, and it will fall right on out. Just make sure you're ready to catch it, or you have something soft for it to land on. A good belly laugh or coughing will also help the egg move out.

If you find you still can't get the egg out, still DON'T stress. Your vagina will eventually grow fatigued and push the egg out on its own. Simply be patient. While you don't want to practice leaving the egg in for more than 12 hours at a time, the egg can stay in there for a couple of days without doing you any harm. Many people do use the egg without the string, which by all means give it go once you develop more vaginal control.

Q. After wearing the Jade Egg inside for a few hours it just falls out. Why is this?

A. Imagine holding a heavy box for a couple of hours. Eventually your arms would give way. The egg is no different. It takes a lot of internal muscle strength to hold the egg inside. Once your vaginal muscles have had enough, the egg will push itself out. Do NOT feel down about this. This is a sign that your vagina has done what it needed to and now needs a rest.

Do NOT push the egg back inside, as you run the risk of fatiguing your muscles which can lead to pain and cramping. It's just like a gym workout. If you push yourself too much, you'll be left with sore muscles, and the Jade Egg practice is no different. While it may not feel like you're doing a lot, just wearing the egg inside is working a whole hammock of muscles.

What you may also notice, is that if you become physically upset or emotional, your Jade Egg will slip right on out. So simply start to notice what's going on for you when the Jade Egg pushes out, and see if there is any connection to your emotional state. Your Jade Egg can tell you a lot, if you are present enough to listen.

Q. I cannot feel my Jade Egg when it's inside. Is there something wrong with me?

A. No. This is completely normal. In fact, the Jade Egg is not meant to be 'felt'. Imagine feeling a tampon all the time - it'd be quite annoying! The purpose of the egg is to help you develop your awareness, sensitivity and dexterity. We have an infinite resource of bliss within us, and the Jade Egg is there to help awaken us to that immense pleasure.

It's much like wine. To an untrained nose, a wine will smell like any other. Yet to a trained nose, each wine will have a distinct bouquet of scents. This is true for any of our senses. It's simply a case of waking them up so they can feel more. This is why I suggest staying away from vibrators, which actually dull the senses.

Q. Should I program my egg every time use it? I'm rinsing the jade egg after use in hot boiled water as you suggest. Do I need to re-program my egg every time after I've rinsed it?

A. Ultimately there should be no need to re-program the egg after each use, as you are rinsing it in hot water. If you like, you can certainly set the intention as you are rinsing the egg, for any old energies to be washed away, but apart from that, no there is no need to anything extra. If you are using the egg regularly, I do suggest doing the salt cleanse once a month as this helps recharge the egg. And at the start of each practice once you sip the egg instead you are setting a very clear intention for your practice which infuses into the egg itself.

Q. I usually put my jade out on the night of the full moon. Someone told me to put it in a bowl of water with a little milk in it. So that's what I often do. I do wonder if the egg still gets charged even

when it's cloudy and / or if the moon doesn't shine directly on it - but I like the ritual of it! My question is - does this charge the egg? And would you recommend doing the salt water charging method in addition to the full moon method? Maybe at a different time in the month?

A. Yes moonlight can be beautifully cleansing on your stone from an energetic perspective. I would still recommend doing the salt-cleanse once a month (it could be at a different time or the same time - totally up to you) to ensure that the stone is physically as clean as possible. In regards to the milk, I have never heard about milk being used to charge stones, and while this may be great for charging stones, I would be careful using milk to charge a stone that is going to be used vaginally. The flora in the vaginal canal is extremely sensitive, and you want to be really careful not to introduce bacteria when you use your Jade Egg. Using milk on it could increase the risk of bacteria. When I charge my eggs by moonlight, I don't put it in any substance. I simply put it out on its own.

Q. I've been sensing when to keep the egg in and when to push it out. Sometimes I get the feeling to push it out straight after finishing the practice. Other times I keep it in and up until now I get the feeling of when it feels right to push it out. Yesterday I kept the egg in and it was the first time that I forgot about it.

Before yesterday I was always aware of it being inside me and could feel it having an effect - usually slowing me down, making me feel the importance of being soft and gentle and wanting to push it out if things in my environment were not conducive - ie if there was some arguing, or screen violence or news or anything not gentle. I found it magnified my awareness of what I needed.

For example, one day I finished my sequence and knew I just wanted to sleep - so I went back to bed and slept for another two hours. It's the first time I slept with the jade egg inside. As soon as I woke up I wanted to push it out.

I suppose my question is - is it ok that it becomes unconscious? I mean that I've got the egg in but I forget and I'm not aware of it's effects. I have the feeling I always want it to be sacred when the egg's in - but is this depriving myself of something very healthy, ie to have it in even when I'm not consciously aware of it?

A. It is completely human to go in and out of consciousness in our day-to-day lives. Becoming unconscious isn't bad or unhealthy, it's simply an opportunity for us practice reconnecting with ourself again. It is my belief that what's important, is that as soon as we notice that we have disconnected from ourself, we make a conscious effort to reconnect. That's what it really means to be alive in our body. To notice, without judgement, how conscious we are. In regards to the Jade Egg, while much of the hooligan that happens is conscious, and we want o make an effort to be conscious and aware during our practice, a lot of healing also happens unconsciously.

So I suppose my question to you - something you may like to explore through some journalling - is what does 'sacred' mean to you? Sometimes we can hold beliefs around words like this, that actually stop us from fully experiencing life, and allowing those 'sacred' rituals to be a part of our whole life, as opposed to just part of it. Does that make sense? So in answer to your question: Is it ok to become unconscious with the Jade Egg inside? I feel the answer would be yes. However, there might be something in relation to this that you need to explore to fully make sense of that for yourself. I hope that helps :)

Q. When lying in bed at night, would you recommend doing vaginal squeezing and releasing exercises (without the egg inside the vagina)?

A. That depends. What is your purpose for doing it? The reason I ask, is because if you have a regular practice using the Jade Egg (and by regular I mean at least 2-3 times per week), then there will be no need to do this, as your vagina will be getting plenty of exercise to facilitate healing and awakening. If you're doing it because it brings you pleasure, absolutely go for it! Just ensure that the squeeze is gentle and the release is full (where you completely let go), otherwise you run the risk of building pelvic tension which leads to health issues and inhibits orgasm. You may also find it helpful to have a read of this blog I wrote about Kegels. [Just click here.](#)

Q. You talk about storing the egg in a safe place - do you mean a nice box or is it meant to be transparent glass/out in the open so it gets air? Do you also have a special bowl to wash the egg in/a special cup that you use when you add the hot filtered water and salt?

A. You want to make sure that your egg is dry before placing it its pouch. Then simply pop it somewhere that it won't get damp or touched by others (You don't want others handling your egg because they can transfer bacteria onto the egg). You could place it in a nice box if you like - that really is a personal preference. You wouldn't want to leave it out in the open air though, as it may collect dust. Personally I don't have a special bowl to wash my Jade Egg in, but if this is something you feel drawn to, to make it more of a ritual, by all means please do. I simply use a clean glass when I am cleaning my egg.

Q. When you want to charge the Jade Egg by the moon or sun, does it have to be completely out in the open or can it be nestled in a container with the lid off? (The layout of my apartment means I am concerned that a bird would fly away with it or the wind could get it).

A. As long as the moon or sun is able to reach the Jade Egg inside the container, then that would be absolutely fine! We all need to work with what we have available to us, so if that feels safer for you, go with that.

Q. Where else can you buy unwaxed floss except through you?

A. Unwaxed dental floss is actually really difficult to source, hence why I began stocking it. I had ladies buying eggs and unable to find the unwaxed variety of dental floss. Sometimes you can get some on Ebay, but that's the only place I have seen it, as generally chemists and supermarkets don't stock unwaxed floss. But if you do find another place, please do let me now :)

Q. When the egg is inside of you, are you meant to remove the string or keep it on for the duration of the sequence?

A. Yes, leave the string on for as long as the egg is inside of you. That way, until you build the vaginal muscles to lay your egg, you can use the string to help retrieve the egg. There are times when you will do resistance work with the egg that requires the string.

Q. Does there come a time when we're not meant to string the egg at all?

A. If you're doing resistance exercises with the egg, you will need to have a string on it. That said, many of the sequences don't do resistance exercises, and therefore, once you feel comfortable that you can easily lay your egg at the end of your practice, you are more than welcome to not use the string. Once you gain vaginal control, it is personal preference on whether you string your egg or not.

Menstruation

Q. What are your thoughts on menstrual cups? Personally I've really liked using one, but I've gotten curious about whether it's ok for my lady parts and if it will cause any kind of "trauma" or something else around my bits?

A. My suggestion with menstrual cups is to trust your body to tell you if it wishes to use the cup or not. Your body will let you know. I use one on the two heavy nights of my period each month, but I am super careful to ensure that I am gentle with putting it in and gentle when taking it out, so I am not upsetting my vaginal tissue. In many cases with things like menstrual cups, it is 'how' you use it, as opposed to whether or not you decide to use it.

Natural Contraception

Q. I feel like my ability to know my fertility status is now all out of whack because I'm wetter all month round. That is GREAT, but any thoughts on how to use natural birth control methods when there is no longer a dry period would be helpful!

A. Great question about the natural fertility readings. Yes, this can certainly be a problem to begin with. Ultimately your vagina will start acting quite differently - and much more healthily - with this new practice. The best thing to do - which I did when I first had this issue myself - is to practise of an evening, after you have taken your mucous reading for the day. The other thing you could try, if you really want to practise in the morning - and this is the advice from trainers at the Billings Ovulation Method - is to wait at least 2 hours after your practice, before you start evaluating your mucous for your daily reading.

If you are finding neither of these are working and you are generally wetter at all times of day, despite when you practise, then it may be a case of re-evaluating your wetness cues. For example, if you are usually 'dry' in your non fertile time, and you are now 'moist', then you will have changed your BIP, and you will need to establish a new baseline to work with. This happens, and is normal. If you're unsure on how to establish this, I would suggest chatting with a teacher of your natural fertility method to help you establish this.

Q. Love-making itself is kind of a vicious cycle for me, because I cannot use any lubricant with the form of birth control I use, which is a spermicide suppository. Pills and IUDs are out of question for me (I am glad I stopped the pill several years ago), condoms are a bit desensitising for my boyfriend. I would LOVE to use the coconut oil - as it is also antibacterial and anti-fungal - and have my

boyfriend massage me before hand, but it would lessen the efficacy of spermicide. Apparently, the spermicide is supposed to work as a lubricant as well (which it does not so much). And condoms cannot be combined with coconut oil either. We do have long foreplays and a lot of breast stimulation and a very gentle, slow and gradual penetration, but still the pain is there. I will try to relax even more, like you say.

I am now really interested in tracking my cycle and using it as a form of birth control (it is so natural and makes so much sense to me), I have an app and I am learning to distinguish the fertility signs, but I am still at the very beginning. Do you use this method yourself? Would you please have any insights about this "vicious circle" situation?

A. Glad to hear you're keen to learn more about natural contraception methods as the mainstream ones are so toxic to the female body. Yes the Billings Ovulation Method I have been using for five years now - I used it for most of that time to avoid pregnancy, and then used it recently to get pregnant - and have also done their teacher training. So as you can see I am a big big fan of the method. My suggestion is to check out the information here:

<https://billings.life/en/>

Then find a local teacher you can learn from. There are really specific rules that you need to follow so that it is 99.9% effective (essentially more effective than most other forms of contraception), so please don't try and learn it on your own. The teachers are generally really cheap, so I highly recommend exploring that option.

Q. I have an IUD. Is it still safe to use the jade egg?

A. An Intrauterine Device (IUD) alone can cause all sort of issues; inflammation, irregular bleeding, hormonal disturbances, and many other women's health concerns. That said, if intercourse is considered safe with an IUD, then I believe a Jade Egg should not pose any additional risk. From my knowledge, IUD's are made to withstand a lot of movement, and given the Jade Egg practice is very soft and gentle, *Yoga for the Vagina*, should be fine.

Please note however, that I am not a medical professional and for that reason I strongly advise that you consult your GP before using the Jade Egg. If you do decide to use the Jade Egg and experience cramping, stop the practice, rub your lower belly, relax and come back to the practice at another time. You'll also want to be careful not to leave your egg inside of you with the string on for long period of time, so they do not become tangled with the IUD. Above all else, trust your own body to know what is best for you. Responsibility for this choice is entirely yours.

If you are looking for a natural birth control alternative, can I suggest reading this article I wrote for [Nature and Health magazine which discusses the Billings Ovulation Method](#) which is my preferred option for any woman wanting to avoid pregnancy while looking after her body at the same time.

Pelvic Floor

Q. I sense that I have over strengthened my pelvic floor in the past. I have taken various classes to explore my sexuality and they recommended doing Kegels as often as possible, but there was never any discussion of the need to practise relaxing as well. So I have done a LOT of Kegels, with no

relaxation! In starting to use the egg, I discovered I can move it up my vagina fairly well once I pass an initial barrier, but the outer ring of muscles is super strong and tight (the ones I was focusing on before I knew better). It takes a long time to get those muscles to relax, and when they do I still have to give the egg a gentle little push to pass them.

Currently it feels impossible that I could sip the egg in past them, but I am hearing your advice to be patient! Anyway, my question at this time is that I have been avoiding wearing the egg for longer than the practice, because it ultimately sinks down to the base of the vagina and is held in by those muscles that can't relax. Should I continue to avoid wearing the egg as I go about my day, or am I misunderstanding something?

A. Yes, unfortunately there is a lot of mis-information out there that has led many women over-strengthening their pelvic area, and thus creating tension. So you're certainly not alone! If you continue to practise the sequences, the areas that are holding tension will - over time - begin to naturally relax and let go. Just remember to keep focusing on the 'release'. And when you feel like you can't release any further, set the mental intention for your vagina to let go a teeny bit more.

Remember that this tension and over-strengthening will have developed over a long period of time, so in most cases, it will take a little while for this tension to unwind. So just be with where you are at, without needing to experience anything in particular, apart from the simple, yet powerful sensation of being with your body. You'll find some really valuable information around this topic in both the **Letting Go** and **Luscious Lady Parts** sequences.

In terms of wearing the egg once you finish, trust that your vagina will spit the egg out once it's done. When this happens DO NOT push the egg back in, as it means the vagina has done its workout for the day and needs a rest. As you're wearing the egg, simply bring awareness to your vagina at random times and check in to see whether you are unconsciously contracting, and if you are, simply invite the contraction to let go. Your vagina is super intelligent and will hold the Jade Egg exactly where the most healing is needed at any particular time - in your case right where the tension is.

Q. My vaginal muscles are so weak I can't hold the Jade Egg inside. What should I do?

A. Firstly, this is very common. Don't expect to have a super vagina when you first start out! Know that if you spend just a few hours sitting each day (who doesn't?) then your pelvis is likely to have started to atrophy. Yes, even if you're still in your 20s! And this will cause weakness in your vaginal muscles. Rebuilding vaginal strength and dexterity takes dedicated practice - I would suggest doing a half hour practice at least 2-3 times per week. And you will notice that the first few sequences including mostly lying down eggercises, so you can develop the kind of strength needed to keep the egg inside while sitting and then standing. In addition to this, I would suggest wearing your Jade Egg to bed, as your vagina will play with your egg while you sleep.

Q. Two of my friends who are using the Jade Egg - one in her 60s and has had 5 c-sections. Neither has had vaginal births but they can hold the egg in all day. I have had two vaginal births with two manual removals of placenta needed. I can hold it sometimes for a whole yoga session but as soon as I walk around for a bit or interact with my little ones it tends to drop and is ready to come out. I think it would be nice to be able to use it all day... Does this all sound normal??

A. Essentially what you are experiencing is completely normal for what you have experienced around child birth. I'm not sure how you are using the Jade Egg in your yoga session or what yoga session you are doing with the Jade Egg, but there are very specific ways to use the egg that help strengthen and tone the area so it can hold the egg inside for longer and heal what needs to be healed. This is what I teach in the *Yoga for the Vagina* course. There is actually a lot to learn in regards to the Jade Egg, so in order to get the best results, you really need to study it.

The other thing to know is that wearing the egg all day is never the aim. The vagina will decide how long it needs the egg inside for the healing it requires at that time. Even people who have been using the Jade Egg for years have days where the egg just falls out after a short time, because the vagina is fatigued.

Pleasure

Q. Yesterday, I did layer 1, sequence 2 for the first time and something unexpected happened to me. I started crying, big sob!!! I just don't know why exactly. It just occurred to me that there were some releases happening! Nothing happened to me like aggression of something very bad like that. I have a very weak chakra 2... I think it has to do with pleasure (which was forbidden and taboo in my family). It has always been something for me to work on... to allow me to have pleasure (not only on the sexual or sensual side) but in life in general. I am learning to allow myself pleasure time without feeling guilty.

A. Sounds to me like you had a really great release during Sequence 2 - letting go of a lot of stuff. That really is how powerful this practice is. Even if you are not fully conscious of what exactly it was that was releasing, the healing is happening at the subconscious level. Many of us ladies have been conditioned to think ill of pleasure, so as you explore the sequences you will find yourself opening up more and more to the pleasure available to you, which really is a beautiful journey.

Q. Is the jade egg practice by itself sufficient to help reawaken the G-spot or do you recommend to combine it with the massage as you have done yourself? I have a hard time reaching my G-spot and was thinking about buying an obsidian wand, but it is very difficult to find a seller in Europe. Even jade eggs are nowhere to be found in the Czech Republic, I had to buy one from the UK. My boyfriend is very kind and loving, but I feel I am a bit alone on this sexual healing journey. It is so wonderful that your husband massaged you each day like that!

A. In answer to whether the Jade Egg practice is enough to wake up the G-spot: Yes it can be. Although this will happen over a longer period. The direct massage is certainly very beneficial in helping this along. If you are having trouble reaching your G-spot yourself, try a few different positions. For example, in **Child's Pose**, can make it much easier to reach. The G-spot is only 1-3 inches inside the front wall of the vagina, so it's not very deep. Use two fingers, doing a 'come hither' type motion for the best effect.

I would always suggest fingers over a toy, but if you are going to buy a toy I would recommend the Njoy Pure Wand. It's a stainless steel toy specifically designed for G-spot stimulation and is perfectly safe for the vagina. When it comes to crystals, be careful. Nephrite Jade is the only semi-precious stone I know of that is safe for vaginal use. The majority of other stones are porous (and many very brittle)

making them unsafe for vaginal use. I know many places sell all sorts of crystals for this purpose, but unfortunately, there are no health regulations governing their safety.

Q. I was also wondering if the "shallow" clitoral orgasms which I have while self-pleasuring are welcome or not. I did read in one female sexuality book that they make your energy "escape" from your body, rather than culminate and lead to a deep vaginal orgasm. Would you please tell me what your thoughts are on this?

A. Yes I tend to agree. Clitoral orgasms are also known as terminal orgasms, in that they often peak - the peak generally being quite short-lived - then they fizzle out very quickly. G-spot orgasms and cervical orgasms are much fuller and have the capacity to last for hours at a time. When you have a clitoral orgasm, it is like you are emptying out all the energy you have built up, and then you need to start from scratch again. They don't leave you energised, like the deeper vaginal orgasms will.

All of that said, clitoral orgasms are not 'bad' per say. They can certainly be fun. But if you're wanting to experience the deeper vaginal orgasms, then yes, see if you can build energy through the G-spot or cervix, as opposed to the clitoris, and do not aim for a clitoral orgasm. Now what I do need to highlight, is that all of these yummy areas are connected, so don't be surprised if you end up having a clitoral orgasm from G-spot stimulation or what is also known as a 'blended' orgasm. If either of these happen, you will find you will be building a lot more energy anyway, which is helping you deepen your orgasms.

I go into a little bit of detail on orgasms in the **Pure Pleasure playsheets** and the **Vulvalicious Vulva playsheet** in the Extra Resources area as well! Or if you wanted to explore the deeper vaginal orgasms in even more depth, this is something I teach in the [Sexual Self 2-month online course](#).

Q. I'm wondering about bringing energy up from my sexual organs to my heart at other times during the day (and night). A couple of times I've experienced a sensation of energy in my sexual organs/genitals - especially at that moment when I've just gone to bed for the night and I'm relaxing into sleep. A sort of tingling - quite pleasant, and it seems to be calling for me to do something with it.

A few years ago I would have given myself a clitoral orgasm - now I want to conserve my energy and love the idea of it nourishing my heart. In the sequences, we rub our ovaries and then bring the hands up to our breasts while inhaling. Would I do the same thing?

A. I feel I don't want to answer this question for you, because I feel that it would be best for you to trust what you feel guided to do with the energy. It is true that a clitoral orgasm would disperse the energy, whereas sitting with the energy or being with it, using the breathe to expand it, would be a beautiful way of growing the energy and allowing it to expand to more areas of you body.

Doing the Love Scoop would also be a very beautiful way of bringing the energy up to your heart if that is what you feel drawn to do with it. Have a play and see where you can take this. Energy expansion is a beautiful experience, and everyone's experience of it is a little different, so really explore it as you feel your inner voice guide you to. This will also help you build a deeper connection to your inner voice (or True Self) in all that you do in life.

Q. I have this feeling that I am missing out. I am noticing more sensations but I am still not feeling every sensation of touch that I believe my vagina was meant to. I have this feeling that it's possible to feel everything all the way up?

I have bountiful feelings to be found there don't I ? Do you ? Do you feel sensations all the way up through every part of your vagina ? Was it once numb and now feels bountifully? Was it like it was blind and now it sees ?

A. We all have years and years and years (and possibly lifetimes) of conditioning that need healing, especially around our sexuality. And it is only as we heal, that we are shown more of the pleasure that is available to us. It is very much a case of 'healing = pleasure'. Hence why when we embark upon healing our sexual health, we open our body up to receive more pleasure. The two really do go hand in hand.

Now what's really interesting, is that there is no limit to the pleasure that we can feel in our body. What that means, is that the more you practise, and the deeper you surrender into your practice, the more bliss and ecstasy will be revealed to you. What's important to understand is that there is no destination we are aiming to reach. There is simply an unfolding. As we strip off another layer of conditioning, we will experience more sensation in our body.

You've been practising *Yoga for the Vagina* for less than a year, so imagine what will open up to you in ten years time! As you practise you want to focus on what you *can* feel, as opposed to what you feel you're missing out on. Because what you focus on expands. If you're focusing on 'not' feeling all that is available to you, then that is what your experience will be.

So for me personally, I feel a LOT more than I used to feel before embarking upon this journey, and I believe that my pleasure will simply continue to increase and grow the more I practice. I don't have any expectations on what that pleasure will feel like. The biggest change I have noticed during sexual intercourse, is that where I was once numb, I am now super sensitive, to the point that I have needed to adjust my love-making so it is far slower and more tender. I know there is no end to this journey and I relish every moment of exploration.

Pregnancy and Childbirth

Q. My biggest question is that in the next few months I will hopefully begin trying to get pregnant for the first time. So I'm wondering how you would recommend changing your practice if you're trying for a baby/at different stages of pregnancy/post-partum? Given that you are yourself pregnant at the moment, is this something that you think you might release further resources about in the future?

A. Yes, I am planning to release a 'How to use Yoga for the Vagina while pregnant' PDF once I have trialled it all myself. While I'm trained in pregnancy yoga, I want to experience it myself before sharing guidance on this, as this is one of my core values with everything I offer; I always use myself as guinea pig first :) I am hoping to get the PDF out before I give birth in November, however that will depend entirely on when baby arrives. So if the PDF doesn't come out before then, it will be released hopefully around March/April 2018 once I return to work after having the little one. The PDF, once released, will be added to the 'Extra Resources' section of the course, so just keep an eye out there.

In the meantime here is a little advice...

All of these sequences are 100% safe and actually beneficial in helping you conceive, as the postures help direct healing energy to your sexual organs, while the Jade Egg is bringing fresh blood to your vagina and surrounding tissues, which all helps in preparing the area for conception by ensuring it's in optimum health.

The only thing I would suggest to alter while aiming to conceive, is during the fertile phase of your cycle - this will be when your mucus changes to fertile mucus ahead of ovulation (if you are following the Billings Ovulation Method you will know when this time is) I would suggest doing the practices without the Jade Egg.

The reason for this, is because the sperm can hide out in the pockets of shaw awaiting the release of the egg, and you just don't want the Jade Egg interfering with this process. In most cases it wouldn't however, just to be absolutely sure, I would suggest not using the Jade Egg. Once you have ovulated and counted three days, as taught in the Billings Ovulation Method, then go back to using your Jade Egg and wait to see if the conception has occurred.

Once you have conceived then, just as I encourage at anytime in your life, you simply want to listen to your body and see what your body wants. If a pose doesn't feel good, then alter it so it does, or do a different pose you feel more drawn to. This is really good practice for actually giving birth. You may also find like I did, that my body just didn't want the Jade Egg. From the moment I conceived my body found it difficult to sip the egg in, and would then spit it out within 10 minutes of my practice. So I have spent most of my pregnancy doing the practises without the use of the Jade Egg, honouring my body in this way, and understanding that my body is busy doing other things right now. That said, your body may be different. So you really want to listen to what your body wants at this time.

All of the poses in the sequences are safe to do for the first few months of pregnancy. Once your belly starts to grow, then you want to avoid any poses where you would be lying on your belly, such as Cobra pose. Once you enter the third trimester you would to avoid inversions (where your head is below your heart), lying on your back and strong back bends. There will be detailed descriptions of how to alter all of these poses in the PDF which will definitely be out before you get that far into your pregnancy :)

In regards to after birth, you would want to avoid using the Jade Egg for the first 6 weeks (how long your doctor would advise against having sexual intercourse) to allow time for healing to occur and to avoid infection. Then you would be safe to gently begin your practices again. At this point my suggestion would be, no matter what layer you got up to pre-birth, to start with the Layer 1 sequences again, as they are far softer than the layer 2 sequences. You need to allow time for your body to regain it's inner and outer strength or you could do damage. So really easing you way back in - taking a really soft approach - would be recommended. But again, I will go into much more detail on all of this, once I myself have gone through the process and can share from a more experienced space.

Q. I've just had a baby and I'm worried that the Jade Egg might be too small. Do I need a bigger one?

A. It's what you do with the egg that matters, not the size. That's why the Jade Egg's I sell work for vaginas of ALL sizes. What's interesting with a woman's vagina, is when you place something inside of it, it adapts. We see this in childbirth with a woman's vagina so flexible, a whole baby can come out of it! As I teach in this course, there are specific ways of opening your body and using the muscles in such a

way, that you do not depend on your vaginal history. If you find the egg is coming out, and you can't hold it inside, be patient. With a regular practice - 2-3 30minute practises per week - and spending some time sleeping with your Jade Egg inside, your vagina will regain its pre-birth elasticity.

Q. Can I use the egg if I'm trying to get pregnant? Is this good, bad or indifferent? Could I use the egg once pregnant??

A. Great question! Using the Jade Egg is brilliant in helping to conceive, as you're helping to balance out the vagina and bring fresh blood to the area, so your lady parts are super fertile. So yes, yes, yes to *before* you get pregnant. I go into more detail on this in the Pregnancy Guide you'll find in the 'Extra Resources' section of the course.

Now when it comes to using the Jade Egg while pregnant, that is something you will need to discuss with your doctor. While the Jade Egg practice I teach really is great training ground for the vagina and the actual birthing process, hence why this is something I cover in great depth inside the Pregnancy Guide as well.

A couple of things to keep in mind: Pregnant women are advised NOT to start anything new while pregnant. So if you have not been using the Jade Egg for at least 6 months prior to getting pregnant, then you certainly wouldn't want to, as the Jade Egg does work the uterus, and if your body's not used to this kind of internal workout, it could cause complications. If you had been using the Jade Egg for six months prior, then I would suggest listening to your own inner voice and seeing whether it feels right for you.

Q. I am pregnant. I have been practising jade egg for a few months on and off but not steadily for six months. I have tried to research use while pregnant and come up with a variety of information. If I do half sessions and listen to my body and pelvic floor do you think I would be alright?

A. Yes, it's true that there is barely any information around on the safe practice of the Jade Egg during pregnancy and I put this mostly down to the fact that most of the modern teachers teaching a Jade Egg practice have not had children. There is also a fear around pregnancy and not wanting to be held liable should something happen to the unborn child. I too found it extremely difficult to find information on pregnancy and Jade Egg use.

Now I am also pregnant, and I am essentially using my own body as an experiment with this, as well as seeking advice from pregnancy specialists as I go, so that I might share my findings and shed some light on this to other women in your position. I am currently working on a '**How to use Yoga for the Vagina during pregnancy**' guide - which should be available in the 'Extra Resources' section of the course by November 1 2017.

The biggest thing I have found is that within a few weeks of getting pregnant, my body didn't actually want the Jade Egg inside, and would spit it out within ten minutes of starting my practice. I am a big believer that if the body ejects the egg, it's because it doesn't want it, and we should definitely honour that. Hence to say, I haven't actually used the Jade Egg much at all during the first 22 weeks of my pregnancy. That said, I have been doing all of the practices without the Jade Egg inside, squeezing and relaxing my vagina as usual (just without anything inside).

So in answer to what you should do, above all else, listen to your body. If your body doesn't want to sip the egg in, or spits it back out, trust that your body is doing enough already by being pregnant, and

simply do the practices without the Jade Egg inside. I would also suggest only leaving the egg inside for the duration of the practice, and not wearing it around afterwards, as this may work the pelvic floor too much.

The reason for this, is that you do not want to be changing the shape and structure of the pelvic floor once pregnant (hence why there is the recommendation of not using the Jade Egg during pregnancy if you haven't been using it for at least six months beforehand). That is really important. And using the Jade Egg, which is extremely beneficial to the birth process, does transform the pelvic floor - in a good way - but during pregnancy you do need to watch this.

Ultimately only you know what is best for your body and any use of the Jade Egg or *Yoga for the Vagina* is at your own risk. Listen to your body first and foremost. And if you have any concerns, my suggestion would be to chat to your doctor/midwife, as every pregnancy is different and you need to take that into account too. Sorry I couldn't be of more help on this one - it is still a work in progress for me!

Q. What practice do you recommend for pregnant women who do not have a prior history of using a jade egg? My understanding is that using a jade egg while pregnant IF you haven't previously developed a practice is not recommended?

A. Yes, it's true, you wouldn't want to start using the Jade Egg while pregnant. The main reason for this, is because you don't want to change the shape and structure of the pelvic floor while pregnant. The Jade Egg works directly on changing the pelvic floor, helping it to become more healthy and supple, which outside of pregnancy is super beneficial. But of course, during pregnancy, you don't want to interrupt the important baby-making process, as your body is busy doing other important work :)

So in answer to your question, you can still use *Yoga for the Vagina* during your pregnancy, only you would do the squeezes and releases as taught in the online course, minus the Jade Egg. The way I teach the squeeze and release is significantly different to the way Kegels are taught, to ensure there is no tension being built in the pelvic area, because you want to remain toned, yes, but soft and supple at the same time, in order to help support a natural birth. Check out the Pregnancy Guide (Being released November 2017) in the 'Extra Resources' area of the course for a comprehensive guide to adapting the poses while pregnant.

Q. Just out of curiosity, are there any jade egg exercises that you would recommend above all for preparing the vagina for child birth? I remember that you wrote somewhere that a jade egg practice can be continued during pregnancy if it was already begun before pregnancy.

A. Ultimately ALL the eggercises and sequences are preparing the body for childbirth. Hence why this is such a brilliant practice, not just to support womanly health, but to help prepare the body for this big milestone. That said, poses that help open up the hips and mid-region of the body are super beneficial, as these are the sorts of movements you want to be doing during labor, as they help the baby make it's way down into position. Examples of this are Hip Swivels (**Pure Pleasure sequence**), Sufi Grinds (**Pure Pleasure sequence**) and Figure 8s (**Pure Pleasure 60 sequence**).

Eggercises like The Straw (**Blissful Breath 60 sequence**), the Love Tug (**Blissful Breath 60 sequence**) and practising laying your egg after your practice are brilliant for helping to gain more vaginal dexterity so you can quite literally push your baby out. While The Squat (**Moontime 60 sequence**) is another great one to open up the hips and a good pose to be able to come into to birth a baby, as you have

gravity on your side. It also helps with dilation. The Shuffle is also a great posture that helps keep the hips aligned which you need to hold and birth a baby naturally. Then you have poses like the Pussy Cat which are great for supporting pelvic floor health which you need in order to birth a baby, and this pose also is great to do during pregnancy. So as you can see, most of the poses are helping to prepare the body in one way or another.

Now, what you need to keep in mind if choosing to use the Jade Egg while pregnant, is that there have been no studies to my knowledge around the safety of using a Jade Egg while pregnant. So any decision to do so, would be at your own risk - and I would highly advise you talk to your supporting doctors/midwives in regards to this. That said, from the research I have done so far - and this is an ongoing area of research for me, especially now that I am pregnant - that if you have been using the Jade Egg for at least 6 months prior to getting pregnant, then it should be safe to continue using it.

Q. I had a cesarean birth and am wondering whether *Yoga for the Vagina* can help in any way?

A. Yes. Even if your baby did not pass through your vagina, your pelvic floor and internal organs have still gone through much disruption and will have experienced trauma as a result of the cesarean. *Yoga for the Vagina* will help bring fresh blood to those organs, the Jade Egg will lift and nourish your uterus, together helping to dissolve the scar tissue and speed up your healing process. Mentally, you will be able to begin to let go of any feelings of inadequacy or lack, so you can be at peace with your experience and be mentally prepared for another birth, should you choose to have more children.

Sexual Abuse

Q. I get cramps almost every time I orgasm. They feel like big menstrual cramps. I didn't always have that. It starts dab 2 years ago. I do have sexual trauma from rape (22 years ago), can it be related to that?

A. Generally any sort of bodily reaction - such as cramps during orgasm - will be related to some earlier trauma or abuse (whether that be mental or physical). This trauma gets stored in the body as tension, and the quickest way I know to clear it to remove the limiting beliefs or negative emotions taken on from that trauma. There will have been beliefs installed in the subconscious mind at this time, that work against pleasure, hence you experiencing orgasm and cramping at the same time.

Doing *Yoga for the Vagina* will, over time, will certainly begin to loosen these negative beliefs and emotions, as it is designed as a self-healing practice. How long that takes however, really depends on your commitment to the practice, and your willingness to let go of the past. In the work I do with clients one-on-one we go straight into the subconscious and clear these beliefs and emotions on the spot - making the healing happen extremely quickly.

So I suppose it really is up to you, on which process you would prefer to take with the healing; do it on your own through the course, or do some one-on-one work and knock it out a bit quicker. If you did want to know more about the one-on-one 5-month program I offer, let me know and I can send through some information.

Sexual Health

Q. My question pertains to using the jade egg outside of the yoga session. Is it a good idea to walk around the house with the jade egg inserted even if I did not get to the yoga session? I am 41-years-old and suffering from unexplained urinary incontinence which is getting worse by the day. I am hoping to reverse this with the use of the jade egg, and I am trying to figure out additional ways to incorporate the jade egg into my lifestyle. Any suggestions?

A. I actually get asked this question a lot :) Ultimately doing a full practice where your full awareness is on using the egg and connecting with your body will gain you the most benefits, both physically and mentally. There are a couple of reasons for this. Firstly, where our attention goes, energy flows. What I mean by that, is that when you are fully present with the Jade Egg as you are in a practice, that's when healing happens the best. The second reason, is that, yes we are doing a physical technique in squeezing and releasing the egg, but we are also tuning into our inner voice during this practice, which allows for great insight to come through, and that is what contributes to the healing. It is this process that helps clear the mental blocks that are contributing to the physical ailment. Hence, why you do want the actual 30-minute practice to be your prime focus.

In regards to urinary incontinence specifically, while all the eggsercises in the series will help with this, the one that works directly with the continence muscle is Windscreen Wipers in the **Luscious Lady Parts sequence**. So even though you're not up to that sequence yet, perhaps take a little peak at the exercise and maybe add it to the current sequence you are working on. In order to start seeing relief from urinary incontinence you want to have a 30-minute practice at least 2-3 times per week.

Now you certainly can use the Jade Egg outside of your yoga practice. Just keep in mind that while you will get results, the best results are found inside your yoga practice. When you do a practice, you can leave the Jade Egg inside until it naturally pushes itself out - simply wearing it around through your day, or sleeping with it in. Our vagina plays with the egg while we are asleep, helping to build more vaginal tone. You can certainly wear the Jade Egg without having done a full yoga practice, although it's really important you don't just push the egg inside as this creates vaginal trauma (which will only add to the incontinence). You still want to do a breast and vagina massage and then practise sipping the egg inside. In other words, you'd still spend about 10-minutes readying the body to take the egg inside, before going about your day wearing your egg.

Q. I had been doing the *Yoga for the Vagina* program pretty regularly the first few months. I absolutely love it! Unfortunately, I had to stop because my vaginal and bladder pain became much worse. I also got a couple low grade vag infections, despite boiling the egg before each use. I think I have a lot of inflammation. I had gotten to sequence 4, layer one when I stopped.

I've started a pelvic floor physical therapy program for the second time and found out I have a hypertonic or overly contracted pelvic floor. I know you recommend contraction, followed by relaxation in the programs to provide balance. However, I can't do any contraction at this point and the PT recommends only inserting the egg and wearing it around for about an hour. No other work with it. I've tried to remain positive, but it's difficult not to feel frustrated, especially since I've tried to communicate and work with my body in so many ways. Plus, I'm single and feel like this inhibits me from dating. I want to feel sexy and pleasurable in my body. I feel like this pain and risk for infection is getting in the way of that.

Any thoughts on how to work with this and maybe include the egg? Any insight or clarity would be greatly appreciated, since I realize this is likely a complex question. Thank you so much!

A. So happy you have been enjoying *Yoga for the Vagina*. Ok, so it feels to me like you're getting some conflicting advice from different people, when ultimately the only person who knows your body is you. Because you have done the Remarkable Relationships course, you know how to tune in. I would suggest asking your True Self: What approach do I need to take with the Jade Egg? When should I use it? How often should I use it? Is there anything else I need to know about using it? Also - just wanted to double check: Is the Jade Egg you are using a certified Nephrite Jade Egg? It should be dark green (almost black) in colour. I ask this, because other crystals (and other types of Jade) are not fit for vaginal use as they are porous and can hold germs.

Once you've tuned in on the Jade Egg, do the Body Clearing exercise you learnt in week 9 of the RR course. You may need to do this exercise a number of times to get to the root cause of what is causing the vaginal pain and infections; which is most likely some emotional stuff, perhaps around relationships or sex. As you learnt, when the body presents us with a physical symptom like you are experiencing, it is trying to communicate to us that we are holding onto something - perhaps past hurt, trauma, limiting beliefs, etc. - that need to be resolved. Once we explore and clear those mental issues, the body will naturally self-heal.

Now the Jade Egg, while a gentle healing stone, will bring things to the surface that need to be resolved. So I'm not surprised this has happened. And it may all be a part of preparing you for a romantic relationship - by guiding you to look at the unresolved things that have been stopping that relationship coming into your life. So the more positive you can be for this experience, and thank your body for bringing this to your awareness, the quicker your body will heal. A really beautiful meditation to support his process is the Healing Smile Mini.

Unfortunately I cannot know the suitability of the advice you are getting from the pelvic floor program you are currently taking part in, hence why I really encourage you to feel into it yourself and see if your True Self supports the advice you are being given, as there are a lot of people teaching pelvic floor healing that does more damage than good. It does feel like the person who is advising you not to contract around the egg is not aware of the way in which I teach the contraction, because I only encourage the contraction to be a very soft and gentle squeeze; not hard enough that it would actually cause tension.

For this reason, I would be inclined to say, that doing the contractions in this super gentle, soft way would actually be beneficial to your current state, while making sure that your main focus is on a long, extended release. Again, check in with your True Self on this. Wearing the Jade Egg around actually means you are walking around with a constant contraction with no release, hence why I feel that the advice you are being given may not be best for your body.

So please tune in on this and really trust that only you know what is best for your body and your healing. You CAN heal this. You simply need to apply the techniques you have learnt in both the RR course and the *Yoga for the Vagina* course. I would also suggest reading through the Luscious Lady playsheets from both Layer 1 and Layer 2, as they contain a lot more insight into how our reproductive system works and what it needs to stay healthy. And if you do get stuck, you can always book in with me for a one-on-one session so we can look at the root cause of the issues you're experiencing.

Q. I had been going really well with my practise having gone through up until Luscious Lady Parts and now it's been a few months probably, that I haven't practised, interestingly enough it may be the solution for my question!

I am yet to get in for a Pap Smear/check up to confirm but I am starting to worry that I may have a prolapsed cervix. My cervix is sitting very low in my vagina. If I part my inner labia I can actually see it (in a mirror) just within the opening.

Can a jade egg practice/any particular exercises help the muscles that should have held it in place, to strengthen and for this to heal/return to the correct space. Or is it too late?

A. No it is NOT too late to heal a prolapsing cervix. This is great that you have caught it this early, as many women experience the cervix falling down through the vagina, which then of course, makes it more difficult to heal, but not impossible. The whole *Yoga for the Vagina* course is designed to help both prevent prolapse of the sexual organs AND heal existing prolapse. So simply working through the sequences as the course is designed is perfect for helping to heal what you're experiencing right now. Ideally you would want to do at least 3 half hour practises with the Jade Egg per week, using the Moontime sequence when bleeding.

Please read the Luscious Lady Parts playsheets from both Layer 1 and Layer 2 and they go into a lot more detail on prolapse and what you need to understand about your reproductive system in order to a) Know how this practice is helping, and b) Understand why the prolapse is happening. Outside of your practice you also need to look at posture. We get taught some unusual ways to hold ourself in our society that actually increase the chance of prolapse. I explain posture in detail in the Breast Love playsheet in Layer 2, so please have a good read of that one.

The other thing I wanted to mention, is that our mental thoughts and feelings around prolapse play a big part in the healing process. If you're experiencing fear and worry about your cervix, then it will slow down the healing. This is where I would encourage you to visualise inside and outside of your practice your cervix being healthy and resilient and sitting right where it was designed to sit within your body. The more you do this, the more you help the healing process. This is because the body doesn't actually know the difference between what is real and what is imagined; hence active visualisation is a super powerful aid to healing.

One other thing I would recommend is doing the 14-minute Healing Smile Mini. This is a guided meditation that is designed to help heal the body. If you could do it once per day that would be super powerful in your healing - perhaps as you're going to sleep. Even if you fall asleep and miss the end, it will still be absorbed into the subconscious. Most of all, if you do end up seeing a doctor about this, just be careful of what you are told, as doctors take a very different approach to healing, and can instil great fear in you which is counter-productive to healing. Just something to be wary of.

Q. I have a friend with severe endometriosis (she has an operation every 2-3 months). Would this this course be a good choice for her? I understand that she has to work also on her beliefs - mostly about self-worth as a woman, from what she told me - but I would love to know if you have worked with other ladies with endometriosis and what are your insights on this. Can the jade egg practice have any positive impact on endometriosis?

A. Yes, this practice can certainly help heal severe endometriosis. The way this practice works, is that it helps balance out any irregularities in the body (particularly the sexual organs) while drawing out

trauma and conditioning, thus returning the reproductive system to a healthy state. For that reason, any sexual health issue can benefit from this practice. Of course, having a regular practice of at least 3 times per week is going to give your friend the most benefits. She may need to remove beliefs as well - this certainly speeds up the healing - or she can take it at her own pace and simply do the sequences and allow the healing to unfold in a time that feels right for her.

One of the biggest reasons women experience such issues as endometriosis is because they have a negative relationship with their body, their sexuality and being a woman. This practice - as in the way I have designed it in *Yoga for the Vagina*, as opposed to just any Jade Egg practice - helps heal those issues. As a woman develops a healthy relationship with her self, including her most intimate parts, so does her body begin to heal. Hence why it's such a powerful practice in anything sexual (or even mental) health related.

Q. I have a Bartholin cyst. I've had it for a few years and have declined surgery because it doesn't cause me any pain and I kept hoping I could cure it naturally. The doctors have said it's not a health risk. I hate it being there - I feel like it's an ugly lump and I have this sense of it being an indication that my vagina is storing stress and trauma. Since I started using the jade egg, it has declined in size. I'm wondering if you have any specific advice for this issue, or whether I should just continue trying to heal and nurture my vulva and vagina?

A. Great question! I have designed the course in such a way that the practice helps return the vagina to its natural state of health. So it doesn't matter whether it's a cyst or some other sexual health issue, using the Jade Egg and doing specific poses that are designed to activate and awaken the pelvic area, helps bring fresh blood to the tissue so that there is no stuck energy; one of the key causes of something like a cyst. The other benefit of this practice, is that you are creating a new relationship with your vagina and any issues that have manifested in this area.

When we dislike something on ourself - or think something is 'ugly' - we are essentially disowning a part of ourself, and this creates more problems within the body. In order help what we perceive as 'ugly' heal, we need to love it, as opposed to hate it. So my advice here, would be to keep practising the sequences, knowing they will heal what needs to be healed, while at the same time, begin to consciously change the feelings you have towards your cyst. Ask yourself: If this cyst was here to show me something about myself, or teach me something so I could deepen my self-love, what would it be? Perhaps do a little journaling on it.

Whenever something shows up physically in our body, it is our body's way of trying to communicate to us; trying to get us to look at some mental conditioning or unhealthy thinking patterns we have, so that we can do some inner healing work. Changing our mental perception of our perceived 'flaws' is so very powerful in helping the healing process. The practice will certainly help with this, but my suggestion would be to consciously explore this outside of the practice too.

Q. I am a 60yo menopausal woman with a few issues I am trying to address but the main one for *Yoga for the Vagina* is lubrication, thinning skin and the fact that I have not used your program correctly (my thoughts). I say this because I have not been patient and tried mainly sleeping with the egg but it gives me cramps and so I have not been doing any of your exercises and unfortunately I am extremely time poor (I know a very poor excuse).

So, my question is: Is there a sequence you would recommend - maybe just doing mini programs and concentrating on poses without the egg until I can get some lubrication and control?

A. Ultimately the Layer 1 half hour sequences that use the Jade Egg (working through them as suggested in the introduction audio) are what will help to get the glans along your vaginal canal working properly so you can naturally self-lubricate. This will also help regulate the hormones in your body so the thinning can self-repair as well. Ideally to see results you really want to be practising a half hour sequence with the Jade Egg three times per week.

I know you said time was an issue, and I know this may sound a little crazy right now, but the truth is: When you dedicate this time to yourself, and really make a commitment to your own health by having a practice like this, you will find that you are much calmer and have much more clarity in your daily life. As a result of this, you actually get more things done in less time. What I'm saying, is that by giving to yourself, you make your life far easier (thus freeing up more time). So that's just something to consider when you are deciding what to invest your time in.

We are taught in our society that we can just take magic pills to cure our health issues, but the truth is, in order to really get to the root cause of an issue you do need to spend time and energy committing to a healing practise, which is what *Yoga for the Vagina* is for. Sleeping with the Jade Egg inside is a nice 'addition' to a practice, but that unfortunately is not where the main healing happens. The healing happens within a regular practice that you are totally present for.

All of that said, if making the time to do a half hour practice still remains to difficult for you right now, then I would suggest starting with the 7-minute Pelvic Parfait Mini. This Mini is focused on engaging the whole pelvic area and its contents and will start to bring fresh blood to the area. Ideally you want to do it at least 3 times per week, eventually working up to once per day. Then once that feels doable, begin the layer 1 half hour sequences with the Jade Egg, as that's where the real magic will happen.

Sexual Intercourse

Q. First of all, my vagina is mostly unhappy with anything being inserted in her and reacts with pain and infections. I feel the pain mostly around the entrance and it sometimes lessens with gentle self-massage and the jade egg practice. However, most of the time love-making hurts and brings about a urinary or gynaecological infection, which makes me avoid it. I suspect that there is a deeper reason behind all this (ie. not feeling comfortable in my body, which leads to avoiding intimacies, which creates this pain and infections to have a "real" reason to avoid it). I wanted to ask you for your opinion.

Also, somewhere on your webpage you mentioned low-grade chronic infections - do you have any advice on how to treat them naturally, please? I am not sure if that is what I feel as the pain in my vagina and/or what creates the infections linked with love-making, but I would really love to be free of that worry. I do all kinds of alternative healing modalities which I learned by myself (EFT, subconscious parts work, visualisations, some quantum healing experiments, pendulum work etc.), but have not yet tackled the real reason behind the pain and infections... I would love to hear any of your insights to be able to do my jade egg practice and to make love without any pain and infections.

A. Let me just double-check: You don't experience pain when you take the Jade Egg inside? Obviously the process of **Sipping**, where it is slow and gentle, is designed to help build a healthy relationship with the vagina where you don't feel pain. You're essentially re-wiring your vagina to relax upon entry so you

feel pleasure as opposed to pain. When you are having sex: Is your partner massaging your vagina first with coconut oil? Is he waiting for you to relax open, and lubricate with lots of breast stimulation? And is he resting his penis against the vaginal opening and allowing you time to breathe slowly and deeply to relax the vagina, before he gently begins to enter? These are the things that need to happen for your vagina to openly receive something or someone into you. If entry is rushed or rough, then yes, your vagina will react and you will experience pain, because the vagina is not designed to have things inserted into it. It's designed to be entered with love and honour.

In terms of the vaginal infections, the practice itself will certainly help to balance the vagina so that you experience them less, through bringing fresh blood to the area, clearing stuck energy and trauma and helping you develop a healthier relationship with your vagina. Now there certainly will be some subconscious conditioning at play that is contributing to what you are experiencing. When I work with someone as part of my one-on-one five-month program, we go in and remove all the lifting beliefs that are taking a person away from self-love, and it is through that process that the vagina heals naturally. You mentioned that you can do a few different techniques yourself. I'm not sure if your work includes removing beliefs, but that is where I would focus my attention. In all my years of doing this kind of work, removing beliefs from the root cause, working solely with the subconscious mind, is the quickest and most effective way of creating these kinds of changes.

Something else that you might find helpful is to take a daily probiotic, as this will help establish a health flora in the vaginal canal so it is more resilient against infections. This will certainly support you in healing your vagina, but getting to the root cause of root issue (the mental programming) is what will cement in a healthy vagina.

Q. To be completely honest with you, I have never ever had a vaginal orgasm with a man (or with self-pleasure) in my life. I know very shallow clitoral orgasms through self-pleasuring (once again - never with a man), but I never felt even a hint of a pleasurable sensation in my vagina. Furthermore, I don't really have much libido. I want to have sex when a relationship is new, but then my desire just slowly fades.

Do you please have any recommendations? I understand that the practices will help me resensitise the tissue in my vagina, nurture me and bring me back to my body. I would love to hear if you have any other insights. I am trying to be gentle, not rush anything, just experience what I am experiencing and exploring the practice, as you say yourself. And I repeat to myself that I have all the time in the world to expand and grow with this practice (once again your words!).

A. You are certainly not alone, and before I started exploring this work, neither had I experienced vaginal orgasms. The main reason for this, is because most people learn how to 'do' sex from porn, which involves a very hard and fast in-out friction based approach. The problem is, this kind of sex actually desensitises the vaginal canal, making it near impossible to feel real pleasure without external stimulation of the clitoris. In terms of not having much of a libido, this will be because you're not experiencing the kind of sex that makes you want to play.

In order for a woman to experience deeper vaginal orgasms such as G-spot and cervical full body orgasms, she needs to wake up the G-spot area and the cervix. This happens, yes, through the Jade Egg practice, and it can also happen through gentle massage of these areas with a finger, to help melt the tension and numbness stored there, so you can start to feel pleasure.

For me, it took two weeks of my husband spending 5 to 10-minutes per day massaging my G-spot, along with me using the Jade Egg before I could feel pleasure in my G-spot. You need to remember

that the vaginal canal will have experienced years of numbness, so it does take a little bit of time and patience to help wake her back up again. That said, it can be done, it just needs your commitment :)

Then once your vaginal canal is awake, sex needs to take on a bit of a different look and feel. It needs to be slower, softer and more conscious. Often men cum very quickly, and the woman isn't even near ready to experience vaginal orgasms at that point. As a woman learns to re-awaken her special bits, a man needs to learn how to orgasm without ejaculating; then he is able to not only facilitate a long, slower lovemaking session that allows the woman to experience yummiest orgasms, but he himself is able to have multiple and fully body orgasms from learning how not to ejaculate.

If you're interested in learning more about this style of conscious love-making, I teach this in the [Sexual Self 2-month online course](#).

Q. My significant other works on the road and so it is usually a few weeks to a month in between when we have sex. When we do, it usually gets pretty frenzied and sometimes we just get right to it. This causes some ripping and then bleeding. It's the worst. Also, I had cervical ectropion before and had chemical cauterisation. Oh. My. God. That hurt so bad and the cramping was the worst. Every time I bleed, it makes me worry the ectropion is back.

After reading what you say about the cervix I'm really thinking that this is **NOT** the way to go. I also was told a little while back my thyroid was starting to show signs of malfunctioning. I saw that you also cured yourself of that too. I have also started a detox (alkaline diet as well) for this. I believe our bodies are amazing and can heal themselves if we let them. I guess I'm asking if this course can heal my cervix? Currently, if my partner hits it in certain positions, it hurts so bad. Like, makes me want to throw up and scream at the same time kinda pain.

A. First thing you need to know, is that the *Yoga for the Vagina* practice will start the healing process in your body. Essentially the Jade Egg helps draw trauma out of the tissue, while bringing fresh blood to the area to facilitate healing. So in answer to your question, absolutely this practice will help heal you. I would suggest having a practice at least 3 times per week to start to see results. As you explore the course content, you will notice there is a lot of resources in the full online series that give a lot of education on the female reproductive system so you can have a much greater understanding of what's needed to heal the cervix, and to deepen your practice to facilitate the healing you're after.

Now the other thing I wanted to touch on, is sexual intercourse. Any form of bleeding or tearing is not healthy for the body, and if you are having sex in a way that creates this, you are essentially doing your body harm. Now I know you probably just want to get straight into it, but what you need to know, is that the female body isn't actually designed to be entered so quickly. Most women experience pain or numbness as a result of being entered too quickly. This is why most women also don't experience the deeper vaginal orgasms; because their vaginal canal has become too numb to experience that kind of pleasure, due to hard thrusting. That, or they experience pain.

I'm not sure what you have explored sexually, but there are some really great books out there about slow conscious sex, and I also run a course called [Sexual Self](#), that teaches you how to have sex in a more mindful way, that involves waking up the body so it become highly sensitive and no longer needs hard thrusting to experience pleasure. When you approach sex in this way, both you and your partner are able to experience multiple and full body orgasmic experiences. Of course, changing the way you have sex does take practice and patience, but I can assure you, it is certainly well worth it, if you are interested in exploring that.

Q. I can only orgasm with a vibrator. During sex with my partner, it never happens. Can Yoga for the Vagina help me be able to orgasm with my partner?

A. Yes. But first let me explain a little about vibrating toys... When we use a vibrator it actually desensitises our special bits, meaning we need more high-powered stimulation to orgasm. If you consider a tongue, finger or penis; it cannot go as hard or fast as a vibrator! This's why women who use vibrators a lot, often have trouble orgasming with their partner.

In order to experience deep orgasmic bliss, especially those yummy G-spot and cervical full body orgasms, you need to have a super sensitive vagina. Using a Jade Egg internally, as part of your Yoga for the Vagina practice, helps wake up the vaginal tissue so you can feel more. Even if you have used vibrators in the past, and you are now experiencing this kind of desensitisation where you need a vibrator to orgasm, you can re-sensitise the vagina through using a Jade Egg.

That said, I recommend weaning yourself off your vibrator. Sorry! But if you're using a vibrator while also using a Jade Egg, you're undoing all the re-sensitisation that the Jade Egg is creating. I know it can be frustrating to begin with when you feel as if you're not experiencing any pleasure, like you're numb - but with patience and commitment to your practice, your Jade Egg will awaken you to all sorts of bliss you never even knew existed.

Q. My question regards past sexual connections. I heard and read that having sex with someone creates an energetic connection that can last for years. In the past two years I had sex with some men. I was unhappy and seeking for a heart connection. I was also raped about 22 years ago but I think that energy has gone because when I was processing the emotions around that a few months ago it felt like his energy was leaving my body through my vagina, which happened spontaneously.

The men are all gone now and I have a wonderful loving partner now with whom I can connect really deep. He is also very supportive and patient in my releasing of the sexual trauma. But having read about this energetic connection I am now wondering if the sexual energy of the other men is still in me, where it would be (womb / vagina I guess?) and how I can tell if that energy is still there. And of course, if it is, how I can transform it.

A. Yes there are modalities that teach that we hold onto these energetic connections. Kundalini Yoga is one such modality. My suggestion would be, not to get too caught up with this, as it can do us more mental harm than good. Essentially we hold energy from all of our interactions in life (right back to our time in our mother's womb) if they are negative. So it is the negative emotion we took on from the interaction that we want to clear, as opposed to the personal connection with a specific person.

Simply doing the sequences will bring to the surface what you need to heal within yourself, when you are ready to heal it. Different poses will ignite different emotions, and as they arise, simply be with them and give voice to them. I teach specific techniques on how to fast-track these releases in both my [one-on-one sessions](#) and my [Remarkable Relationships 3-month course](#). However, if you're happy to work through this on your own, then I would suggest simply being present during your sequences and allowing yourself to feel your way through the emotions as they arise.

Q. Now that I have started Yoga for the Vagina, if I get a pap smear, is that going to have negative consequences to my vagina? In addition, what about tampons and sex in general? Will sex always be a much slower thing (no quickies, etc) where you have to 'sip' the penis in? I'm not with

anyone at the moment, so it's not completely relevant, but future wise I am curious about whether or not the spontaneity of sex lessens a bit from using the jade egg?

A. What you will notice as you continue to practise the sequences, is that your vagina will start to wake up (most women's vaginas are extremely numb, although most of the time women are completely unaware of this as they have not felt what a super sentient vagina feels like) and it will become far more sensitive. It is this increased sensitivity that will open you up to experiencing the deeper vaginal orgasms such as G-spot orgasms and cervical full body orgasms.

This kind of pleasure often alludes women because 1) Their vagina is too numb and 2) Because they are not allowing the time required to allow these orgasms blossom. In order to experience the earth-shaking pleasure of full body orgasms, you need to allow far more time. We live in a world where we are taught to want quick gratification, yet those 'quickies' don't contain the substance and depth of pleasure that is actually available to us when we slow down.

The other thing to consider is that the vagina is not designed to be entered quickly, and it is fast, friction-based sex that actually causes the de-sensitisation (and scarring) that leads to a woman's inability to expand her pleasure and experience the deep vaginal orgasms. When a vagina is numb and has experienced this kind of trauma (numbness is a sign of trauma), then the vagina becomes more susceptible to sexual health issues.

So in answer to your question, it's not that you won't be able to have quickies, it's that you probably won't want to have quick sex, because it will no longer satisfy you and it won't feel nurturing and honouring to your body. When it comes to pap smears, with a regular *Yoga for the Vagina* practice you will find that you are able to relax open your vagina more easily to allow the utensils inside without discomfort. You will still be able to use tampons, you might just find yourself being a little more softer when you insert them.

Q. Are you not meant to use condoms once you are proficient with the Jade Egg? I saw an FAQ where people were talking about natural contraception so am curious about this... I understand that spermicides, the pill, IUD would be no good because they are so invasive for the body, but are condoms in this same category too?

A. What form of contraception you use really is a personal choice. Condoms are certainly the least invasive and safest (if you don't have a latex allergy) on the female body, but some people prefer not to use them because they can dull sensation (especially for men), hence why many women unfortunately choose contraception options like the pill or IUD, that completely mess with our natural hormones.

What you would have seen in the FAQ was people talking about the Billings Ovulation Method (there is a link to more information on this method on the 'Extra Resources' page). This is a natural form of contraception where, with the help of an instructor, you learn how to read the different mucus your vagina is producing at different times of month. This allows you to have sex without any form of contraception when you are not in your ovulation phase and at risk of getting pregnant.

So in answer to your question, you are absolutely ok to use condoms once you become proficient at using the Jade Egg, and I would recommend condoms above any contraception method that interferes with your natural cycles. The pill and IUDs actually deteriorate the cervix, and you need a healthy cervix in order to conceive easily.

Sipping

Q. I am wondering about the "sipping" of the egg into the vagina. I think that in the manual you use the word "squeeze" with inhale at one point, but in the audio file, there is no mention of squeezing (at least I don't remember it). Do I squeeze while inhaling and yawn open my vagina with exhale? Or do I just hold the egg at the entrance? Squeezing seems to push it further away from the vagina rather than sip it in. Thank you for explaining this to me.

A. Yes, so you squeeze as you inhale, while holding your Jade Egg steady at the opening, then relax your grip as you yawn your vagina open on the exhale. Then you repeat. Holding the egg firm as you inhale and squeeze, so the egg doesn't push out, then exhale and yawn open, seeing if the egg travels any further inside. Essentially what you're doing is creating a vacuum that will suck the egg inside. The egg may only move a micro-millimetre - or not at all to begin with - with each exhale, and that is totally normal when you begin training the vagina in this way. Honestly, it took my five months of regular practise to be able to sip her inside, so don't put pressure on yourself to do it, simply be with the practice and enjoy noticing what you notice, without any expectations.

Q. How far the egg should go when it is sipped. I mean, do I consider that it is sipped when it has completely "disappeared" (sometimes, its not on the surface anymore, but it just won't disappear! -I can still touch it without too much effort)? Also, I was wondering if during sipping I was supposed to contract the vagina when I breathe in or completely let go during the breath in and breath out... or whatever works? It seems to me that it was easier for me this morning... Practice makes it easier I guess! :) I started to move hips during breathing and squeeze a little bit when hips were up and then release when it was done... and hop! It was "gone"!!!

A. Once you sip the egg inside it will naturally come to rest where it is most needed for healing. So don't worry so much about where it sits inside the vagina, as to the fact that it is inside, if that makes sense. You will know it is completely inside because you won't be able to see it, or feel it without, moving you finger inside your vaginal opening. Yes, on the inhale you squeeze the vagina, as this creates a vacuum, then on the exhale you yawn the vagina open. So the egg will only move in on the exhale, not on the inhale.

Q. For the sipping, I am getting there, slowly but surely. One question I have is that I can just about do it now if I put the egg inside far enough that its widest part is already past the entrance. Otherwise my outer muscles still seem too tight to get it past. Is this normal, or should I be able to sip when starting with just the very tip inside?

A. Ultimately we want to be able to learn how to Sip from just having the very tip at the entrance. That's what you're aiming for longterm. That said, if what you are currently doing - snuggling it in a little further - is working for you right now, start there. Spend some time doing it that way, and once you feel like you're able to easily sip from that position, then start practising Sipping from having the egg sitting outside the vaginal opening.

What you're experiencing is completely normal, and from memory I'm pretty sure I did the same as what you're doing, and then once I began to awaken those muscles, stopped pressing it as far in, and allowing my vagina to Sip it all the way. Honestly, Sipping is the hardest, but most powerful eggsexercise

you will learn, so simply be patient, as like I've mentioned in the course, it took me months of regular practise to be able to do it. And that is absolutely normal and expected :)

Q. I have currently done sequence 1 three times. I have been unable to sip the egg in, although I follow your guidance and gently apply pressure while using my breathing to get the egg in. Once the egg is in, no problems and no problems getting the egg out. Because I haven't been able to sip, does that mean I cannot move on to layer 2? If that is the case, do I just keep doing layer 1 until I am able to do sipping?

A. The reason there are 6 sequences in layer 1 (that you practise 6 times each) is to give you a chance to learn how to sip the egg, as Sipping, for most women, is a very slow process that does require a lot of patience and practise. You are learning how to completely reactivate a muscle that has essentially atrophied. Because you're still on sequence 1, I wouldn't concern yourself about this right now, as you have many more sequences to explore before you get to the Layer 2 sequences.

Once you do finish the Layer 1 sequences, you'll find more information explaining what to do if you cannot sip the egg inside, so you will be able to refer to that. But in a nutshell, you can either choose to stay on the Layer 1 sequences for a while longer, or you can move onto the Layer 2 sequences and simply pause the audio when it comes time to practise sipping (as the Layer 2 sequences do not allow sipping practise time). The big thing to remember, is that it is not how quickly you move through the sequences, but how present you are during a sequence that creates the most healing and awakening.

Q. When you are massaging the egg at the vaginal opening, are you using the string to massage around that area or do you use your hand to hold the egg and do that action?

A. When you massage the vaginal opening you are using your hand to hold the egg. You might like to imagine it is like holding a pen and you are drawing intimate circles around your vaginal opening, inviting the vaginal opening to relax and surrender open in preparation for entry.

Q. When Sipping, when you say hold the egg steady on the inhalation, are you holding onto the egg itself while you inhale or the string?

A. Yes, you are holding onto the egg itself so it stays in place as you sip. The only time we use the string is if you need help getting the egg out at the end of your practice, or to do resistance exercises, such as the one I share in the Blissful Breath Layer 2 60-minute sequence.

Yoga poses

Q. Easy pose - I'm doing this pose as in the drawings and as in your videos as far as I can tell. I'm sitting on a meditation cushion which is about 1 1/2" high. I find it comfortable. However my knees are not below my hips - they are up a bit from my hips. Is this ok? I've tried building up the height under my bum by piling blankets on top of the cushion, but it doesn't feel so stable. Another thing I have tried in which my knees are below hips is this, I can uncross my ankles so that my right knee is on the

ground (my left knee needs support in this case) - again this does not feel so stable and there may be some strain in my hip.

A. Because of the lifestyle most people today live - where there is a lot of sitting - the groin and hips become very tight and inflexible. So rest assured that what you are experiencing while sitting in Easy Pose is completely normal! My suggestion is to stick with the meditation cushion, because stability is absolutely paramount to the pose. You want to be able to feel your sit bones plugging into the earth through the meditation cushion. One way to know you are doing a pose in a way that suits your body, is that it will feel stable and expansive.

Over time what you will find is that your knees will gently start to lower naturally as the tension in the groin and hips softly begins to dissolve. Easy Pose will encourage this - and you may also like to imagine your knees relaxing down as you do the pose, as this can be really powerful too. It's quite amazing what the body can release and let go of, when we set the intention for it to do so! There are also many other poses in the sequences that will help iron out the tension and tightness that is causing your needs to be higher. So simply let go of needing the pose to look or be a specific way, listen to your body, and allow yourself to really merge with the pose and enjoy what it brings to you.

Q. I was just doing session 2 Letting Go, but when I let go in my cow in the Pussy Cat, the egg really does get released. It comes all the way out. Do I need a different sized egg?

A. OK, so one of two things could be happening here...

1) You may have not yet built the muscles to keep the egg inside in a more upright position, which is really common when you first start out. It can take months for the vagina to be able to hold the egg inside in certain positions. If this is the case, I would suggest not doing the squeeze and release as you do the Pussy Cat, and see if the egg stays inside. Pussy Cat naturally activates the pelvic floor without needing the squeeze anyway - so you'll still get lots of benefits.

If on the other hand, not squeezing and releasing the egg is still coming out, my suggestion would be, during your practice as you listen to the Guided Audio, to actually do the Clapping Scarecrow, as opposed to the Pussy Cat, so you can really just focus on the squeeze and release. And then if you want to do some Pussy Cats when you finish your practice, go ahead without the egg.

Also - I just want to check, when you release, you're just letting go of the egg yeah? You're not 'pushing' it at all? The release needs to be a really gentle letting go. We're not trying to do anything with the egg on the release.

2) Your body actually has had enough of the Jade Egg for the day and is spitting it out. In which case, you wouldn't want to push it back in, but instead continue the practice without the egg inside. It's always really important to honour where the body is at. If you have been doing daily practices (when you are new to the practice) then the body may actually be a little fatigued, as we work a lot of muscles in this practice.

Ultimately you won't need a different size - because with practice the vagina adapts to the size of the egg. When it comes to this practice, it's about 'how' you use the egg, not the size.

Q. When doing the thigh massage I notice that my arms are a bit too short so I find myself tightening my neck and back to be able to reach my thighs properly. How can I change the pose without losing its benefits? I would think by putting a bolster below my back and maybe a cushion under my head but I'm not sure.

A. Great question. And I'm going to give you a few options here for you to try out to see what feels best for you, because you certainly don't want to be tightening anywhere (and thus collecting tension in the body). Now you certainly can prop your body up as you mentioned, that would work really well. Play with some props and see what works best for you. We all have such differently shaped bodies and I'm someone who has really long arms - so I find some other poses I need to adjust because of this :)

Another option you could try, is drawing your knees into your chest, slightly parted and massage your thighs there, returning your legs to **Goddess Pose** when you begin massaging your vulva. OR you can actually come to a seated position and sit in **Butterfly** (which you'll find instruction on, in the **Luscious Lady Parts sequence**) and massage your thighs there. Again returning to Goddess Pose once you move onto your vulva. The great thing about **Butterfly**, is that you are still opening your hips out wide, so you're still getting that nice groin stretch.

What's important to know, is that even if you have to come out of **Goddess Pose** to do the thigh massage, and then return to it, you're still going to be getting some time in **Goddess Pose**. And there are a LOT of poses in the series that focus on opening up the hips, so however you adjust the pose, don't worry that you'll miss out on the benefits. What's most important is that you feel comfy in whatever pose you choose! You want the practice to feel lush :)

Q. I want to clarify with the **Horizontal Ballerina**, that you keep your toes pointed while you inhale and squeeze and then exhale and release. I'm asking because I have an inclination to start moving the feet to change sides while I'm exhaling and relaxing. However, I noticed today, it feels quite ok to really take my time and not change feet until I've finished the exhale.

Also, how much should the calf and feet be engaged? I'm unsure where to play it - between legs and feet being too relaxed, and on the other hand not wanting to use too much tension.

A. With the **Horizontal Ballerina** you want to have your toes pointed for a full inhalation and squeeze and a full exhalation and release, then you switch feet and do the same on the other side. So the switch happens once you have fully exhaled and let go and before you take your next breath and begin the squeeze. This is actually a really great practice in conscious awareness in patience because you must wait until the breath is fully exhaled before you move on. So yes, please take your time :)

In terms of calf and foot engagement, you want to feel the muscle engaged enough to feel a nice stretch (from your foot to your thigh), without it feeling painful or tense (you don't want to hold it so tight you're shaking, for example). If you place your hands on your thighs as you do this exercise you should be able to feel the flexed muscle there. So in that respect you do want a reasonable amount of tension, but it's a healthy tension, as you squeeze and relax your vagina around your egg.

Q. In the **Ballerina eggsercise**, I understand that you contract and release the side of the vagina **WHILE** the leg is pointed (and other flexed), but somehow I have a tendency to relax my vagina and accompany it with also relaxing my leg (feels more natural this way and more in line with the other exercises in which contraction is accompanied with one movement, and relaxation with another). I

wonder if that changes the exercise and makes it less effective... I don't want to change the exercise in any way, these are just my thoughts about how it feels, but I will gladly do it the "right" way!

A. In the **Horizontal Ballerina** we contract the side of the vagina where the toes are pointing, because that is the side that is being activated through the stretching of the muscle along that side. It's helping to work the vagina in a very unique way that helps build deeper sensitivity and dexterity. So we are lengthening the muscle, then contracting it. Does that make sense? If you were to do it the opposite way it definitely would change how the exercise works the muscles. That said, if you are finding you like it the other way - have a play - and really trust what you feel is best for your body. Just be open to exploring something that feels a little at odds to what you are used to, because often the greater gifts are in the places that don't feel as comfy :)

Your Practice

Q. How much time do I need to put in to see results?

A. As many successful people before us have said: 'What you put in is what you get out'. If you have a daily one-hour *Yoga for the Vagina* practice that would be ideal and help you to feel at peace and in the flow, while experiencing optimum health. If you can only do a half hour practice once a week, you will still reap benefits, but those benefits will increase the more time you commit to your self-love practice. All of that said, I have created a number of mini-sequences - some go for as little as 2-minutes! - so even when you're struggling to fit in a practice, you can simply do one of those to maintain your connection to self. If you are wanting to heal an ailment, you really need to be practising at least 2-3 times per week for a minimum of 30minutes.

Q. I was just wondering if it will make much of a difference if I practice my yoga on my bed rather than on a yoga mat?

A. I would suggest NOT doing your practice on the bed, because you want to make sure you have a firm base beneath you to ensure your body is properly aligned. If there is any sinking, this will compromise the poses and cause your body to unconsciously grip in areas you don't want it to, and thus create tension (which we're wanting to avoid). You will also eventually work up to standing poses in the series, and they would be extremely difficult to do standing on a bed (and I certainly wouldn't want you to try and then fall).

If you don't have a yoga mat, that's totally ok, just pop a towel down on a carpeted floor, and do the practice there. You also want to make sure that you create a space that is separate from sleeping for your practice. If you are doing the practice in a place that your body knows is for sleep, the unconscious tendency would be to fall asleep in that place, thus ending the practice prematurely. From a mental perspective, the practice will be far more potent healing-wise, if there is a space that is dedicated to a regular practice.

Q. I have done the **Breast Love** sequence twice already and loved it as much as the preceding sequences. The funny thing is that I have almost hard time "leaving" one sequence for the subsequent one, that's how much I am in love with it! I only regretted a tiny bit the fast version of the love wrap in

the **Breast love** sequence, it was so delicious in the preceding sequences! You see, I really love the love wrap :-).

A. Don't worry about leaving one sequence and moving onto the next, you have all the time in the world to go back and play with different sequences. And once you have done each one six times, that is the idea; that you simply choose which one you feel more drawn to on any given day. We simply do each sequence six times each to begin with, so you can build a solid foundation with that sequence and consolidate the poses, before learning new ones.

The reason the Love Wrap is a little faster in the **Breast Love 30** is because the idea is for you to be able to fill yourself up with love more quickly, so that you can then take that out into everyday life, and Love Wrap on the spot when you find yourself in a sticky situation, or flat or moody. If you really love the Love Wrap, check out the **Self-Love Meditation** in the Extra Resources section if you haven't already, as this is 25-minute version of the Love Wrap, and is a really beautiful meditation in itself.

Q. Will there be any specific de-armouring practices later on in the course? I am just curious, I do work on it myself - through touch and sound/voicing the pain/numbness/emotions... I haven't looked into the content of the up-coming practices, I savour them once "it's time".

A. Using a Jade Egg internally, as I teach it, is a form of de-armouring. In the Layer 2 sequences we begin to use the Jade Egg in more isolated ways; for example, squeezing and releasing different quadrants of the vagina, and moving the egg up and down the vaginal canal. This is extremely powerful in de-armouring the vaginal canal. As you mentioned, making sound is another powerful tool in helping to release/de-armour, hence why I encourage you to exhale sound during many of the poses. The vulva massage (and all massage for that matter) is another part of de-armouring. So when you bring all of these together, it's actually quite a potent mix of de-armouring going on.

Q. I wanted to ask you about the breast massage and the direction of the circles. In the audio practice for the **Breast Love 30**, I think you begin with the inward circle (going down between the breasts and up around the breasts) and you don't tell us to change directions. I have read in several resources on Taoist breast massage about the energy implications behind both of these directions and I was wondering if the outward circle may be a better choice to start with? What are your thoughts about this, please? Does it matter to you which direction you start with?

A. Yes you are right about the great massage in terms of the Taoist's beliefs, that you are dispersing the energy when you go up through the centre which is the way that you want to go if you have breast lumps and bumps or cysts. I choose to go the other way in that particular audio, because when you massage down through the centre you are expanding the energy of the breasts and thus, the love within. I have placed a note on the audio, so that anyone with breast afflictions know that they may prefer to go the safer way.

Now all of that said, I am a big believer that it is our intention with which we do something that brings about healing. So if you feel drawn to massage the other way, please do. Massage with love. For love and intention are the most potent ingredients in your practice :)

Q. A very quick question about the vaginal pulse - is it a real pulse, like an orgasmic type of pulse, or something very subtle, almost difficult to discern?

A. The vaginal pulse generally starts out as being something very subtle. Hence why it can take a while to be able to fully feel it. Ultimately it's much like our heart-beat. That's what you want to be experiencing when you cup your vulva. The more you practise, the more you will start to feel its vibrance. That said, when I ask you to feel for your vaginal pulse I'm not expecting you to feel the type of pulsing you would feel as part of an orgasm, although I'm certainly not saying that that's not possible either. Trust that what you are experiencing is perfect!

Q. Why isn't vaginal weight-lifting included in *Yoga for the Vagina*?

A. I don't teach vaginal weight lifting and strongly advise women against practicing it. Why? Because we can take all things to the extreme but that doesn't necessarily get us results. In fact, lifting weight with your vagina can cause vaginal scarring which can lead to tension in the sexual organs, which opens you up to disease and illness. Vaginal scarring also inhibits orgasm!

Yes we do need resistance - hence why Kegels exercises alone don't work - but the weight of the Nephrite Jade Egg inside the vagina is enough to gain vaginal tone and wake the area up to experience deep pleasure. When using the Jade Egg you want to maintain a strong focus on the letting go, as opposed to the squeeze, and you want the squeeze to be a small squeeze, hence why vaginal weight lifting can be dangerous. I do teach how to add a very small amount of extra resistance by pulling the string when the egg inside you, but that is as far as the resistance work goes in *Yoga for the Vagina*.

Q. If I had one negative comment it's that I don't like the music that comes from the rest period at the end of each sequence, because I like to play quiet yoga music for the whole thing so then the two different songs get merged and I have to get up and turn off the yoga music. But that's very personal and very minor!

A. So happy that you are happy with all the content thus far. In regards to the music, do you mind if I ask, what it is about the relaxing music that you dislike? I'm curious, because we had the music specifically compose for this project, with specific sounds and tones used to facilitate healing. Often if there is a strong dislike of something it can be resistance to an area that could offer us great learnings.

I on purposely didn't put music behind the guided audios because the practice is designed to be listened to without music, so that you are able to listen more closely to your body and the voice of your True Self. I've found that music - while absolutely beautiful to listen to - can actually distract us from ourself at times. I certainly don't want to take the music away from you if this is what you really love, but perhaps try it without music occasionally and see what learnings are available that way :)

Q. I'm just curious why you haven't used the Sanskrit and more common names for some the yoga poses?

A. So yoga is such a beautiful practice that has so many benefits, yet with all its names, some people can feel alienated and out of the know if they can't remember the Sanskrit name for each pose. When I created *Yoga for the Vagina* I wanted to make it completely accessible to women of any age, race, economic standing, education level and experience with yoga. For that reason I came up with a list of names that were obvious, fun, and easily digestible, especially to the newbie to yoga.

So if you are a seasoned yogini, then feel free to call the poses as you please :) What matters is not the labels we place upon things, but the experience we have when we immerse ourselves in those things. So these poses are not to intellectualised, they are to be *felt*. To be enjoyed. To be relished. To be used as a way to come back home to ourself.

Q. I have not really been able to make a serious start at a Yoga for the V practice since I have been dealing with tonsillitis lately, as well as associated fatigue/etc. Especially since you mentioned how a practice can bring illnesses to the surface, and I actually had a bout start right after I started the practice, I have a little bit of paranoia about going back to the egg practice, even though it was also the end of a course of antibiotics which might be more likely.

Since I only recently purchased Yoga for the V, I'm not familiar with all the practices yet. Which ones would you recommend for gentle exercise for a sick person? Blissful Breath? Moontime? Minis only? Which ones?

A. When it comes to which practice you should do while ill, my suggestion is to work through the sequences sequentially, as explained in the introduction audio, because each sequence builds upon what you learned in the previous sequence. Also - the earlier sequences are the softer sequences, with less physical exertion, so these are really well suited to what you are experiencing currently. As you may have noticed, the practices are very soft and gentle and nurturing and this is exactly what you need right now. At the same time, they will be activating healing within your body.

Now sometimes when healing is underway, symptoms get worse before they get better. So it's very possible this is what has happened for you (Or it could very well be the antibiotics, because they wreak havoc on the body). What you need to understand is that you will never be given anything that you cannot physically or mentally deal with yourself (without outside intervention). So my suggestion would be to really trust that what you are experiencing is perfect, and that all you need to do is be with the illness, lean into it, and you will be shown the insights and lessons you need to heal. For this is how healing works - physical symptoms are simply the body's way of trying to communicate to us, trying to get our attention. And if we take the time to 'be' with this symptoms, we create the space to hear what our body wants to communicate to us.

Of course, if you have a lot of fear around using the Jade Egg, simply start with the 30min Moontime sequence, and once you have done it 6 times, then move onto the 30min Blissful Breath sequence where you can introduce the Jade Egg. The Minis are great too - as none of them use the Jade Egg. And you can do whichever length Mini you feel you have the energy for - go with the one you feel most drawn to. All of that said, I really feel that once you start the 30-minute sequences in Layer 1, you will actually feel them give you energy because they are so restorative. And I am a big believer that doing at least 2-3 full 30-minute sequences per week will speed up your healing process immensely - because that's what they are designed for.

Q. With the first affirmation we say at near the beginning of Sequence 1, is that meant to be said out loud?

A. Affirmations are more powerful when we voice them because the sound of the affirmation resonates through our body. When we voice an affirmation as opposed to simply thinking it, we are also 'actioning' that affirmation, which makes it more potent. For this reason I suggest voicing the affirmations while at the same time allowing yourself to feel the affirmation in your body.