

Contents

PREFACE	4
INTRODUCTION.....	6
<i>What is the Yoni Egg?.....</i>	<i>7</i>
<i>History of the Yoni Egg</i>	<i>9</i>
<i>The Yoni Concept</i>	<i>13</i>
<i>The Rise of Yoni Oriented Practices</i>	<i>18</i>
<i>What are Gemstones?</i>	<i>21</i>
<i>Yoni Egg versus Jade Egg.....</i>	<i>22</i>
<i>Yoni Egg Health Benefits</i>	<i>24</i>
PRACTICAL CONSIDERATIONS	26
<i>Important – Read this first</i>	<i>27</i>
<i>Risks, Precautions & Contraindications.....</i>	<i>28</i>
<i>Cleaning, Safety, and Storage</i>	<i>30</i>
<i>Drilled and Undrilled Yoni Eggs.....</i>	<i>33</i>
<i>How to Wear the Yoni Egg?</i>	<i>34</i>
<i>Discharge and Recharge the Yoni Egg</i>	<i>36</i>
<i>Yoni Egg Sizes.....</i>	<i>37</i>
<i>What Type of Gemstone to Choose?</i>	<i>40</i>
YONI EGG MATERIALS.....	42
POPULAR GEMSTONES	43
<i>Amethyst Quartz</i>	<i>44</i>
<i>Black Obsidian Rock.....</i>	<i>45</i>
<i>Carnelian Quartz.....</i>	<i>46</i>
<i>Green Aventurine.....</i>	<i>47</i>
<i>Nephrite Jade & Jadeite Jade</i>	<i>48</i>
<i>Red Jasper</i>	<i>49</i>
<i>Rose Quartz.....</i>	<i>50</i>
GEMSTONE ALTERNATIVES	51
<i>Ben Wa Balls</i>	<i>52</i>
<i>Glass</i>	<i>55</i>
<i>Silicone and Plastics</i>	<i>56</i>
<i>Wood</i>	<i>57</i>
YONI EGG PRACTICES	58
<i>Energetic Healing.....</i>	<i>59</i>
<i>Healing Love through the Tao</i>	<i>60</i>
<i>Horse Stance Exercise.....</i>	<i>62</i>
<i>Kegel Exercises (Kegels)</i>	<i>63</i>
<i>Ovarian Breathing</i>	<i>65</i>
<i>Pelvic Floor Muscles Exercises</i>	<i>66</i>
<i>Postpartum Recovery.....</i>	<i>68</i>
<i>Pregnancy and Childbirth</i>	<i>69</i>
<i>Resistance Training and Weightlifting</i>	<i>70</i>
<i>Sexual Pleasure</i>	<i>71</i>
<i>Taoist Deer Exercises</i>	<i>72</i>
<i>Two Eggs Practices</i>	<i>74</i>

<i>Vaginal Dearmoring</i>	75
<i>Yoni Awareness and Meditation</i>	77
<i>Yoni Breathing</i>	78
<i>Yoni Egg Reflexology</i>	79
<i>Yoni Mapping</i>	80
<i>Yoni Worship and Honoring</i>	82
<i>Yoni Tucks</i>	85
<i>Yoni Yoga</i>	86
SUPPLEMENT.....	87
<i>Chakras</i>	88
<i>Mantak Chia and the UHT System</i>	93
<i>Multi-Orgasmic States</i>	95
<i>Sacred G-Spot Massage</i>	96
<i>Sexual Disorders, Massage, and Bodywork</i>	97
<i>Stones and Crystals in Massage Therapy</i>	99
<i>Tantra and Neo-Tantra</i>	101
<i>Tantric Breathwork</i>	104
<i>Taoist Breast Massage</i>	106
<i>Taoist Sexual Practices (Fangzhongshu)</i>	108
<i>Types of Female Orgasms</i>	110
<i>What Is Yoni Massage?</i>	112
<i>Yoni Spot-ology (A-Spot, C-Spot, and more)</i>	115
<i>Yoni Wand (Pleasure Wand)</i>	117
APPENDIX.....	119