

FREE GUIDE

How to get started with your yoni egg



Tao-tantric feminine arts & Womb healing
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Table of contents

Introduction	3
Yoni egg origin, types and sizes	4-5
What are the benefits of yoni egg	6-7
Set up your space and get started in 3 steps	8
Pleasure warm-up	9
Breast massage benefits	10
How to insert your egg mindfully	11
Basic yoni egg practices	12
Guided audios	13

INTRODUCTION

Hello, I'm your guide Martina

I have dedicated myself to women's healing, transformation, and empowerment for the past seven years. I have had the privilege of working with hundreds of women, drawing from lineages of Tantra, Taoism, Hatha and Womb Yoga, Eastern bodywork, and the cyclical wisdom of the menstrual cycle.

My curiosity and personal healing journey led me to yoni egg practices which completely changed my relationship to sexuality. They helped me to discover my divine nature through the path of body and eros. As I peeled layers of armor and numbness I started to develop trust and deep intimacy with my body and experience it as an infinite source of aliveness, healing, pleasure and orgasmic bliss.



“ I truly believe that every woman can experience orgasmic bliss beyond her wildest imagination that can become a catalyst for life-changing transformation. This is not just about orgasm. It's about who you become as you heal and unlock the secrets of the body. And I am here to guide you on your journey to reclaim the power of eros and increase your capacity to experience elevated states of love and pleasure. “

Yoni Egg Intro

Origin, types and sizes of yoni eggs

Yoni egg is an amazing healing and transformative tool that supports women's health, creativity, and sexuality. Yoni, a Sanskrit word for vagina, literally means a sacred temple, a sacred gateway. In the ancient Taoist & Tantric tradition, a vagina was worshipped as a cosmic portal to the universe where all life comes from.

Yoni egg is a crystal shaped into an egg and it is designed for an internal use for women. This practice comes from a Taoist tradition, and it helps women to connect and awaken the full potential of yoni / vagina.

In ancient China it used to be a top held secret in the society only available to royal women. They knew how powerful it was to work with sexual energy and they used these practices to cultivate their power, vitality, creativity, longevity, magnetism, and spiritual connection.

Types and sizes of yoni eggs

Yoni eggs come in 3 sizes:

Small (3x2 cm)

Medium (3x4cm)

Large (3,5x5 cm)



The most common yoni eggs are made of nephrite jade, rose quartz and obsidian. I highly recommend you work with a nephrite jade egg. Jade is very hard dense stone which makes it very resistant to cracking or breaking. Therefore it doesn't allow any impurities to get in and it is very safe to use internally. It also has healing and balancing properties for the female reproductive system. Although rose quartz is a super beautiful stone, I don't really recommend it for these practices as it can easily crack making it easy to store bacteria.

What's the right size for me?

Medium size works for the most women but if you had vaginal childbirth you might want to start with a large one.

Drilled or undrilled?

I recommend a drilled egg so you can string it which might make it easier for you to do some practices and feel your egg . You can use a dental floss that is unwaxed and unflavored to string your egg.

How do I get my yoni egg ready?

Learn how to string, cleanse, insert, remove and charge your egg in my intro video "How to get started with a yoni egg" below:

<https://youtu.be/oOWHEr5u3D0>

And if you'd like to experience guided practices to connect to your breasts and yoni make sure you check out links on the last page of this e-book.



Benefits of using a yoni egg

Yoni egg teaches you how to relax in your sensual, wild, erotic nature and create a loving, intimate relationship with yourself.



YONI EGG IS A POWERFUL HEALING TOOL.

It can assist you in healing past wounds, old conditioning, fear, guilt, shame from your past experiences but also your ancestral lineage.



IT HELPS YOU TO AWAKEN & CULTIVATE YOUR SEXUAL ENERGY

It increases sensitivity in your yoni and activate blissful waves of pleasure in your whole body.



IT TONES YOUR PELVIC FLOOR

As you learn to activate and relax your pelvic floor muscles your pussy becomes strong, yet relaxed which enhances your health, vitality and pleasure.



IT PROMOTES HORMONAL BALANCE

As you massage your breasts you activate your endocrine glands that are responsible for a healthy hormonal production and balance.

Benefits of using a yoni egg



IT UNLOCKS YOUR CREATIVITY & MANIFESTATION POWER

Your sexual energy is your creative energy. As you clear and open your energy centres and pathways you access your full creative potential.



IT TEACHES YOU TO LOVE AND APPRECIATE YOUR BODY

You create a new empowered relationship with yourself and your sexuality as you experience magic of your female body from inside out.



IT UNLOCKS YOUR CREATIVITY & MANIFESTATION POWER

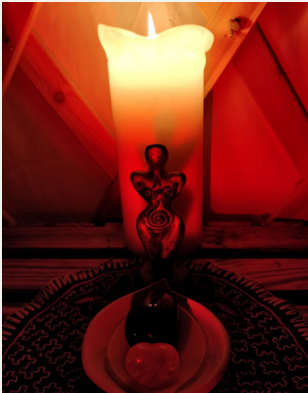
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How to set up your space & get started?



Set up an intentional space

Create a safe and intimate space. The feminine tends to soften and open when surrounded by beauty. Dim your lights, light a candle/ incense & turn on soft, sexy music to stimulate your senses & make your space inviting.

If you want to create extra magic take a moment to set an intention for your practice as you slow down, breathe, and tune in with your body, heart and yoni.



Get your practice started in 3 simple steps

Step 1 ~ Pleasure warm up

Step 2 ~ Insert your egg mindfully

Step 3 ~ Do your yoni egg practices

1. Pleasure warm-up

The best way to get yourself ready

Before you start your yoni egg practice you want to get your body ready to receive your egg. One of the best ways to open your yoni and make your sexual energy flowing is a breast massage.

Female breasts are a gateway to the heart. According to Taoists teachings breasts represent a positive yang pole in the female sexuality, meaning they are an excellent starting point when it comes to awakening your sexual energy.

As you stimulate and touch your breasts, your sexual energy starts to flow, your endocrine glands are stimulated and the production of oxytocin, the happy hormone is activated. Your breasts become a source of amazing pleasure and a beautiful portal to expanded orgasmic states. When your heart opens, your yoni naturally starts to open and blossom into a beautiful juicy flower.

Breasts come in such a variety of size, shape, and color. We all come with a different attitude to our breasts – some have a difficult relationship with their breasts and their breasts might feel numb. For others, the breasts might be a great source of pleasure. Wherever you are at, it is perfectly fine. Start at where you are right now.

Benefits of breast massage

Regular breast massage has so many amazing benefits. It is an amazing practice for you to nourish a loving relationship with yourself and your body.



**IT AWAKENS YOUR SENSUALITY
& SEXUAL ENERGY**

Your nervous system responds to the way you touch yourself and as you give your breasts a loving touch, your body starts to open to more pleasure and orgasmic energy to flow naturally.



**IT HELPS TO MOVE BLOOD,
LYMPH AND RELEASE TOXINS**

Preventing the formation of bumps. Our breasts mainly consist of fat tissue. And fat tends to store a lot of toxins.



**IT HELPS TO SENSITIZE YOUR
BREASTS**

So they become naturally orgasmic and you may even experience breasts-gasms.



**IT HELPS TO BALANCE YOUR
HORMONES.**

One of the hormones released is oxytocin which helps you to feel more love, compassion, and appreciation for yourself and makes you feel body confident.



**IT MAKES YOUR BREASTS
FULLER**

It helps to fill your breasts with energy making them more round and firm.



IT OPENS YOUR HEART

And shine its unique frequency out to the world as you melt away any protective layers and armour you've accumulated over the years to guard your heart.

2. Insert your egg mindfully

Why is it important to do it mindfully?

In the ancient Taoist tradition, a vagina was worshipped as a cosmic portal to the universe where all life comes from. Yoni, a Sanskrit word for vagina, literally means a sacred temple, a sacred gateway.

In the modern society we've never been taught to worship vagina as a sacred temple. On the contrary, it has been shamed, blamed and mistreated.

It is super empowering and healing for us women to approach our yoni with respect, reverence and celebration. When you create a deep intimate connection with your yoni it becomes easier for you to listen to her signals, communicate your boundaries and share your sexuality with others.

When you are working with a yoni egg mindfully you are re-writing past stories and learning to listen to your internal YES and NO. You are becoming a guardian of your temple and building a trustworthy and respectful relationship with yourself and your yoni.

I want to invite you to take time to connect to your yoni in this way. Take your time and let your yoni receive YOU. However long it might take. Don't rush this process, listen, breathe, move gently and she will open and reveal her power and wisdom to you.

3. Do your yoni egg practices

Here are some basic yoni egg practices you can do lying down on your back with your legs bent and feet hip distance apart::

Rocking your pelvis

Rock your pelvis forward, arch your back as you inhale – gently pull your pelvic muscles in and up. Rock your pelvis back, make your back flat as you exhale and fully relax your yoni. Sigh out on your exhale and enjoy an extra relaxation and feeling of pleasure. Move your pelvis rhythmically with your breath for 3–4 minutes or as long as you enjoy it.

Sensual hip circles

Gently hold on your egg string and start to create slow sensual hip circles. Keep your breath deep, your mouth gently open,. You can gently moan as you feel your egg massaging and stimulating your yoni. Make sure you move your hips in both directions.

Raising the mountain

Lift your pelvis all the way up (known as a bridge pose in yoga). Gently thrust your pelvis up as you pull on your string with a sound hoo 9x followed by 1x long hooooo sound. Lower your pelvis back down. Repeat this sequence 3 – 4x.

Free guided practices

Ready to dive into practices?

I'm happy to offer you 2x free audio recordings to connect to your breasts and yoni to get you ready for your yoni egg practice.

Enjoy guided breast massage, yoni massage & yoni egg guided entry in my FREE resources available at <https://courses.yohemi.com/course/yni-egg>

And if you feel inspired and eager to dive deeper into Taoist yoni egg teachings you are welcome to join my self-paced yoni egg course Yoni Egg Mysteries.



“ Embark on a feminine journey of homecoming and expansion into love where your sex and spirit meet. This is a path of remembrance and embodiment of your divine nature within your human experience. “