

Jade Egg Essentials Playbook

Hi Gorgeous!

I'm thrilled to welcome you to the Jade Egg Essentials Mini-Intensive Training Program.

In this bundle you will have:

- My book the *Emergence of the Sensual Woman*
- My CD the *Jade Egg practice*
- A Pure, Canadian Nephrite Jade Egg itself (along with it's satin baggie)
- 13 HOW-TO videos to give you the essentials for a successful practice
- A **SAMPLE of my Emergence of the Sensual Woman book** as an eBook
- And this short & sweet '*2 Week Jade Egg Essentials*' PlayBook.

I know how busy your life is AND that also you desire more pleasure in your life.

This is why I've organized the material of this eBook into a **2 week program** (feel free, however, to take as much (or as little) time as you feel inspired).

In my experience, it takes a little consistent investment of both time and practice for our pleasure pathways (nervous system) to recalibrate to be more aligned with pleasure, and even, to create NEW pleasure pathways!

Each day invites you to take approx. 10-20 mins to play with the ideas & practices, insuring that both enjoy yourself & get the results you desire!

Love Guida! ♡



Jade Egg Essentials Playbook

Day 1: Getting Organized

NEED: Your calendar, access to internet (to watch a video), a trip to the store, a pot of water and the stove top.

IMPORTANT NOTE: *ALL the VIDEO links in this playbook lead you to the membership LOGIN page and not the actual video, you'll need to login in order to access the videos and scroll down to the assigned video.*

Watch the Welcome Video: Here's where we get to connect & have you get started on the path to success with this practice. **(07:50)**

Book in your calendar: Plan 10-20mins/day every day for the next 2 weeks to explore this practice. You can do more if you have time, but this is the **minimum investment** into your pleasure required to create lasting results.

If you don't calendar this time in, it won't happen, so make sure you get this in your calendar and daily reminders.

If you have more time right now:

Watch the Preparing the Jade Egg Video: Get familiar with what you need to do with your jade egg to prep it. **(09:43)**

Boil your Jade Egg: If you need **re-watch the 1st part of the Preparing the Jade Egg video** (00:00 - 01:39) and following the instructions.

Let your Jade Egg **cool off**. (Now it's ready for use).

Purchase UNFLAVORED floss. You will need this *before starting to use the Jade Egg* (preferably unwaxed, but waxed is ok), **do not do the practice without the string to begin with.**



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Day 2: Prepping For Your First Practice

NEED: Unflavored floss, satin Jade Egg pouch & The Emergence of the Sensual Woman book

Stringing Your Jade Egg: Watch the [Preparing the Jade Egg video](#) (from 01:40-07:46) and follow along to “string” your egg. Place your ‘stringed’ egg in the satin pouch that came with your egg (make sure that you did indeed boil your Jade Egg for 10 mins and let it cool. If not, please go to page 2 & follow instructions there).

Getting Familiar With Your Jade Egg: Most women like to spend time connecting with her Jade Egg BEFORE using it. This is often done by placing it in your bra or somewhere on your body where the Jade Egg has direct contact with your skin. Feel free to experiment with what feels best & leave it there while you read.

Reading: Chapter 1 - The Art of Succulent Living, Page 5 & Pages 8-9***

****These reflect the actual page #'s from the hard-copy of the book (VIEWABLE on the lower part of each page in the PDF) and do not reflect the page #'s of the PDF sample.*

NOTE: *I realize you may not yet have the PHYSICAL copy of my book so I included a **SAMPLE PDF of ESW** with the parts of the book I've assigned you to read in this Jade Egg Essentials Program.*

ALSO NOTE: *When you read, it's time to absorb new ideas and explore the questions presented in the book. It's a great time for journaling too!*



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Day 3: Awakening Your Pelvis For Practice

NEED: Your clean, with-the-string Jade Egg, 8-12 mins uninterrupted time.

Relax & do a check in with your body.

Sensual Warm-Up: Watch & following along with the [Practice Video 1 \(04:27\)](#)*** & [Practice Video 2 \(02:52\)](#)*** **Total of (7:19)**

If you have more time:

Self-Massage: Watch and follow along with [Practice Video 3 \(04:33\)](#)***

PLEASE NOTE: *We'll refer to these practices as your **SENSUAL WARM-UP** from now on & the TOTAL time is **11:52***

***** Note:** *You can do one, two or all 3 of the following videos, depending on how much time you have given yourself. Don't feel pressured to do them all today.*

Day 4: Reading Day

Reading: [Chapter 2 - Succulence in a Barren World, Pages 13 - 17](#)***

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Day 5: The Most Important JE Technique - SIPPING

NEED: Your clean, with-the-string Jade Egg, 10-18 mins uninterrupted time.

NOTE: If you only have 10 Mins: Video 2 + Video 4 + Video 5 = **9:11 Total**

NOTE: Full routine below is **18:11 Total time** (+ the time it takes to remove your jade egg if you choose to remove it).

Sensual Warm-up Routine: Total time for warm-up is 16:13 (no need to do it all).

1. **Relax & do a check in** with your body.
2. **Warm-Up:** redo [Practice Video 1 \(04:27\)](#) & [Practice Video 2 \(02:52\)](#)
3. **Self-Massage:** redo [Practice Video 3 \(04:33\)](#)

NEW PRACTICES:

Sipping In The Jade Egg: Watch & follow along [Practice Video 4 \(05:42\)](#)

TO FINISH:

Finish With Cum-Passion: Watch and follow along [Practice Video 5 \(00:37\)](#)

Removing the Jade Egg: Read this section in [this guide book, Page 11](#)



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Day 6: Reading Day

Reading: Chapter 2 - Succulence in a Barren World, Pages 17 - 24***

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Day 7: TAKE THE DAY OFF!!!!

Rest is essential, a lot happens when we let our body and mind integrate new information.

However, you may also feel inspired to reconnect with ANY of the practices given to you in the past week.

It's entirely up to you how you wish to spend this day.



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Day 8: Tone, Suppleness & Continence

NEED: Your clean, with-the-string Jade Egg, 12-25mins uninterrupted time.

NOTE: 12 Min. Routine: Video 2 + Video 4 + Video 6 + Video 5 = **9:24 Total**

NOTE: Full routine below is **24:08 Total time** (+ the time it takes to remove your jade egg if you choose to remove it).

Sensual Warm-up Routine: If you have the time

1. **Relax & do a check in** with your body.
2. **Warm-Up:** redo [Practice Video 1 \(04:27\)](#) & [Practice Video 2 \(02:52\)](#)
3. **Self-Massage:** redo [Practice Video 3 \(04:33\)](#)
4. **Sipping In The Jade Egg:** redo [Practice Video 4 \(05:42\)](#)

NEW PRACTICES:

Adding A Pelvic Rock: Watch and follow along [Practice Video 6 \(01:22\)](#)

Tone & Aliveness: Watch and follow along [Practice Video 7 \(04:35\)](#)

TO FINISH:

Finish With Cum-Passion: Redo [Practice Video 5 \(00:37\)](#)

Removing the Jade Egg: Read this section in [this guide book, Page 11](#)

Day 9: Reading Day

Reading: **Chapter 3: Integrity & Power, Pages 27 - 33*****

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Day 10:

NEED: Your clean, with-the-string Jade Egg, 10-22 mins uninterrupted time.

NOTE: 12 Min. Routine: Video 2 + Video 4 + Video 8 = **10:24 Total**

NOTE: Full routine below is **16:31 Total time** (+ the time it takes to remove your jade egg if you choose to remove it).

Sensual Warm-up Routine: If you have the time

1. **Relax & do a check in** with your body.
2. **Warm-Up:** redo [Practice Video 1 \(04:27\)](#) & [Practice Video 2 \(02:52\)](#)
3. **Self-Massage:** redo [Practice Video 3 \(04:33\)](#)
4. **Sipping In The Jade Egg:** redo [Practice Video 4 \(05:42\)](#)

NEW PRACTICES:

Windshield-Wiper: Watch and follow along [Practice Video 8 \(01:50\)](#)

Cobra Melting: Watch and follow along [Practice Video 9 \(02:12\)](#)

TO FINISH:

Finish With Cum-Passion: Redo [Practice Video 5 \(00:37\)](#)

Removing the Jade Egg: Read this section in [this guide book, Page 11](#)

Day 11: Reading Day

Reading: **Chapter 4: Conscious Living, Pages 37 - 40*****

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Day 12:

NEED: Your clean, with-the-string Jade Egg, 11-16 mins uninterrupted time.

NOTE: 12 Min. Routine: Video 2 + Video 4 + Video 10 + Video 5 = **10:41 Total**

NOTE: Full routine below is **16:10 Total time** (+ the time it takes to remove your jade egg if you choose to remove it).

Sensual Warm-up Routine: If you have the time

1. **Relax & do a check in** with your body.
2. **Warm-Up:** redo [Practice Video 1 \(04:27\)](#) & [Practice Video 2 \(02:52\)](#)
3. **Self-Massage:** redo [Practice Video 3 \(04:33\)](#)
4. **Sipping In The Jade Egg:** redo [Practice Video 4 \(05:42\)](#)

NEW PRACTICES:

Toning All Around: Watch and follow along [Practice Video 10 \(01:30\)](#)

Tug of Love: Watch and follow along [Practice Video 11 \(02:11\)](#)

TO FINISH:

Finish With Cum-Passion: Redo [Practice Video 5 \(00:37\)](#)

Removing the Jade Egg: Read this section in [this guide book, Page 11](#)

Day 13: Reading Day

Reading: [Chapter 4: Conscious Living, Pages 41 - 47***](#)

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Day 14: Deeper Vaginal Aliveness **& Standing with your Jade Egg**

NEED: Your clean, with-the-string Jade Egg, 12-20mins uninterrupted time.

NOTE: 12 Min. Routine: Video 2 + Video 4 + Video 12 + Video 5 = **12:10 Total**

NOTE: Full routine below is **15:28 Total time** (+ the time it takes to remove your jade egg if you choose to remove it).

Sensual Warm-up Routine: If you have the time

1. **Relax & do a check in** with your body.
2. **Warm-Up:** redo [Practice Video 1 \(04:27\)](#) & [Practice Video 2 \(02:52\)](#)
3. **Self-Massage:** redo [Practice Video 3 \(04:33\)](#)
4. **Sipping In The Jade Egg:** redo [Practice Video 4 \(05:42\)](#)

NEW PRACTICES:

1-2-3 Bliss!: Watch and follow along [Practice Video 12 \(02:59\)](#)

TO FINISH:

Finish With Cum-Passion: Redo [Practice Video 5 \(00:37\)](#)

Removing the Jade Egg: Read this section in [this guide book, Page 11](#)



REMOVING YOUR JADE EGG POST-PRACTICE:

When you end your practice, you have 2 choices:

1. Leave the jade egg in and wear it as you go about doing your day.

If this is your option, then be aware of the following:

- a. If it comes out, your muscles may be tired and need to rest.
- b. If you feel cramps, your muscles may be tired and need to rest.
- c. Be aware when you go to the toilet in case it comes out.
- d. Play with it when you remember it's inside.

2. Take the jade egg out.

If this is your option, then be aware of the following:

- a. Position yourself either over the toilet, in the shower, with tissue, or with a towel underneath you.
- b. You will want to squat or do a semi squat and tilt your pelvis slightly forward.
- c. Press down as though you are having a bowel movement.
- d. You can gently pull on the string to encourage the jade egg to move out (do not yank it out).



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Continued Training:

- Mix and match, you can review ANY & ALL of the videos & choose which ones you want to do, either just one alone or any combination.
- Do what comes easiest first and then gradually do the other exercises.
- **LESS is more with this practice.**
- Feel free to wear your Jade Egg as you walk around.
- Once you receive your copy of my book, feel free to continue with reading where we left off: **Chapter 4: Conscious Living, Pages 48 onward** or read any part of the book you are attracted to.



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Congratulations on completing this 2 Week Mini-Immersion!!!

I trust that you were successful in integrating even just a simple 5 min routine and that you've already started to notice a shift in how you relate to yourself and your body.

Remember, this program is yours for as long as you want it, so feel free to use it over and over again.

Let's stay connected!

As I said in the WELCOME video, you are invited to join my SECRET Facebook group (the first month is free, then it's \$5/month) and have access to myself and an incredible community of women from around the world.

[CLICK TO JOIN THE FB GROUP](#)

Are you ready for more?

Awesome! Because there's so much more! All the videos you received in this program are snippets from my **[Jade Egg Mastery 6 Week Program](#)**.

Together we'll explore more deeply your pleasure anatomy, empowered psychology, and life-style enhancements that make your pleasure a daily reality while also giving you more in-depth training with the Jade Egg, including a couple of bonus sections dedicated to 'gourmet relationship' and 'relaxed arousal'.

Here's a \$50 gift code towards your investment in the course: **[MoreJadeEggFun](#)**

[CLICK HERE TO FIND OUT MORE](#)

With much delight & enthusiasm for your blossoming,

Love Guida!



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What To Do During Your Menstrual Cycle & Beyond:

DURING YOUR PERIOD:

REST.

For the most part, I don't use my Jade Egg when I'm "mooning" (what I call for having my period). I prefer to let my uterus relax and rest. It's a great time to READ, RELAX, and REVIEW.

BETWEEN YOUR PERIOD & OVULATION:

This is the BEST TIME for Jade Egg practice.

This corresponds, hormonally, with your more OUT-GOING time.

BETWEEN YOUR OVULATION & PERIOD:

You can do your Jade Egg practice during these times, but if you are feeling moody or emotional, it's an ideal time to nurture yourself and get insights on what is and isn't working in your life.

This corresponds, hormonally, with your more GOING-INWARD time.

ANYTIME THROUGHOUT YOUR CYCLE IS A GREAT TIME TO HONOR, CHERISH & RESPECT YOURSELF.

