

lubricate it with the Elixir in your hands, take a deep breath and allow your muscles to pull the Egg inside you. Practice pushing your Egg out to the tip of your vaginal opening and sucking it back in to improve your muscle control. Practice this for 10- 15 minutes each time you use your Egg .Whilst using your Egg, try to remember to focus your energy on positive, transformational thoughts and trust the Universe to respond to your desires.

Should you decide that you wish to remove your Egg yourself, gently bear down using pelvic floor muscles to guide your Egg out of you until you can safely allow her to fall into your hand. We do not recommend removing your Egg yourself as you interrupt the healing process, rather trust your body and allow your Egg to come out for itself organically.

WHAT IF MY EGG GETS STUCK?

Your Egg isnt stuck, your Egg is doing the work that its meant to. The journey you have called & embarked on with your Yoni Egg is about trust and letting go of control. So trust and allow your Egg to work for you . When the time is right or when you need a break your Egg will relaease itself organically.

CAN I USE MY EGG WHILST ON MY CYCLE?

Many women have reported to have used their Eggs safely during their cycle and have found that it helped to ease PMS. Some see this as a cleansing process therefore prefer not to interrupt the flow. Should you chose to use your Egg during this sensitve time be aware that because of all of the changes happening to your body physically, such as your uterus expanding , your Egg may not stay in as long.

CAN I USE MY EGG WHILST I AM PREGNANT?

Although many women have reported to have safely used Eggs whilst pregnant, we encourage you to check with your, Doula, Midwife, Gynaecologist or Doctor first to see if this is safe for you. Remember every woman is different.

CAN I HAVE SEX WITH MY EGG IN?

Yes you can! Some have reported that their partners have experienced more pleasure whilst using Eggs during sex. However whilst some find it really pleasurable, it can cause discomfort to those who are well endowed. Deciding whether or not to use your Egg during sex is a personal choice that you and your partner will make together.

WHY SARJO'S WHOLISTICS YONI EGGS?

Wholistics we ensure that each and every Egg we sell are inspected to ensure they are suitable for you. They are all carefully cleansed, smudged and placed in the moon to charge regularly, attuned to the solar plexus chakra and kept in a high vibrational environment. They are then oiled with Yoni friendly theraputic oils before being sent to you. Yoni Eggs are living things therefore we believe that they should be treated with love



Sarjo's Wholistics YONI EGGS



WHAT IS YONI EGG & WHERE DO THEY COME FROM?

Yoni Eggs, often referred to as Jade Eggs, are semi precious stones/crystals that come from the earth, so are living things, carved into the shape of an egg used primarily to maintain a healthy vagina and strengthen our pelvic floor muscles. This ancient practice began originally in China over 5000 years ago, this powerful practice was taught exclusively to concubines for the emperor and members of the royal circle, as wise, ancient powers believed that health, beauty and longevity could all be achieved through a strong and healthy vagina.

According to ancient Taoist tradition, a strong vagina and pelvic floor intensifies life-force energy or qi. It was and still is believed that when a woman does her kegels or vaginal weightlifting with a Yoni Egg or Jade egg that energy is lifted and intensified within, which amplifies her qi energy outward where it is transformed into higher spiritual energy.

WHAT ARE THE BENEFITS OF USING YONI EGGS?

- ✓ It's 100% natural
- ✓ Assists with fertility
- ✓ Detoxifies the uterus/womb
- ✓ Assists in gaining spiritual enlightenment and spiritual awareness.
- ✓ Emotional balancing.
- ✓ Assists in increasing vaginal lubrication
- ✓ Helps remove trauma stored in the womb.
- ✓ Massages the reflexology points in the vaginal wall.
- ✓ Strengthens the pelvic floor muscles.
- ✓ Tightens and tones the vaginal walls.
- ✓ Control of vaginal muscle manipulation, enhancing sexual pleasure for yourself and your partner.
- ✓ Prevents sagging of the uterus, rectum and bladder.
- ✓ Increase hormones and regulates hormonal balance.
- ✓ Reduces cramping and abdominal pain during the female cycle
- ✓ Helps maintain healthy reproductive organs

HOW DO I KNOW WHAT CRYSTAL TO CHOOSE?

If you are new to Yoni Egg practice then we recommend you start with Root Chakra Crystal such as Red Jasper or Carnelian as they assist in harnessing your sexual sensuous energy, which help in stimulating our creative and manifestation desires. Rose Quartz & Jade are also popular choices for beginners. However, we here at Sarjo's Wholistics encourage you to allow your intuition to guide you by how feel when looking, touching and reading the metaphysical properties of each Egg. If you wish to purchase an Egg in person then you will have to attend one of our Events or book a Private Yoni Egg Consultation with Sarjo.

WHAT SIZES OF YONI EGGS DO YOU OFFER?

Here at Sarjo's Wholistics we offer what we consider medium Eggs (35mm x 48mm), not to be compared to other Yoni Egg Consultant's medium Eggs.

Medium Eggs are perfect for both experienced users and beginners. Larger Eggs require more work to manipulate inside you and smaller Eggs are harder to feel, therefore without adequate

muscle control as well as strength it will be difficult to keep them inside you. If you have difficulty keeping your egg inside you, try practicing at home whilst sitting down to begin with, focusing on squeezing your Egg until you feel more confident to venture out with your Egg in place.

HOW DO I CARE FOR MY EGG?

We here at Sarjo's Wholistics take time to cleanse and bless all our Eggs upon receiving them, before sending them on to our clients. We also encourage you first to do the same once you receive your Egg. Cleanse it physically by placing it under running warm water (its not necessary to place in hot water as this can crack your Egg) with a mild wash such as Sarjo's Wholistics Goddess Fresh Feminine Wash. Some prefer to place their Eggs in hot water (never in boiling water as this may damage your Egg) but this isnt necessity but more of an option. You may cleanse your Egg energetically by smudging with Sage, as well setting your healing intentions & prayers. You can do this by holding your Egg in your hand, cupping it over with your other hand focusing your intentions on what you desire your Egg to assist you will. Remember your Eggs are not here to fix the challenges you experience in your life, but to assist you on your journey of connecting, gaining insight & learning about yourself.

You can also cleanse & charge your eggs by exposing them to Sun & Moon (Full or New) in your garden or on a windowsill , baring in mind that some crystals can fade over time if left in the Sun. Its also important to ground & connect your Egg to where it has come from by resting it on the earth if you have a garden or in plant pots.

After each use, ensure to cleanse your Eggs by washing them as mentioned earlier and remember that crystals absorb energy so it is necessary to cleanse them regularly especially if they have absorbed negative or traumatic emotions from inside you. This can be done by running under water for a few minutes before offering them your positive intentions again. If you are not using your Egg immediately, then you ay wish to keep her in a sacred space sure as an altar or where you feel it will be surrounded by positive vibrations.

HOW DO I INSERT MY EGG?

The largest side goes in first, however every woman is different, so if this does not feel comfortable for you there are no rules to say you can't insert it with the smaller side first. We here at Sarjo's Wholistics always encourage you to use your intuition and your inner voice. We recommend applying a small amount of our Goddess Elixir to your Egg before inserting her into your Yoni, allowing the healing properties of the Elixir to work in conjunction with your Egg. Goddess Elixir is pH balancing, contains botanicals & essential oils that help to sooth & heal your Yoni.

WHAT'S THE BEST WAY TO USE MY EGG & HOW LONG SHALL I USE IT FOR?

The most important thing to remember when using your Egg is that its designed for your well-being. There is no definitive time, its best to decide that for yourself. However a few points to suggest, chose a time when your relaxed and are feeling positive about the healing that it will offer you. Granted you make time, you can turn this experience into a sacred ritual of breast and Yoni massage. Some women find that by massaging their breasts, their bodies are more receptive to receiving their Egg. Not only are the breasts an erogenous zone, the kidney meridian where sexual engergy is stored runs through the breast. Apply a generous amount of your Goddess Elixir to your hands as your massage medium, take hold of your Egg and