



# LA LOBA

CONNECT. HEAL. EMPOWER.

## How to use your egg

If you haven't used a yoni egg before it is best to start slow, try not to leave your egg in for more than an hour on your first try. Build it up from there; you can leave it in for up to 3 hours (or longer) once you are comfortable with it. Sometimes when using the egg to begin with women experience cramping in the lower belly or ovaries. If this happens gently remove the egg and observe what is happening to your energy. Some emotions might be stirred up, observe and journal them if you choose.

The best way to start the practice is by giving yourself a loving breast massage. This works really well because it will lubricate your yoni before you insert the egg. If you don't feel comfortable doing that you can also lightly coat your egg with coconut oil to help it on its way.

If you are concerned about losing the egg inside of you, don't be. I promise it won't get lost in there. The cervix (the neck of the uterus) is way too tight to let anything enter it. Gravity is really helpful when it comes to getting the egg out so don't stress!

Once you feel comfortable lay on your back and place the egg on your lower belly. This is a good way to introduce the energy of the egg to the body as well as making it nice and warm. Take this time to breathe deeply all the way down to your womb space, feeling into any tense areas in your body, releasing the tension on the out breath. When you feel ready to insert the egg place it with the larger end on to the entrance of your vagina and slowly insert it. Always insert the large end first. You may wish to let the Yoni sip the egg inside gently in its own time too.

## Exercises

While doing the exercises it is important to allow rest phases after active phases. During rest phases relax and let go completely. All these exercises work best if you repeat each of them for a few minutes.

### Laying on the back:

- Inhale + squeeze the yoni as much as you can for a few seconds / exhale + relax completely
- Inhale + bring your tailbone up / exhale + bring it down
- Exhale + push the egg out – not too strong, so it doesn't come out. This movement is similar to bowel movement.
- This exercise is a great preparation for childbirth, and also for developing g-spot and squirting orgasms
- Activating the sacrum: bring your knees close to your belly and rock around the sacrum. Imagine there is a circle around your sacrum and you are rocking around it. Try doing it in one direction for a couple of minutes and then change direction

### Laying on the belly:

- Called the 'grasshopper pose' in yoga - lift one leg at a time as high as possible + inhale, then exhale bring the leg back down. Observe what's happening inside. You are working on the sides of the vagina.
- You can also try the full version by lifting both legs up + inhale + squeeze / bring the legs back down with an exhalation + relax
- The cobra pose is also a good one - inhale + squeeze + rise up, exhale + relax + lay down.

### **Sitting:**

- Inhale + squeeze the yoni as much as you can for a few seconds / exhale + relax completely
- Exhale + push the egg out – not too strong, so it doesn't come out. This movement is similar to bowel movement.
- Squeeze the yoni 50 times in a row as fast as possible. Very important to follow this with a phase of relaxation.
- Visualise your yoni being divided in three floors: floor one is the entrance, floor two is the middle zone and floor three is around the cervix. Contract and then relax one floor at a time. This might be quite challenging in the beginning, but imagine how much fun it would be to demonstrate something like this to your partner in the bedroom

### **Other things you can do with your egg:**

1. **Sleep with it** – simply insert it before going to bed, try to recall your dreams in the morning. Keeping a dream journal for this is a good idea. I would recommend looking at what symbols in your dream mean to you rather than referring to dream books. This can be a very empowering exercise.
2. **Walk, talk, work, cook or watch TV with it.** Just remember to give your egg a friendly inside hug from time to time.
3. **Practice yoga or meditation with it.** Being made of a certain crystal it will assist in your practice.
4. **Belly dance with it.** The circular isolation movements of the abdomen and hips simultaneously train the muscles of the vagina. Try movements like hip slides, hip circles, figure eight, vertical figure eight and shimmies!
5. **Hula Hoop with it.** This works really well too, give it a go.

### **Removing the egg:**

Lie down, relax and push out a little, usually this is enough to get the egg out. If it didn't come out with the previous method move into a squat and push the egg out. If it still didn't work – don't panic; just assist yourself with your fingers. It will come out, I promise! After that take a moment to relax and observe what's changed in your energy. Thank your egg and your body and put the egg back in its sacred place.

### **Caring for a Yoni Egg:**

A Yoni Egg is a sacred item; it should be wrapped in silk placed on an altar or any other special place when not in use. After using your egg simply wash it with warm water then wrap it in a soft cloth. Before the first use or from time to time when you feel like your egg needs a deeper cleanse use hot purified water (let it cool down before putting your egg in or it may crack), then place the egg in the water for about 10 minutes. You can add a drop of tea tree or lavender oil. You don't need to clean the egg like this after every use and should avoid it when possible. It is a good idea to cleanse your egg from time to time; you can do this by washing it with sea salt, placing it under the full moon or sun to give it a boost of Solar or Lunar energy. If you have your own method of cleansing your crystals that is also fine, trust your inner goddess!

Feel free to contact us at [www.laloba.com.au](http://www.laloba.com.au) with any questions or feedback.