

JEMLIVE2024 - Call 3 Module #2

Well, oh my gosh, I am so excited. This is actually our third call, and it's for week number two, Jade Egg Mastery, week number two. So we're going to have a look at all of this content. It's one of my favorite pieces of content because it's a huge passion of mine to talk about, how do we integrate our psychosexual selves? So we're going to be really diving into that and the topic of lifelong libido, which is a really huge deal. I don't know if you know this, but the industry of perimenopause, menopause, and post-menopause is slowly moving itself into a trillion-dollar industry, and that money is based on the drugs that they sell women because women think they're broken. And yet, when women take care of their bodies, there's a lot of that that's resolved. So sometimes we do need some assistance, but there is something a little bit off if everyone is treated like menopause is a disease, or, you know, the menstrual cycle is a disease, or anything female is a disease. But with lifelong libido, it's not believed that that's true, and I can tell you it absolutely is. It's true in my own body, it's true in the bodies of many, many women I've had the pleasure to support, and in those women who have extraordinarily strong, healthy libidos, a lot of them did not have that. They lost touch with it, so this is a very important topic, and we want to start doing some new frameworks around it.

But before we jump in, for all of you who are here, how are you? If you can, in the chat, just let me know, like, how you are. Just, you know, a word or a little sentence so I can get a pulse on how you're doing with the content, how you're feeling in your body, what's alive inside of you. So let's see. Okay, we got a little bit of a heart there. Thank you. Moving slowly but excited about the work, delighted to be here, excited, body feels relaxed. That's awesome. I'm feeling really yummy too. I registered yesterday, so I'm so excited. I know you are very lucky because the doors were completely closed. I don't even know how that all happened, but we have someone who really wanted to join us, and I'm really, really happy that you're here. I'm not saying your name because this is a recording, so just for your privacy, I don't tend to say people's names unless I call you on camera, and then, of course, you're on camera, so there you go. Radiant, excited, grateful, excited to be here, doing well, uncomfortable, but moving through it with more grace, lovely. That's very honest. Warm-up practice before the call, feeling good, awesome. Ladies already have less menstrual pain after the pain workshop. Yay, ladies! Ladies, if you did come to that workshop, it was optional, you didn't have to come, but if you came to that workshop, if there's any results that you're having already

based on that because we've gained some great feedback, please also write that in the chat. It's really nice to be sharing your wins because the more we share our wins, the more those wins become integrated.

I feel like my Yoni knew about the call, feeling very luscious for the session. Ooh, I like that. I can fetch. I haven't touched into the content this week, but I'm feeling deeply connected to my body this morning despite hardly enough sleep. Alright, so for you, definitely any of us who feel a little bit tired, feel complete permission to take care of your body during this call. So that means if you need to stretch out or move around, or get yourself a little bit to eat, or anything that can help your body feel more yummy, do it. Even if you're here and you end up falling asleep, your subconscious is taking it all in, and then you can re-listen to the replay. So really allow respect and honor what's true in your body. And as I said in the welcome call, a couple of calls ago, we need to move as fast as what anybody remember? As fast as the slowest part. That's right. And I had said we are pacing this like every week, but some of you will be using four weeks for like one week, and that's okay. Still come to these calls because then you get the extra information, but definitely keep pacing your body according to what's true for your body, alright?

A few more... I'm sick and tired today but super happy to be here, feeling more aliveness and trust in my body these days. That's amazing. Thank you. Relaxed, feeling like I'm going through the course a few times to really implement these wonderful exercises, loving them. They feel known to me already, just like relearning and a bit of a déjà vu. Wonderful. I love that.

Alright, so why don't we jump in? This Full Moon has exhausted me. Haha, yeah, I don't sleep a lot with full moons either, they're very activating. And where I live, there's very naughty coyotes, and they threw a party—I think they threw a rave. I mean, those things did not shut up. They were just like... and they're weird coyotes because they're all off-key. None of them... they're just screaming in all these different sounds. It was really off, and some of them really feel proud of their sound, and it's just the gnarliest sound. So I don't think they qualify for *The Voice*, but they definitely qualify for being awesome coyotes.

Alright, so let's jump in. I want to look at this idea of integrating our psychosexual. It's such an important idea. So I'm going to say that in a different way. Imagine that when you were a little girl, you were whole, you were complete, you were ecstatic, you were curious. Your body was a place you felt yummy in, like babies are. We're already integrated, and we play with our toes and fingers, and we bite and chew everything, and we have saliva going

everywhere, and every part of our body is just a curious place, but nothing has a charge. So when our little hands land on our genitals, it's not that different than our hands landing on our face and our other parts of our body. We're just curious. Children are amazing that way. I mean, they check out everything. They'll even stick their finger in their poop. They're like, what's this? You know, they're just so curious.

So there's an element that's very intact that we're born with, and this element is *erotic innocence*. And I want to bring this idea back for us as adults, where we circle back to erotic innocence. Now, if some of you have read my book *Desire*, I go through these five stages of erotic evolution. The very first stage that we all have is we're born erotically innocent. So what does that mean? Innocence means "in no sense." It doesn't have to make sense. It's outside of right, wrong, good, bad, dark, light—all those polarities. It just is. You're just being here, just alive. "I'm here, here's the flower, and it's part of me, and it's part of my environment, but I'm not making the flower better or worse or weird or... I'm just experiencing the flower."

So bringing back erotic innocence into the second week is so crucial because there's so much unlearning to do. Anyone noticing that? Anyone noticing like, I'm actually not learning anything here, I'm unlearning?

Yeah, I think that there's more unlearning than there is learning because, also, let me know if this is true—the things that you are *quote-unquote* learning, you're like, I know that somehow. I just know that already. Do you want to know why that feels true like that? Because this work didn't come out of, like, some random place. This work came out of my own being having a direct experience with life. And I had many different kinds of experience with life, and then attempting to kind of reverse-engineer how I do what I do. And this is what we got here—this course. It's like, how do you do this thing that you do, and how do you have this pleasure that you have, and how do you feel okay with the entire spectrum of emotion, how do you relate better—all of these things.

So the reason this might feel natural to you is it was informed from a very natural place, first, primarily from my own body, and then I brought it to women in live situations—in-person classes. And those women would tell me very honestly, "I don't feel anything. I have no idea what you're doing. It is not working at all." And I literally need to sit with that woman and feel into her and put myself in her experience, and then unravel where I was sitting, and try and bridge those two points through a practice. And that's how these practices emerged. That's why they feel natural because literally thousands and thousands of women gave me

feedback, and so after a period of time, you start recognizing there's something really amazing and profound about the feminine wisdom that lives in our bodies.

And there's a reason that all the old, ancient feminine lineages—there's no books. There's no videos. You know why? There are two reasons. Women taught each other through oral tradition. It was either grandmother to granddaughter, or auntie to niece, or the circle of grandmothers to the small community of females—all oral traditions shared. There was also embodiment: observing the elder women, moving their bodies, speaking through their bodies. And the wisdom, because it was living and alive, shifted and changed and shaped itself. It wasn't something we could write down or put in a little book. You know, I feel for those who love recipe books because you know what happens with women? If you give them a recipe, they're like, yeah, I like that, but I'm going to change this, and this, and this, and suddenly it's a whole different recipe. So this feminine oral tradition has lived on, and this is part of the experience you're getting.

So, part of the experience you're getting in this course is a continuation of this deep, feminine wisdom. It's passed down, not necessarily through written text or rigid instruction but through an embodied practice—a living, breathing thing. And that's why the practices may feel so natural or familiar to you, even if you haven't explicitly learned them before. It's as though your body is remembering something ancient, something intrinsic to you.

This week, we're diving deeper into that wisdom, specifically around psychosexual integration and lifelong libido. I want to bring forward the idea that sexuality and libido aren't just about sex. Libido is life force, it's vitality, it's creativity, and it's the thing that fuels your passions, your desires, and your capacity to live fully. When we talk about lifelong libido, we're really talking about how to stay connected to that vitality, no matter what stage of life you're in.

Now, let me say something about the myths surrounding libido, especially as women age. We've been taught to believe that desire dwindles as we get older, that menopause signals the end of sexual pleasure, and that the only solution is some kind of external intervention—whether it's hormone replacement therapy, pharmaceuticals, or other treatments. And while those interventions may have their place, the reality is that libido doesn't have to die as we age. In fact, it can deepen and become even more profound, more powerful, more integrated with who we are as women.

So, this week, we're going to focus on reconnecting with that life force energy in a way that feels authentic and true to each of you. We're going to practice not just physically but also emotionally and spiritually. That means we'll explore what it means to feel turned on by life, to feel alive in every sense, and to allow that aliveness to fuel your creative projects, your relationships, and your self-expression.

Let's talk about psychosexual integration for a moment. When I say psychosexual, I'm referring to the integration of your psychological and sexual selves. These are often treated as separate aspects of our being, but they are deeply intertwined. Your psyche—your mind, emotions, beliefs, and patterns—affects your sexuality, just as your sexuality affects your psyche. The two are in a constant dance, and the more we can integrate them, the more we can experience true wholeness.

One of the biggest obstacles to psychosexual integration is the shame and conditioning we've inherited around sexuality. Many of us were taught that certain desires are inappropriate, that pleasure is indulgent or even dangerous, and that our bodies are something to be controlled or hidden. These messages create a split within us, where we separate our sexual selves from the rest of who we are, leading to confusion, disconnection, and even pain.

But here's the beautiful thing: this integration is entirely possible. And the practices we're engaging in—whether they're breathwork, movement, or the Jade Egg—are designed to help you reconnect those parts of yourself. They allow you to bridge the gap between mind and body, between desire and emotion, and between what you feel and what you express.

As we move through the week, I want you to pay attention to the ways in which your psyche and sexuality interact. What thoughts, beliefs, or emotions arise as you engage in these practices? Where do you feel resistance or fear? And where do you feel a sense of flow, of ease, of being fully in your body? These are the signposts that will guide your journey of integration.

And, of course, as we do this work, remember that it's not about "getting it right." There's no perfect way to integrate your sexual self, no finish line to cross. This is a lifelong practice, one that deepens and evolves as you do. So be gentle with yourself, honor where you are, and trust that each step you take is a step toward more wholeness, more aliveness, and more pleasure.

Now, let's get into the specifics of this week's practice. We're going to continue working with the Jade Egg, but we'll be adding a new layer to it. This layer involves integrating the pelvic floor work with breath and visualization to deepen your connection to your life force energy. The pelvic floor is the foundation of your sexual energy, and when it's strong, flexible, and responsive, it supports not only your physical health but also your emotional and energetic vitality.

So, for today's practice, you'll want to focus on breathing deeply into your pelvic floor. Imagine your breath as a wave that moves all the way down into your pelvis, filling it with light and energy. As you exhale, visualize that energy expanding outward, filling your entire body with vitality. This simple practice helps to wake up the pelvic floor and connects it to the rest of your body, creating a sense of wholeness and flow.

You might also notice any emotions or sensations that arise as you do this practice. Sometimes, the pelvic floor holds onto old tension, trauma, or unprocessed emotions, and as you begin to release that tension, you may experience waves of emotion. This is a natural part of the process, so allow whatever comes up to move through you without judgment. Trust that your body knows what it needs to release and that you're creating space for more pleasure, more aliveness, and more integration.

As always, take your time with this practice. There's no rush, and there's no need to push yourself beyond what feels comfortable. The beauty of this work is that it meets you exactly where you are and invites you to move at your own pace.

So, let's take a few moments to ground ourselves before we dive in. Find a comfortable position, either seated or lying down, and begin to bring your awareness to your breath. Take a few deep breaths, allowing your body to soften and relax with each exhale. Feel the weight of your body being supported by the earth beneath you, and imagine yourself sinking into that support, feeling held and grounded.

When you're ready, gently place your hands on your lower abdomen, just above your pubic bone. This is the home of your life force energy, your sexual energy, and your creative power. Breathe into this space, feeling the rise and fall of your belly with each inhale and exhale. With each breath, imagine that you're waking up this part of your body, inviting more energy, more life, and more pleasure into your being.

As you continue to breathe, allow yourself to connect to the sensation of aliveness in your body. Notice any areas that feel particularly vibrant or awake, and also notice any areas that

feel a little more dormant or tense. There's no need to judge what you find—just observe it with curiosity and compassion.

And when you're ready, you can begin to introduce the Jade Egg into the practice.

As you introduce the Jade Egg into your practice, take a moment to honor it as a tool of sacred connection. This isn't just a physical practice—it's an energetic one, too. So, before you begin, set an intention. What do you want to cultivate in yourself during this practice? Is it more pleasure, more trust in your body, or a deeper connection to your vitality? Whatever it is, let that intention guide you.

When you're ready, gently insert the Jade Egg, using your breath to stay connected to the process. You want to feel relaxed, grounded, and aware of how your body is responding. The egg is meant to enhance your sensitivity and connection, not to force anything. This is about waking up your pelvic floor and letting the energy flow, so if at any point you feel tension, pause and reconnect with your breath.

Once the egg is in place, begin to focus on your pelvic floor muscles. These are the muscles that support your pelvis, and they play a critical role in your sexual energy and overall vitality. Begin with some gentle engagement—squeeze the muscles as if you're drawing the egg upward, and then release. This is similar to Kegel exercises but with more intention. The goal is not to overwork the muscles but to awaken and tone them.

As you engage the pelvic floor, match the movement with your breath. Inhale as you draw the egg upward, feeling the energy rising from your pelvis through your body. Exhale as you release the muscles, allowing the energy to flow outward and expand. Imagine the energy filling your entire body, lighting you up from the inside out.

You can also incorporate visualization into this practice. As you breathe and engage the muscles, imagine a golden light swirling in your pelvis, representing your life force energy. With each breath, see this light growing brighter and expanding outward, filling your body with warmth, vitality, and pleasure. This visualization helps to deepen your connection to your sexual energy and allows you to integrate it more fully into your entire being.

Take your time with this practice, allowing yourself to move at your own pace. You might spend several minutes just breathing and engaging the pelvic floor, or you might feel called to explore movement or sound. Trust your body and let it guide you. The key here is not to force anything but to stay present and connected to the sensations and emotions that arise.

As you continue to work with the Jade Egg, pay attention to how your body feels over time. You may notice a growing sense of aliveness in your pelvis, a deeper connection to your sexual energy, or a sense of empowerment in your body. This is the power of psychosexual integration—the more you connect to your body and your sexual energy, the more you align with your true self, your vitality, and your creativity.

When you feel ready to conclude the practice, take a few deep breaths and slowly release the egg. As you do, offer gratitude to yourself for showing up, for doing this work, and for reconnecting with your body in such a powerful way. Take a moment to integrate the experience by lying down or sitting quietly, allowing your body to rest and absorb the energy you've cultivated.

Remember, this practice is a gift to yourself. It's a way to nurture and honor your body, your sexuality, and your life force energy. And the more you practice, the more natural and integrated it will become. Over time, you'll find that your connection to your body deepens, your sense of pleasure expands, and your ability to live fully and authentically grows.

This is the beauty of working with the Jade Egg and engaging in psychosexual practices—it's not just about sexual pleasure, though that's certainly a part of it. It's about connecting to the deepest parts of yourself and integrating your sexual energy into every aspect of your life. It's about living with more vitality, more passion, and more joy.

As we move through this week, I encourage you to stay present with this process. Notice how your relationship with your body and your energy shifts, and be gentle with yourself as you explore new layers of connection and integration. This is a journey, and you are exactly where you need to be.

With love and deep respect for the power you hold within you.

I hope this week has given you a new level of insight and connection to your own body and your capacity for pleasure. The Jade Egg practice is just the beginning of a lifelong journey of discovery. Remember that this is not a linear process, and there is no rush to "get it right." Instead, it's about being present with yourself and allowing your body to guide you at its own pace.

As we move forward into the next phase of this journey, I want to remind you of a few key things:

1. Consistency is key, but flexibility is essential.

Building a practice around the Jade Egg or any other modality for cultivating pleasure requires consistency. That said, life happens. There will be days when it's challenging to show up for yourself or engage in your practice fully. Be flexible with yourself. Your self-care practices are there to support you, not to add pressure. The more gentle and compassionate you are with yourself, the deeper you'll be able to go.

2. Celebrate your progress, no matter how small.

It's easy to focus on what hasn't shifted yet or where we feel stuck. But every little win is a reason to celebrate. Whether you've noticed subtle shifts in your body's awareness, experienced moments of deep connection with yourself, or simply committed to showing up for this journey—these are all victories. Each one of them is contributing to your overall transformation. Take the time to honor yourself for all you're doing.

3. Pleasure is about more than just the body—it's a mindset.

One of the most profound aspects of the Jade Egg practice is its ability to change not just how we relate to our physical body, but how we relate to life itself. The pleasure mindset invites you to live more fully, more joyfully, and with more openness. You might find that this mindset begins to trickle into other areas of your life—your work, your relationships, your creativity. And that's exactly the point! Let pleasure become a guiding principle for how you move through the world.

4. You are never alone in this journey.

There's a whole community of women who are walking a similar path—whether they are deepening their connection to pleasure, healing from trauma, or simply looking to experience more vibrancy in their lives. I encourage you to stay connected to these women, reach out for support, and share your journey when it feels right. Collective growth is powerful, and when we lift each other up, we all rise.

5. Keep returning to the breath.

At the core of every practice is the breath. Whether you're using the Jade Egg, engaging in self-massage, or simply sitting in meditation, your breath is the foundation. It connects you to your body, your energy, and your life force. When things feel challenging or unclear, come back to your breath. Breathe into the places where you feel tension or resistance, and exhale out anything that no longer serves you.

Looking ahead, I want to invite you to take what you've learned so far and continue expanding into the next phase. Whether that means deepening your Jade Egg practice, exploring partnered practices, or cultivating other forms of self-care, the possibilities are endless. Your journey is yours to shape, and there are no limits to how much pleasure, connection, and aliveness you can create.

Finally, as you integrate all that you've experienced, I want to leave you with this:

**You are worthy of pleasure. You are worthy of deep, nourishing connection with yourself.
You are worthy of joy, vibrancy, and everything that lights up your soul.**

As you move forward, may you continue to embrace your pleasure with open arms, knowing that this is your birthright, and you deserve nothing less.

