

A white plate filled with several smooth, polished green jade eggs of various sizes. A large, vibrant peacock feather with a prominent blue and green 'eye' is positioned on the right side of the plate, partially overlapping the jade eggs. The background is a soft, out-of-focus light brown.

JADE EGG

Master

LIVE 2024

Transcript

Call #1

JEMLIVE2024 CALL#1 TRANSCRIPT

Welcome & Orientation

Welcome everyone! As we let a few more people join, I just want to extend a warm welcome to all of you. Welcome, welcome to Jade Egg Mastery LIVE. We haven't done this live for quite a few years—about two and a half years, I think—and it's really exciting to be here again together for such a remarkable experience. This is also the first time we're holding it at this time of year. Typically, I run this in the spring if you're in the northern hemisphere, but this year we're trying something new, getting back to school with each other and setting ourselves up to be well connected and attuned through the winter months.

To start off, I want to acknowledge that we've had so many technical difficulties this week. Did anyone else experience that? I know how frustrating that can be, and it was just as tough for me. I'm not a tech person and felt completely helpless! So, to make up for it, we're adding an extra call. Today's call is the first, and while we originally planned for six calls, we'll now have seven. Normally, you would have had a whole week to work with the material before this call, but I know some of you have barely had five minutes with it. So, I hope the extra call sounds good to everyone. If it doesn't fit into your plans, no worries, but I think it will be beneficial.

As a reminder, this round also includes two bonus trainings with myself and Aaron Michael. One will focus on numbness and pain and how to work with the vulva specifically, and that will be an optional class scheduled for a later date. The last class will explore how to bridge solo practice into partnership, which I think will be really fascinating. We'll have the dates for these bonus classes for you soon.

Now, I'd love to see everyone in gallery view so I can connect with you all! If your video is on, give me a little wave, a "twinkle," as we call it, to let me know you're here. When I share something you resonate with, feel free to twinkle, but please don't do it while someone else is sharing—it can be upsetting to them.

I'd like to start by establishing a container for our journey. Since there are so many of you, if you need my attention and I'm not responding, use the chat. Let's test that out now—just say "love it" or something similar so I know it's working.

Great! Now, Maya is here with us today—Maya, where are you? Hi, Maya! She'll be helping behind the scenes with customer service and logistical questions. You can put any questions in the chat or direct message Maya if needed. You'll be hearing from her throughout the week. Also, Sony is here too—she's been invaluable, spending hours fixing tech glitches to ensure we could all be here today. Thank you, Sony!

Let's begin by tuning into ourselves. We'll do this by closing our eyes and becoming aware of our breath. Imagine your breath moving all the way down into your belly, and if you feel tension anywhere in your body, gently wriggle into those spots. Breathe fully and allow your body to settle into stillness, feeling the energetics within.

As you do this, take a moment to connect with why you are here. What is the deeper reason you're showing up for this journey? Breathe into that "why" and see if a word comes to mind that represents it. Let that word sit in your heart as you open your eyes and stretch out.

If you feel inspired, I'd love for you to share that word in the chat. Some words I'm seeing: discovery, reconnection, embodying pleasure, rejuvenation, love, wholeness. These are all so beautiful.

Now, let's talk about the theme for this round: *Unprecedented Pleasure*. In your journal, I want you to write down those words, "unprecedented pleasure," and reflect on what that means for you. It's important to have your own understanding of this theme because it will guide our journey together. What does unprecedented pleasure mean to you?

One of the reasons I chose this theme is because it opens us up to a vast space of possibility. This type of pleasure might be something we haven't yet experienced in our own bodies, and it will be different for each of us. It's limitless, with many gradients, colors, and flavors.

As we dive into this, I want to emphasize that this isn't just about practice. While I'll use the word "practice" for ease, I invite you to see this as an invitation into a new way of living and relating to yourself and your body. Take a moment to squeeze any part of your body that feels comfortable and say to yourself, "We are in this together." Let your body know you're open to listening and following its lead.

In this first week, we'll explore how we define ourselves, particularly around the concept of orgasm. We won't be goal-oriented in seeking orgasm, but we'll look at what it means to us. In our culture, orgasm is often viewed as a peak experience—fireworks, if you will. But I want to invite you into the possibility of a different kind of orgasm, one that is slow, deep, and constant, like a deep ocean wave that takes 30 years to cross. This wave lives inside you, always present and affecting everything.

The invitation is for you to start listening inwardly and holding this possibility. As we begin awakening these pleasure pathways—neural pathways that deliver pleasure sensations in your body—consider them as highways, not just side roads you occasionally travel.

Who here is willing to hold the possibility that within you is this beautiful, undulating deliciousness? Give me a little wave if you're with me. Awesome!

Now, I want to set up a container for this space. During these live calls, you'll have the chance to ask questions and interact with me directly. Today is more of a welcome and orientation call, but going forward, if something comes up during your practice or if you're struggling with something, write it down and bring it to the call. If you can't make it live, leave your questions in the course's comment section or the Jade Egg Mastery Facebook group—just tag me so I see it.

Okay, who here is ready to show up 100% for themselves? Not for me, but for yourself. Give me a little wave if you're ready to commit to that. Amazing!

I also want to ask, are you the kind of person who can hold space for this journey? A sacred, confidential container where you commit to keeping what you witness in your heart. If you are, please show me your hands. Great. It's so important that we feel safe and held in this space.

One more thing: who here is willing to embrace their erotic innocence? The part of you that is playful, goofy, and curious? This journey can sometimes feel serious, but I want us to invoke that sense of wonder and fun. Write down in your journal, "I invoke my erotic innocence." Let that innocent, curious part of you know that it's safe here.

Finally, a key agreement I'd like you to make is this: "I am willing to move as fast as the slowest part of me." Write that down. This is crucial because we often push ourselves too fast and end up sabotaging our progress. The slowest part of you sets the pace, but not the direction. The direction is set by your deep desire, your passion—that's our North Star. But the slowest part keeps us from leaving anything behind. Does that make sense?

Take a deep breath and let this truth sink in. We're here to build trust with ourselves, and it starts by honoring the slowest part of us.

Now, I'm going to open the floor for any questions or reflections you might have. What are you taking away from this call? Let's share our insights and support one another in this beautiful journey.

Let's continue by inviting anyone who wants to share their thoughts, takeaways, or questions from today's session. What resonated with you? What stood out, or what might you need more clarity on?

For me, what's truly important is that we're building this space together, a community where we feel safe to express ourselves and hold space for one another. I want to acknowledge that for some of you, just being here and committing to this journey may feel like a huge leap, especially when it comes to the more sensitive areas of sexuality, intimacy, and self-connection. I also know that some of you may feel like there's a resistance, a fear, or even a sense of "Can I really do this?"

Remember, this is a space where you're not alone. We are here to support each other. Whether it's numbness, pain, or even just the fear of stepping into this work, we're all walking this path together. It's perfectly okay if you don't feel like you're ready to share yet, but I encourage you to keep holding that curiosity—both about the process and about yourself.

I saw a few comments earlier about fear around sharing, fear of being vulnerable in such a specific and personal context. If you're feeling that fear, I want to assure you that this space is entirely voluntary. You don't have to share anything you're not comfortable with. It's an invitation, not an obligation. And sometimes, as we've seen with others, naming the fear out loud takes away its power, so even acknowledging that fear within yourself can be a profound step forward.

For those who feel disconnected from their bodies or who feel numbness or pain, I want to emphasize that this is a very common experience. Our world doesn't always give us the space or the tools to truly connect with our bodies in a loving, attuned way. What we're doing in this course is not just about pleasure—it's about aliveness. It's about reawakening and reclaiming parts of yourself that may have been dormant or shut down.

For some of you, this process might feel slow. You might not feel instant gratification, and that's okay. There's no rush. We're here to move at the pace that feels right for you. And if that means focusing on one small practice for weeks at a time, that's still progress. What matters most is that you're showing up for yourself, moment by moment, breath by breath.

One of the key things I'd love for you to take from today's session is the idea that you are powerful. Sexual sovereignty isn't just about having control over your sexual experiences; it's about recognizing that you are inherently powerful in every aspect of your life. This power isn't something that can be given or taken away—it's something you already have. And when we start from that place of power, we shift the entire conversation. We're no longer playing the role of victim, we're stepping into our full selves, ready to claim what's rightfully ours: joy, pleasure, connection, and aliveness.

As we wrap up, I'd love to do a final reflection. What is the one thing you are committing to for yourself this week? Whether it's making time for your practice, embracing your erotic innocence, or simply being present with whatever arises, I want you to write it down, say it out loud, or share it in the chat if you feel comfortable. Let's take a moment to affirm these commitments, knowing that every small step we take is part of a much larger journey.

Before we close, let's reconnect with our bodies one last time. Take a moment to rub your hands together, creating some warmth, and then gently place them over your heart or lower belly—wherever feels right for you. Take a deep breath in, and as you exhale, feel yourself grounded, connected to the Earth beneath you and to the support of this community. With each breath, know that you are enough. You are whole, you are powerful, and you are exactly where you need to be.

Thank you all for being here today and for showing up for yourselves. I am so grateful to be on this journey with you, and I look forward to continuing this work together. Remember, if you have any questions or need support during the week, you can always reach out through the course platform or in the Facebook group.

Let's close today's session with gratitude—for ourselves, for this community, and for the beautiful possibilities ahead. Much love to all of you, and I can't wait to see you next week. Keep exploring, keep being curious, and keep showing up for yourself. You are doing amazing work.

Take care, everyone. See you soon!