

YONI EGGS

Makes the Pelvic Floor stronger



The Yoni egg

The Physical aspect of tantra is tighten the PC muscle. In full the Pubococcygeus muscle. This is the muscle to be tightened when you have to hold your pee. This PC muscle is for as well man as woman a magical thing when working with sexual energy. To make the PC muscle stronger it is like with everything, a lot of practice. This you can do almost everywhere and anytime. No one will see when during a meeting, in the car, on the bike or walking around in a museum you tighten your PC muscle in a rhythmic way. For woman there is another strong instrument, The Egg. Try to find an egg to practice from gemstone. For example an egg from Rose quartz. Hold the egg at first under your belly button to feel if the gemstone feels good for you, because if you will use it in you most sensitive sensory centre and the energetic load of the gemstone will always be of influence on your energetic system. Power with resistance, bring the egg into your Yoni and practice, preferable standing in tightening your PC muscle. You will see that you can get more power to the muscle now there is a bit resistance. It is the same principal as making a fist while holding an object in your hand instead of empty handed. In the begin you can feel your muscles for a bit like every muscle that grows stronger. After use clean well and let the drilled hole dry before you use the Yoni egg again. Yoni eggs you can find in Jade, Rock crystal, Sodalite, Jasper, Rose quartz, Picasso Jasper, Aventurine and Red Jasper.

