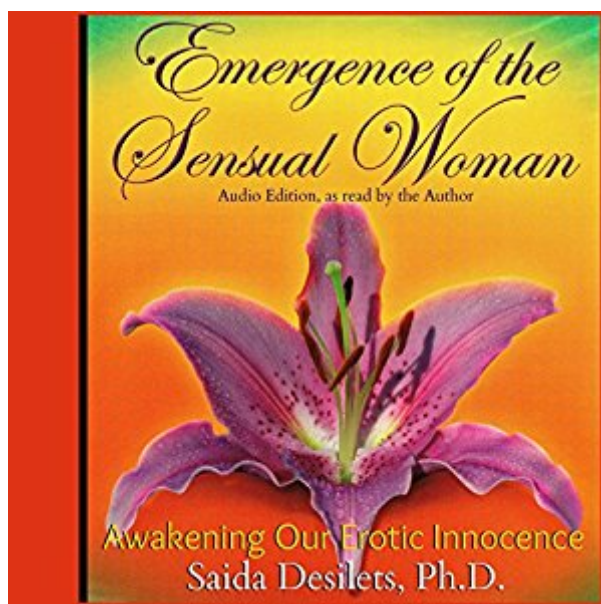


The book was found

Emergence Of The Sensual Woman: Awakening Our Erotic Innocence



Synopsis

Emergence of the Sensual Woman is an invitation to embody what it means to be an erotically alive and compassionate woman. Learn to live according to your inner voice and skillfully navigate through life's many challenges by accessing your innate feminine wisdom. Enjoy better relationships and more vitality and expand your orgasmic potential by cultivating your vital life force (sexual energy). Deepen your integrity and activate your power, enhance your life through more conscious choices, redefine orgasm to expand your sexual responses, experience the ancient techniques of Taoist qi gong, and cultivate your sexual energy with innovative Jade Egg practices.

Book Information

Audible Audio Edition

Listening Length: 9 hours 18 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Jade Goddess Publishing

Audible.com Release Date: January 20, 2015

Whispersync for Voice: Ready

Language: English

ASIN: B00SI0GSBE

Best Sellers Rank: #539 in Books > Audible Audiobooks > Fiction & Literature > Erotica
#14431 in Books > Literature & Fiction > Erotica #96240 in Books > Romance

Customer Reviews

If you are learning how to use the jade egg (aka yoni egg) then this is a must have. I took a course with a very well renowned practitioner of the jade egg and a lot of what I learned (for a hefty investment) is covered in this book. That is not to say I regret the course, it was worth every cent- and I am still happy to have the extra tips Saida provided as well as her perspective. She seems very committed to women's empowerment and healing and this book is an amazing contribution. Personally, I believe the jade egg practice is essential for all women for spiritual, emotional and physical reasons. I highly recommend this.

I purchased this book shortly after Valentine's Day and read it in just a few days, although it is dense with rich and delicious information. I skipped the first part and went straight to the jade egg practice. It was fascinating but a little overwhelming, only because of the 60+ exercises and

practices she details. And yes, I ordered a jade egg! The first half of the book discusses Saida's philosophy of transforming the world through one's own erotic connection to bliss. And I have to say I agree with her completely: After a few consecutive days of doing just the foundation breathing exercises, people were responding to me in a much more loving and open way. And telling me my skin was glowing! I'm looking forward to working with this practice forever!

Excellent book! purchased as an ebook.

It's not a story, it's a "how to" book. It's an amazing read for anyone interested in living a fulfilled and succulent life.

Any woman who wants to know herself more deeply, & who wants to embody her sensuality, sexuality & femininity needs to read this book. It's a game changer.

Brilliant. Expands upon Mantak Chia books on Female Taoist Sexual Energy Practises. Adds Saida's own Philosophy that accompanies her Practises of Taoist Sexual Energy Cultivation - which she terms 'The Art of Succulent Living'. As a Man, this has given me great benefits & insights into topics such as Ch.3 - Power & Integrity; as your Sexual Power increases through the Practises you need to be Aware of your Integrity also, doing the Emotional practises at the same pace or more. Ch.4 - Conscious Living - great words there about entering various types of Relationships/Sexual Partner agreements in a Conscious way. 'Succulence in a Barren World' I found interesting as a Man as well, when you develop your Sexual Energy + Yin-energy also. Her explanations of the Practical Exc's for Women & Men (Foundation Practises apply to all) are very good & slightly different than in the Mantak Chia books, which helped me understand them & practise them more effectively. The Jade Egg explanations & Exc's are far more detailed & she adds in extra exc's she teaches. An excellent addition to Mantak Chia's Taoist Sexual Energy Teachings/Books (Saida was a major consultant to Mantak Chia & Dr. Rachel Carlton Abrams in the writing of 'The Multi-Orgasmic Women', Saida also is/was a Universal Tao Instructor).....also a great Stand Alone book for Women looking for a Practical Book to increase Succulence & Sexual Energy + Integrity, to increase/deepen your Feminine energy. A great book for Men also who have interest in Taoist/Tantric Sex....& want to practise Dual-Cultivation w/a Woman.

Here is a book written by a woman's woman. She is so beautiful in her championing of women...I

see her work as a great gift to the Sisterhood. She keeps my belief in the power of women to mirror each other's beauty and truly befriend each other fresh! Thank you Saida!

Best jade egg book I have found. Very useful. You can take it easy, or take it to the next level. Important in that the value of more than the actual exercises is stressed.

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