Egg Limpia Anyone? - curious volunteer - Open Salon

Egg Limpia Anyone?

While attending the ISSSEEM conference (www.isseem.org) in Westminster, CO at the Westin, I stumbled upon an ancient technology shown to me by a curandera from Mexico. This curandera, Griselda Alvarez Sesma (www.curanderismo.org) used the term "ancient technology" to describe the healing wisdom of the wise elders that has been passed through the generations for hundreds of years. She talked about Ojo Malo, Envidia, Susto and this manner of detox using an egg, which she called Egg Limpia.

Basically there are many more ways to use an egg than the 1,001 recipes I'm familiar with. Now an egg can be used to pull out negative energy thus cleansing and detoxifying your body. Just by running an uncooked egg over your 13 joints as defined by ancient Mayans and or Aztecs (I'm not an expert) one can become aware of how negative your body is. While I felt most after disposing of my negative energies, most of the group ran down the hall to dispose of their negatively energized egg in the right way. I obviously afflicted with a chronic illness, said she felt a sense of empowerment and control over her body which was new for her.

What I found astonishing was the lightness I felt after discarding my egg. As my Panamanian partner said, "I can't wait to get rid of this shit" just before she ran down the hall to dispose of her negatively energized egg in the right way. I followed her into the Ladies Room and watched as she cracked the egg over the toilet bowl and flushed. As I imitated her process, she washed her hands followed her into the Ladies Room and watched as she cracked the egg over the toilet bowl and flushed. As I imitated her process, she washed her hands further "get rid of this shit." So did I. And, really, the feelings that rushed into my body at that point were amazing. I felt like I was floating back to the conference room. Others in my group described feelings like "champaign bubbles." and tingles, one man felt a bolt of energy race through his spine so profoundly that he seemed to liken the experience to being high. He smiled profoundly that he seemed to liken the experience to being high. He smiled widely to emphasize the heightened sensation.

While I felt most after disposing of my negative energies, most of the group members described feeling the movement of energies during the cleansing process. Many expressed a gentle release and a sense of calm. One woman, obviously afflicted with a chronic illness, said she felt a sense of empowerment and control over her body which was new for her.

The curandera said this treatment is used commonly on all members of society - from infants up to elderly. The healing power of the egg limpia treatment can be truly astonishing. For example, most people reported the weight of the egg increased as negativity was purged from the body and transferred to the egg. I have to say that I agree. My egg did weigh more after the process. We didn't have a scale to measure this so the observation was subjective. I think that when I try this at home, I will weigh the egg before and after treatment just out of curiosity.
So, in summary, this is a handy technique which can be used for just about any and all situations, from insomnia to heartburn to stress, worry, guilt, sorrow, etc. I can’t wait to try this on my daughter. Apparently this is a common practice in South and Central America. As the curandera said, “Why do we need to get grants to research and prove this ancient technology when we know it works? It’s been proven over the centuries. What else is there to prove?” Paraphrasing additional comments, she added, “I do believe that there is a need for conventional studies of curanderismo” which would benefit those unfamiliar with this system of healing and who require more concrete evidence of it’s efficacy. “It is also important in terms of curanderismo’s acceptance by mainstream physicians and the health care systems so that curanderos/as may be included as part of a patient/client’s treatment planned when requested either by the client or health care professional.”

As for me, I’m not sure that having the North American healthcare establishment involved would be a good thing. The benefits of having big government regulating your business is highly debated and that’s what acceptance of mainstream (big) medicine invites. Healthcare always needs to be a matter of personal choice and if you seek another way or a change in a treatment plan, you will find what you’re looking for.

There have been numerous studies that prove the power of subtle energies and yet many people in the United States remain skeptics. As medical doctor Larry Dossey stated in his ISSEEM address earlier that day, “There’s no point to conducting further studies. The proof is in.” Yet, my personal opinion is pretty simple. Sometimes you just know. You can recognize the real thing when you experience it. Do you know when you have goosebumps? Or do you question their existence and require proof that goosebumps exist? Do you need to know where goosebumps came from or do you just accept their reality because you feel it whether you understand it or not. It’s the same thing. I experienced it and I know that subtle energies shifted and moved within me. Thank you Griselda for an amazing and enlightened evening. Can I also say it was fun?

**AUTHOR TAGS:** isseem conference, egg limpia, curious volunteer, gossip, belief/religion, health, science, open call, technology

**YOUR TAGS:** Add

**TIP:** 1.00  
Enter the amount, and click “Tip” to submit!

**SHARE:** Email
Thank you for your great post. I had a lot of fun with all of you that day too! I invite you to a five-day Curanderismo intensive that I will be offering at Kripalu Retreat Center, July 31-August 5, 2011. www.kripalu.org.

Griselda Sesma
MARCH 26, 2011 05:13 PM