

Egg Cleansing Guide (Limpia con Huevo)

Author: Esi's Corner Sanctuary Guide | Category: Traditional Cleansing & Altar Work

Overview & Sanctuary Summary:

Step-by-step instructions on performing an authentic spiritual egg cleansing (limpia) and interpreting the readings.

The egg cleansing (limpia con huevo) is an ancient Mesoamerican and African diasporic cleansing technique that neutralizes psychic heaviness, jealousy (mal de ojo), and energetic residue.

Step-by-Step Procedure:

1. Consecration: Hold a fresh, room-temperature egg in your dominant hand. Cleanse it with Florida Water or white rum. Whisper your petition: 'Absorb all envy, sickness, fatigue, and negative projections.'
 2. Passing the Egg: Roll the egg gently over your body from crown to soles, moving downward in circular strokes. Pay special attention to the chest, solar plexus, and lower back.
 3. Cracking into Water: Crack the egg into a clear glass filled with clean room-temperature water. Wait 5 minutes for the shapes to settle.
 4. Basic Interpretation: Cobwebs/needles represent envy and psychic attacks; bubbles indicate trapped stress absorbed; clear water with yolk at bottom indicates complete cleansing.
 5. Disposal: Sprinkle chili powder or salt over the glass to seal, flush down the toilet, and wash hands with Florida Water.
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