Egg Cleanse

The egg cleanse, also known as "limpia" in Latinx cultures, has ancient roots in around the world, including:

- ***Mesoamerica:*** This is likely the most well-known origin, with variations practiced in indigenous cultures throughout the region.
- ***Greece:*** Here, the practice is called "oomancy" and was used for divination, interpreting the shapes formed by egg whites dropped in water.
- ***Scotland:*** Similar practices were used by the Celts, including egg divination to gain knowledge about unborn children.

Despite the geographical variety, the core concept remains similar: the belief that eggs can absorb negative energy and offer insight into a person's well-being. It's important to remember that the egg cleanse is a cultural practice, and respect should be shown when discussing its origins and interpretations.

People perform egg cleanses for various reasons rooted in the belief system of spiritual cleansing and energy healing. Here are some of the common motivations:

- ***Removing negative energy:*** This is the most widespread belief behind egg cleanses. People believe it helps remove negative energy, often called "malocchio" (evil eye) in some cultures, which can cause bad luck, illness, or emotional distress.
- ***Gaining insights into personal issues:*** Some believe the way the egg settles or the shapes formed in the egg white can offer insights into personal challenges, relationships, or future possibilities.
- ***Promoting healing:*** The ritual itself, along with the belief in its effectiveness, can provide a sense of control and comfort, potentially promoting emotional and spiritual well-being.

How to do an egg cleanse

Step 1: Cleanse your egg – put some water into a bowl and add a teaspoon of salt and a dash of lemon juice and carefully place your egg in the water. When you feel your egg is cleansed remove from the water and dry off carefully with a paper towel/kitchen roll.

Step 2: Fill a clear glass with some water and allow it come up to room temperature.

Step 3: Take the egg in your hands and set an intention for example

"I rid myself of any bad or negative energy with this cleanse"

Step 4: Moving the egg in a clockwise motion run the egg over your head, ears, eyes, mouth & chin – while you do this focus on releasing all unwanted energy into the egg.

Step 5: Continue down your body, arms & hands, chest, torso, legs & feet – getting every inch of your body.

Step 6: Finally crack the egg into water & leave it for 5-10 minutes before reading your results.

Reading your results

- When reading your results look through the glass – do not look down into it.
- Smelly water or blood indicates someone has used magic against you but could also signify illness that hasn't presented itself yet.
- Bubbles in the water means that negative energy was absorbed into the egg.
- Cobwebs in the egg whites – could mean an evil eye has been placed on you – could also indicate a confusing situation in your life.
- Needles or spikes – This could mean someone close to you doesn't have the best intentions.
- Face in yolk – This signifies an enemy – pay attention to what it looks like does it look like anyone you know?
- Clear water – This shows that no negativity absorbed.
- If your water presents any of the above repeat the egg cleanse until it's clear.

Happy Cleansing.