



# curious volunteer's Blog

A Soul Seeker in the Company of Strangers

## curious volunteer



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### Location

Denver, Colorado,

### Birthday

January 08

### Bio

Freelance topics penned include volunteerism, inspiration, going soul-o, caring community and other deep thoughts. Watch me on youtube  
<http://www.youtube.com/watch?v=IYO85JO2aI> - it's fun.

### MY RECENT POSTS

Karma Yoga - Feels So Good  
June 25, 2011 04:53PM

March 2011, Vicarious Volunteer?  
April 21, 2011 08:27AM

Gray, Cloudy & 7am Saturday:  
Time to Clean the Park  
April 09, 2011 08:27AM

Breaking My Rules  
April 05, 2011 08:26PM

SERRVing in February - Food,  
Shopping and Fun  
March 06, 2011 03:04PM

### MY RECENT COMMENTS

"I agree with you. It's a difficult issue for the victim. I think it would be li..."  
April 21, 2011 08:40AM

"I must add that I just really liked reading your post. Yea, so what, small talk..."  
April 05, 2011 05:48PM

"Not sure I understand the Tennessee connection but I'll take the blessings and th..."  
January 21, 2011 03:57PM

"Dear LL, Or if you buy more than

[« Back to Posts](#)

JUNE 28, 2010 12:53AM

## Egg Limpia Anyone?

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While attending the ISSSEEM conference ([www.issseem.org](http://www.issseem.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](http://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) amazing things can happen.

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 to 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 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.

### CURIOS VOLUNTEER'S FAVORITES



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Linda Shiue



Caroline K



Jane Brogan



Gary Baumt



froggy

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### UPDATES



It's not that I don't care about sex, really  
*posted by: Oryoki Bowl*



Thoughts Of Trains \_

one pound, say five pounds, shipping is zero and..."  
January 03, 2011 05:18PM

"Very funny. I'm skeptical of your results and your enjoyment - but go fot it."  
October 18, 2010 06:33PM

**CURIOUS VOLUNTEER'S LINKS**

**New list**

- [Girls Trek Too](#)
- [Wazee Journal](#)
- [Volunteer profile on](#)
- [Volunteermatch.com](#)
- [Book of Odds interview](#)

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 sytem 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 ISSSEEM 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:** [issseem conference](#), [egg limpia](#), [curious volunteer](#), [gossip](#), [belief/religion](#), [health](#), [science](#), [open call](#), [technology](#)

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I'm not one who is much into anything of a spiritual nature, but if this could do something about my driving anxiety I might give it a try!

[WendyLynn](#)  
JUNE 28, 2010 01:20 AM

[Remembering An Era](#)  
*posted by: SpiritManSF*

[The importance of "Walk a Mile in Her Shoes" & MY HERO](#)  
*posted by: MrsRaptor*

[Weight Loss Journal: More beans!](#)  
*posted by: froggy*

[Spam & the ugly truth about emily](#)  
*posted by: Mimetalker*

[curious timing: an elephant writes to craig](#)  
*posted by: femme forte aka candace*

[Why Doesn't Mitt Romney Hype His 1996 Rescue Mission?](#)  
*posted by: Roger Fallihee*

[WACKY, WIDE WORLD OF...LUPUS](#)  
*posted by: Jane Brogan*

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

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