

# Shamanic Egg Cleansings

A Traditional Healing Technique  
of Mesoamerican Shamans



Kalyn Raphael

*Healing the world one egg at a time™*

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*Dedication*

In Gratitude

To Spirit,  
and the many forms you've taken in my life~

To Mother Sarita and Maria,  
for the wisdom they shared with me~

To family and friends, both seen and unseen ~

With Love

To Kris, my one true love.

Thank you for your love,  
your support, encouragement and faith ~  
Thank you for walking next to me on this  
wonderful life journey that we are taking  
together.

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## Chapter 1-

# Experimenting with Egg Cleansings

Egg cleansings are an ancient shamanic form of healing. An egg cleansing utilizes natural attributes of an egg to help cleanse or rid an individual of unwanted energies and its many manifestations. Egg cleansings quickly release energies due to stress, stagnation, stuck places and much more.

Before conducting any egg cleansing sessions, please check with local laws in reference to what healing practices may or may not be permitted in your state or country. Please be sure to read the disclaimer in Appendix B.

Begin by experimenting with an egg cleanse. Before you go any further in the book, try giving a good friend or companion an egg cleanse. This way you will get a feel for an egg

cleanse, and you might get a feel for what your unique way of giving a cleanse will be. Giving the cleanse is as simple as rubbing an egg in a circular motion all over the body of your client, from top to bottom. The flow is downward, so you don't want to start at a leg and then move up to an arm. By experimenting first, you will allow your creativity to suggest an order for covering the body. You will also allow any energies you want to draw upon, or tools you may want in the room for your use, to naturally come to mind.

#### Directions to Experiment with cleansing:

- 1) Select a basket or bowl to hold the eggs for your session (eggs do not need to be refrigerated, and should be at room temperature for the cleanse).
- 2) Set up anything you think you might like at your session, such as music, candles, incense...

- 3) Have your cleanse hold the egg in their right hand for a minute while you prepare anything you require.
- 4) Ask your cleanse for permission to run the egg over their body.
- 5) Once permission is granted, have them lie down on a pre-arranged bed or massage table, or have them stand on a carpet or blanket.

As you experiment with the egg cleanse, stay open and do your best to allow the session to guide you. Be sure to enjoy the process.

## Chapter 2 - Background

In order to understand egg cleansings well enough to do them, we have to understand something about how shamans have used cleansings. South American Shamans have used egg cleanses for generations. Shamans have always understood that we need to lead balanced lives in order to enjoy physical and emotional health and happiness. Shamans, Mayans, Native Americans and other indigenous healers are recognized for their connection to nature. They recognize that nature is like a living Bible, providing us with "rules" on how best to live, as well as examples on how to harmoniously cohabitate the earth. They know that nature guides and leads our lives when we are open to this. Nature teaches us in many ways. In nature, we see examples of trees growing through the cycle of the seasons:

blooming in the spring, growing in the summer, turning in the fall and hibernating in the winter. Animals are another grand teacher: they maintain a balance within themselves, within their social structures, and even with their prey. In this way they ensure their survival as best they can, keeping their food from going extinct.

Nature is a great balancer. Whether there is drought, flood, or overpopulation, things always come full circle in nature, finding a balance or equilibrium in the end. A healer, therefore, who is in the flow of nature and who aligns him or herself to nature, is able to use the healing and balancing flows of nature in their cleansings.

Shamans also know that it is through nature that Spirit communicates with us, whether the communication is through an event such as spotting a rare animal, a gust of wind, or a bird landing close by. Nature's language is one of energy. It is the same language of Spirit, referred to as silent knowledge in esoteric

teachings. It is pre-thought and pre-verbal communication, which makes it impossible to "hear" when we are accustomed to the structured and solid communications of languages. Unlike spoken languages, this language does not usually rely on written or audible words. Silent knowledge communicates via energy, or sensation, and relies on our perception and interpretation of sensation. Using sensation consciously and clearly is extremely empowering. Being aware of sensation, and being able to tune into different sensations, becomes equivalent to being able to use words for communication. At the level of energy, sensation is the key to communicating with Spirit, with higher aspects of ourselves, and even beyond time and space. At these advanced levels, sensation opens energetic doors to anything we choose to connect to. This is an important aspect to egg cleansing, because we need to be in the flow of nature in order to receive guidance on how best to use nature (how

to use the egg) and its power in our energy cleansing session.

Aligning with, and being receptive to nature is easier than it may seem, since it is our innate state. We have all experienced a "gut" feeling or intuition. These may not be common to us, but they are a part of the innate state.

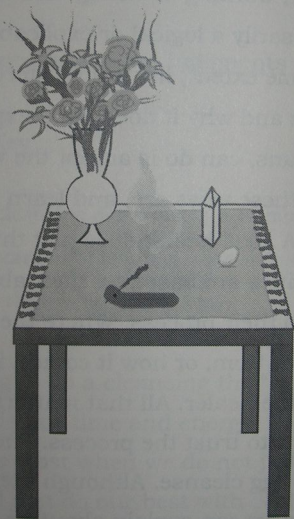
Sensation is often mistaken as being akin to feelings, because feelings, as everything else, begin in energy. People will say they had a feeling about something when they experience sensation, because we don't think about sensing thorough anything other than our five senses. And yet, everyone has dealt with energy and sensation before, whether they are aware of this or not.

Sensation is a sixth sense, if you will, that we all have. It allows us to perceive energy using our energy bodies. We interpret the sensation through a gut feeling (or instinct), intuition or insight, which we then interpret based on our experiences. It is by developing this innate

ability to work with sensation that a healer can modify his or her technique to suit an individual client. Using sensation and energy, they are able to give each client what he or she needs in the cleansing. In this way, shamans use the properties of the egg to heal, open and bring individuals back to balance. Then they tune into the language of nature, using sensation and intuition to read the egg. We will talk about the reading of the egg in a later chapter, but an intuitive and in-tune individual can read that which is relevant to the balance and well-being of the client. Such in-tune individuals are very rare, but learning some basics to read the egg is not too difficult.

## Chapter 3 -

### Preparing to do Egg Cleansings



## *What About an Egg Cleansing Works?*

In today's society, we are accustomed to learning a process: how and why things work. This is how our academic system is set up for us. However, working in energy and with healing is not necessarily a logical or explicable process.

To some extent, life is a mystery. How life really works and why it does are inexplicable. All we, as humans, can do is accept the ways of life, learn what these ways are, and learn to work with them. A good healer does just this: their healing abilities are based on their ability to surrender to their process. Where their healing energy comes from, or how it comes, is usually a mystery to the healer. All that matters is that a healer learns to trust the process. The same is true for the egg cleanse. Although there are some things we can explain about an egg

cleanse, most of how or why the egg cleanse works is a part of the mystery of nature.

This is important to understand, so that we are not stuck trying to understand or follow a "correct" way to perform a cleanse. There is no right way, and a cleanse will be a different experience with each client.

### Hold No Expectations Or Judgments

#### Cleansing Key

As an egg cleansing practitioner, it is important to *hold no expectations* of how a cleanse should be performed, as there is no "right" way.

Trying to do a cleansing the "right" way only expends our time and energy. Our abilities will improve most when we do not judge them, and instead just do our best with each cleanse. Finally, we also need to have no expectations as to how the cleanse will effect the client, because

everyone can react differently, and every cleanse can cause different reactions in the same client.

What we do understand about a cleansing is that an egg is like a sponge. It soaks up endless amounts of stagnant and negative energy. It works on an energetic level, lifting the old energies and allowing them to be released. The egg cleanse causes no detrimental effects at all.

Being a part of the birth cycle, eggs naturally have a balancing energy about them. Birth is a time when we come into life with a "fresh start". Although we come in with certain karmas, issues belonging to our soul that we work out during our life, we are all born as equals, meaning that we are all young, we are all born dependant on our parents, and we are all completely carefree, loving and impressionable. We are also in balance. This is a natural and healthy state. Our challenge in life is to experience the difficulties of life and to retain that natural balanced place. Eggs carry this

energy of birth, or birth-balance, and the cleanse helps us take steps towards this natural balance.

The shape of an egg is also significant in its healing quality. The egg cleanse requires that the healer keep the egg in motion as it goes over the physical body. The motion allows the old energies to spiral out of the client's field into the air and the egg. As it spirals, the energy just goes further and deeper into the spiral, remaining primarily within the egg.

Everything is energy first. There is an energy blueprint for all things physical, which is why working at energetic levels is deeper and more powerful than working at physical levels. By clearing the old, stagnant, toxic or negative energies in a client, the healer uses the egg to "re-align" to the blueprint structure or the energy body. The egg can touch the physical body and/or be passed over the aura. Either way, clears the energy of the client.

Energy works in us, on us and through us. When we are open to energy, it is able to penetrate both our walls of defense and what we repress behind them. Behind these walls are places where we have stuffed the unpleasant feelings, experiences or thoughts that we attempt to ignore because they cause us pain and discomfort. Of course, areas that we keep hidden from ourselves affect us: they affect our energy, and therefore our thoughts, feelings and behavior. During a cleanse the practitioner guides the energy to come into these areas to promote healing, health and balance. The energy of the cleansing literally goes into these dark pockets and works its way in and through. A single cleansing only begins to penetrate these pockets. Like anything that has sat and hardened, these dark pockets can be difficult to penetrate. For example, a single rainfall only dampens the top layers of soil on the ground. It takes several showers in order for the water to seep in deeper and to dampen several feet down.

Like a drought, when a client has spent most of a lifetime out of balance, a single cleansing session or rainfall rarely ends the dry spell. Often clients require several sessions for the energy to be able to take a stronger effect. Life has no cure-alls: we are to keep ourselves in balance. Finding a quick fix would not allow us to learn to stay in a state of balance and a state of health. An egg cleansing, like other shamanic techniques, will temporarily balance a client, but clients who continue a lifestyle of poor habits will quickly return to their habitual state of unbalance.

Healing needs to occur on several levels, most of which have to do with the lifestyle and the life choices of an individual. We all know that a positive attitude, exercise and self-love improve the overall health of an individual. When physical, emotional and mental healthy habits are not maintained, our energy vibrates more densely. A healer can greatly aid in restoring balance in a client, but again, it takes

several sessions. With each session, the healer works to balance the client, and this raises their frequency. Every time the client returns for another session, they increase their ability to sustain the higher state. Just like the breaking or making of a new habit, the client is increasing his ability to maintain a higher vibration with each session. In this way, the cleanse greatly aids the client by opening a new door of health and higher vibratory state at a much quicker rate than the client ever could on their own.

## *The Healer's First Tool*

### Cleansing Key

The one tool that every healer has and cannot do without is their **intent**.

Intent is our purpose with our will behind it. Our intent is our ability to direct our creation,

whether our creation is getting dressed in the morning or healing another.

The beauty to intent is that it only needs to have meaning to us. All the client needs to do is to be open to the healing. After that, the healing lies entirely with the healer. How a healer goes about the healing is secondary: the key is that they are guided by something inside themselves, and that they make this the purpose that guides their intention. Being guided by unseen help in this way provides access to other realms, increasing their vibration and their “sabiduria”, a Spanish word meaning their ability to be connected and in a place of knowingness. When we use our intention, we are setting our energy in motion. In addition to the physical movement used in the session, intention puts our energy to work on the session too. Our energy has the ability to work and connect with higher and more healing aspects of ourselves, the energy of the client and the energy of their higher selves. Egg cleansings are

primarily energetic healings, so tapping into any and all energies that will benefit our session is the most important part of a cleanse.

Finding this 'something', or inner guidance, to guide our intent magically and quickly evolves with practice. Our cleansing abilities will develop more quickly when our intent includes connect with and heal our client, without expectations or judgments.

## *The Help of Rituals*

### Cleansing Key

**Rituals are a powerful contributor** to a healer's intent because a well-established ritual can carry the healers intent for them and enhance their cleansing energy.

A ritual is simply an act that is repeated in the same manner. Whether a healer holds the ritual of repeating the same prayer or of always burning a candle during a cleansing session, it

creates an energetic path. By repeating the same act, we can create a path in structure for the energy to follow to the cleansing session.

Holding rituals is a very important part of the healing process. It allows the energy coming in to grow, and become stronger and more refined through repetition.

Putting a ritual together can be a creative and enjoyable process. The most important thing to keep in mind as we create our ritual is that it should hold meaning for us, that it be our own personal thumbprint in our egg cleansing session.

To create our own ritual we will want to draw upon objects, activities, prayers, etc., that stand out for us. This is where finding that inner guidance will help us in creating a powerful egg cleansing. Finding that guidance at first is easily done by observing another's ritual and doing the things that resonate with you.

## Cleansing Key

Consider bringing nature into your ritual.  
The energy of nature can be very  
powerful in putting a ritual together.

Items such as crystals, rocks, feathers, earth (plants, herbs), wind (chimes, music), fire (candles) and water are all popular items in meditations and rituals because they tap into the crisp, clear, healing and balancing energy of nature. Other common items that carry meaning for us, such as photos, statues, scarves (as a mini-table cloth), can be as powerful as a natural object. The power of the object is dependant upon the intent and the energy that is placed into the item. Our intent is easier to bestow on objects and is stronger the higher our own vibration is.

Regardless of what the item is, when it carries meaning for us it is endowed with our energy. Place your intent into each object by merely speaking your intent aloud, thinking it,

or blowing your intent onto the object. As a part of your ritual, keep your objects at an altar.

## *Your Cleansing Space*

### Cleansing Key

A cleansing space is strongest when it is a separate room used exclusively for healing.

An altar will further carry the intention for an egg cleansing session. An altar serves to hold intention even when we are absent from our egg cleansing room. With an altar, our cleansing space will work to set our healing intent before a client even enters the room: it allows us to control the energy and intent of the room before we have entered the space. With a separate cleansing space and an altar, when we enter the room to prepare it for the cleansing session, we will also have an easier time falling into the flow and healing intent of the session.

The room or space we select for egg cleansings can be small, as long as there is enough space for the cleansing, cleansing tools and an altar. It is best to have a space that offers a window or other ventilation for the incense and released energies. The room set up will depend on personal taste, and on what placement of tools will help most in facilitating your cleanse. Although a separate room for egg cleansings is not required, it is highly recommended. As a separate room, other energies will not enter and shift the healing intent that gets built up through repeated cleansings. More importantly, the old, stagnant, toxic and negative energies that result from sessions should be contained here and not allowed into other areas, such as other rooms in your home.

We keep the ritual aspect of our intent by maintaining the items in our altar in the same spaces. Whether they are stationary items or tools used in your cleanses, they should always

be replaced in the same space to maintain structure. Your altar should be kept clean and clutter-free. Finally, although your altar will occupy a space that is visible for all to see in your cleansing room, it is preferable for others not to bring their energy to your altar. A close friend or companion will not damage your altar in any way by touching it or spending time here, but your intention keeps more strongly when anyone else discouraged from it.

## Chapter 4 - How to do an Egg

### Cleansing

#### Prayer

#### Cleansing Key

Prayer uses the *power of our word* and intention.

Like a morning routine, or ritual, a ritualized prayer will help to carry and add to our intent. A prayer is an important aspect of our ritual because it carries the power of our word. Our word is the first manifestation of our intent and is the quickest manifestation we create. By using a prayer, we are using the power of our word to carry our intention for our egg cleanse.

Just like other objects that we use in a cleanse, a prayer can be our creative expression. The prayer chosen for the egg cleansings should be meaningful to us. Whether we draw upon the help of angels, of the universe, or anything else in our prayer, all that matters is that we use the same prayer every time.

The prayer used for the cleanse can be borrowed or our own creation. The benefit to an existing prayer is that it has already been recited countless times and has an energy path already set up. It will carry stronger energy and intent from the first time we use it.

### Cleansing Key

It's *Not* the tool or the prayer,  
it is your *intent* and your *ritual* that will  
Create a powerful egg cleanse.

On the other hand, our own unique prayer may hold more meaning for us. Unique prayers can be our own creation or an existing prayer

that we change to make our own. For those just starting to work with energy and healing, it may be easier to use an existing prayer for some time. This will provide a good feel for different intentions created by different prayers. It also provides the opportunity to see what kind of prayer is preferred. Later your preferred prayers can be modified to suit the personal styles of your cleanse. Starting with a simple prayer may be easiest: something to get started and that requires little memorization, making it easier to focus on the cleanse. The appendix provides a couple of prayers for egg cleanses (do not forget, you can modify these to suit your own style).

For those who want to use a pre-existing prayer, it is helpful to draw upon your resources. If you are religious then you will already know some prayers. Any prayer (coming from religions or not) that is comfortable for you should be considered usable.

The key to the prayer is not in your words as much as it is in the intent you place into

those words. We always need to be careful with prayers and make sure their energy is the appropriate energy we want to invite into the healing.

### Cleansing Key

Our *intent is what we manifest*,  
Words are just the vehicle.

Prayers can also call upon existing energies. There are more energies to draw upon for prayer than are imaginable. Depending on your affinities, you can call on anything you wish:

### Fairies & Devas

Fairies and Devas are specific kinds of angels that provide the blueprints for every aspect of nature. For example, gardens are lush and enriched with flowers when fairies and

devas tend them. Fairies and Devas also enrich different natural areas, such as forests, as well as tending to animals.

### Gods and Masters

A cleansing can gain intimacy when we find a god, goddess or master that we feel an affinity to. Call them forth to bring their energy or their gift in to your cleanse. Individual gods, goddesses and masters, or several at a time, can be drawn upon. Choose those you feel comfortable with, no matter the background. Examples are Greek gods, Celtic gods, Hindu gods, and so forth. Just as Jesus was such a strong healer that when he walked by a person his radiance alone healed them, Buddha, Sai Baba and other natural healers are strong masters whose essence can add great healing to your cleanse.

## Essences

Essences create everything. Every energy has an essence to it. Essences that may be beneficial to your egg cleansing are essences such as love, peace, harmony, health, balance, and so on.

## Directions

When we call upon the four directions, we work with energies of polarities, evolution and healing as it pertains to human life on earth. Each direction has its own characteristic: East holds Gabriel, the angel of feelings and air; South holds Michael, the angel of strength and fire; North holds Uriel, the angel of insight and earth; the West is home to Raphael, the angel of healing and water.

The attributes associated with each direction are commonly agreed upon, but interpretations of the associations vary. If you are accustomed to a different set of attributes for the directions, decide whether your source for

the information is a strong and insightful source.

In any case, remember that your intent outweighs accuracy. When you work with evoking energies that you wish to draw on for your cleansing, you begin to work in energy more than its corresponding physical manifestations. This means that when you intend to draw on the energy, you will be calling it forth regardless of what word you use to evoke it with.

### Nature

The universe, Mother Nature, the sun, moon, rain, animals, etc. are popular parts of nature we can call upon. When you choose an element of nature, your focus should be to draw upon the essential attribute of whatever form of nature you need.

You can call upon anything you like in your prayer and anything or anyone you feel comfortable with, but it is important to look to

their strength, because this is the energy that you are inviting to assist you.

The only two aspects that need to be included in a prayer are our intent to help the client and our intent not to be ill effected by the old energies that are released. Evoking help is not necessary. If evoking any kind of help resonates with you, then do it. If it does not, then keep your prayer simple. You have to feel comfortable and carry a strong intent: the key is to do whatever will help your intent.

### *Traditional Egg Cleansing Tools*

Copal and incense are effective at clearing the cleansing area, because the smoke these create vibrates highly. Lower vibrations simply cannot exist with the higher vibrations, so stagnant released energies disappear upon contact with the smoke of copal or incense.

Thus, these are powerful tools that have been used for centuries.

Cleansing the air and dissipating the old energies released is strongest when copal is used. Copal resin comes from the copal tree in tropical parts of the world. Copal comes in various varieties, some more effective than others. Experimenting to find what kind of copal or incense you prefer will be another unique characteristic of your cleanse.

Copal is sold on the internet, and in metaphysical shops that sell herbs. White copal, a premium copal for cleansing, is not easy to come by even in Mexico, a primary source of copal. Yet it is wonderful to work with, because it has a pleasant fragrance, and cuts through the old energies quickly and easily. As these old energies release, the copal goes right to them, dissipating them right away.

Copal burns too easily, however, and for this reason it needs to be burned on charcoal. Instant lighting charcoal is preferred, as it

ignites with little effort and keeps its ash stage for about 20 to 30 minutes. Burning copal too quickly causes it to melt without creating smoke – and the smoke is what we are after, since it is what dissipates and clears the stagnant energies. The lower temperature of charcoal allows copal to melt slowly, creating smoke. This type of charcoal is also easier to clean up afterwards.

Incense can be an affective tool too. However, we need to blow smoke on and around our client, so our smoke needs to be plentiful. We need to use what works best for us, but we also need to make sure we are dissipating released energies during the cleanse. Incense is great for shifting energy, and can be used before the cleansing session to set your intent for the cleanse.

### Additional Resources

Although there are no rules as to what is needed for your egg cleansings, there are time-

tested tools that enhance intent and healing sessions. A list of these follows.

### Candles

Candles are popular, and have been used for thousands of years to symbolize bringing illumination (love), healing and Spirit in. They bring a mood, energy and a tone that is unique to the element of fire and which contributes greatly to any intent. Fire represents transformation, another beneficial aspect that can be helpful to a cleanse.

### Holy Water

Holy water is a very powerful healing agent, due to its higher vibration. As a part of the egg cleansing, it is sprinkled over the client and the egg before, during or after the main cleansing. You can also combine your egg cleanse with hands-on-healing, if this is a specialty of yours that you have training in.

Holy water is merely blessed water. Preparing holy water is another ritual that we develop to fit our style. Its blessing can be as easy as blowing our intent onto bottled water. It is also blessed by natural elements like the copal smoke that reaches the water at our altar, or by leaving it in the sunlight or moonlight. How we charge our water will just depend on what energy and intent we want it to carry.

## Herbs

Herbs are nature's medicine, which is why they are used to make medicine. Herbalists are at an advantage in their cleanse, because they will have the ability to dispense the appropriate medicinal herb or tincture needed, which they see in the egg reading.

However, herbs, leaves, seeds, roots and so on, can also be utilized during the cleanse. Bringing plants into a cleanse can help us brush the copal's smoke onto our client, adding the property of the plant. Lavender's properties, for

example are soothing and relaxing. Whether a lavender essential oil is burned to promote relaxation in the client through aromatherapy or a lavender pillow is used during the cleanse, this herb's natural properties can aid in a healing session.

Even a potted plant can add to our session by helping to cleanse our space by transforming energies released during the cleanse.

Herbs can also be placed in our holy water, adding their healing properties to the water. As a precautionary note, always research the herb and its effect fully before you bring it into your cleansing space.

### *Creating a Map to Cleanse the Body*

A body map provides us with the order and direction for the egg passes, or a direction in which to run the egg over a client during a cleanse. The body map gives us a ritual to follow

to build the energy of our cleanse. A second benefit is that it also frees us from having to think about covering the entire body with the egg, as it becomes second nature. This allows us to focus on the client, our intent and our energy.

You can create a body map that works for you. Following are examples of Kalyn's and Maria's rituals. You can follow Kalyn's body map or Maria's. Maria is a practicing curandera in Mexico, trained by Mayan healer. Being a gifted curandera (healer), Maria's advanced body map is recommended when a practitioner becomes more advanced and more accustomed to working with energy. However, both rituals will help us gain an understanding of how an egg cleansing is done.

### Preparing for a Session

Begin your ritual by preparing your space. Light any candles or incense; turn on any music and be sure that you have eggs available for your session (and a glass of water, if you will be

reading the egg). If you choose to use copal, prepare your charcoal and have your copal out and ready to place onto the charcoal when you need it.

Although you do not need to take any time to meditate or center before the session, it can be very helpful. Sitting in your cleansing space and opening to the energy that you have already established with your intent, will help you prepare for the session.

### Setting Your Intent

This is also a good time to consciously set your intent for the session. Everyone focuses on their intention to heal and help their client in their own way – whether it is asking for guidance or asking for assistance. In any case, it is important to:

- Open yourself to any unseen help that will benefit your client and the session

- Trust that you will receive unseen help, enabling you to provide the best cleansing session possible
- State your intention, aloud on to yourself, to help your client's healing process
- State your intent to be judgment-free in the process

When the client arrives, allow them to sit and talk to them. Let them know what an egg cleansing is, what it does and about how long it takes you. Let your client know that the session is a confidential session – have them communicate any problems, ailments or concerns that they may be experiencing in their lives that you can address in your session. Once they have communicated with you, be sure to let them know what reactions to the session they may experience (discussed in chapter 5).

Have your client take an egg in their right hand and bring them to your cleansing area. Have them lie down or stand- depending on how

you do your cleanse. If your body map has your client lying down, always have them start face-up.

Be certain to communicate the following things so that your client is comfortable and at ease during the cleanse:

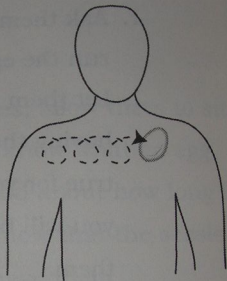
1. Ask them for permission to have you run the egg over their entire body.
2. Let them know that you will be having them turn around (if this is true for your body map) and that you will be blowing smoke onto them.
3. Ask them to let you know immediately if they become sick, uncomfortable or unwilling to continue with the session.

### The Body Map

Developing your own pattern for the order in which you cleanse a client, or your body map, will be a part of your own unique style. Kalyn

and Maria's rituals follow, providing you with sample body maps that you can choose or modify. The only keys to the body map that need to be followed and can be adapted within your own style are:

- Always cleanse a client from the head down. The general flow of the cleanse follows the way we naturally release energy, which is a flow downward.
- The egg always covers the client in a circular motion that goes clockwise.
- The egg must cover the body by areas, meaning that we work on one area at a time before moving on to the next. For example, the head is cleansed from side to side (whether it is the front or the back of the body), before we move on to the neck. Cleanse an area at a time completely,



because you can not back track once you have finished with an area.

### Basic Body Map Instructions

A cleansing session always begins at the crown of the head. We first place the egg on a client's crown and begin to move in a circular motion from here. Cover the crown completely and focus your intent as towards the crown chakra. For examples on how to focus your intent on the chakras, read Kalyn's Ritual and the first prayer in Appendix A.

The crown may get cleansed twice (once as we cleanse the front of the body and a second time as we cleanse the back), which is fine.

Slowly make your way down from the crown to the forehead, the sides of the head and then to the eyes. Pay close attention the third eye by just being certain to cleanse between the brows. The circular motion that you maintain with the egg will help guide and move you across from the side of the head to the forehead and to the

other side. Be sure to cover every square inch, or as much as possible. As the egg travels down to the eyes, gently hold the egg over the eyes for a second, allowing the egg to cleanse the eyes. Continue moving across the face, covering the ears, cheeks and nose. The egg is meant to cover the body by following the surface of the skin, moving up the nose, on to the bridge of the nose and back down again. Don't worry too much about missing parts of the side of the head, like the back of the ears. You will be able to focus on these during the next pass when the client is face-down.

We keep the egg in a constant motion, but we need to be sure to cover as much of the body as possible. Cleansing the head thoroughly may take you a few minutes. Finish by cleansing the underside of the client's chin and mouth. Be certain to be finished with the head before you move on to the neck.

Next cleanse the neck from side to side. When you reach the base of the neck, focus your

intent as you cleanse the throat chakra. The neck area will only take a minute or so.

From the throat, move down to the shoulders. Cleanse the shoulder tops and a little on the sides and then focus on the chest area. Depending on what prayer you use or what your cleansing intent is, be sure to coincided or to set your intent to cleanse body parts, such as the lungs and heart. Going from side to side, travel down and across the chest area. Focus your intent as you cleanse the heart chakra.

From the heart area, work your way to the side of the body. Come up to the shoulders again. Take your client's left arm, moving it away from and to the side of their body. Work on one arm at a time. Be sure to cleanse their armpits, covering the glands present here. Cover their the front of their arms and move across and down the arm. Leave the back of the arms for the second pass. Continue down the arm until you reach the hands. Cleanse the front of their hands and fingers as completely as possible.

Once one arm is finished, move to the right side of the body. Repeat the same process to now cleanse their right arm. Each arm generally takes a few minutes.

Once both arms are cleansed, move back to their chest area. Continue cleansing the lower half of their chest by moving across the body. Focus your intent as you reach the third chakra, about two inches above the belly button.

Continue to move down to the lower abdominal area. Focus your intent on cleansing the second chakra, about two inches below the belly button. As you move down through lower abdominal area to the pelvic area, use a special intent to clear any stuck energies in these places. Fear and emotional traumas are often held in our lower gut, so this tends to be a delicate area for clients. Be sure to focus your intent on the root chakra too. The upper and lower body cavity may take about ten minutes.

The legs are also done one at a time. We begin on the left, cleansing across the leg and

moving down to the knee. Stop above the knee and work on the right leg, stopping above the right knee. The knees are also a key area for us to focus on. The knees store old social conditioning for us, so they are an important area for the cleansing to spend a little more time and attention on. I like to run the egg across the top of the knee (from the inside of the knee to the outside) in one straight stroke three times. I hone my intent here to help the client open and release old patterns, feelings and behaviors which are stuck due to their social conditioning. I then cleanse the knee, circling the knee cap and the sides of the knee. Below the knee, I run the egg straight across three times again.

Cleanse the left knee in what ever manner feels right to you. Continue moving down the calf and down the ankle. Move back up to the right knee and repeat your body map for cleansing the right knee. Continue your process moving down to the ankle.

Return to the left foot, cleansing the top of the foot down to the toes. Move to the right foot and cleanse it.

The front side of the body is now complete. Use your copal, incense or other method to lift and dissipate any unwanted energies released on the front side of the body.

To begin working on the backside of your client, have them turn face-down or shift your position.

Working the back of the client is similar to working the front. We begin with the crown and move our way down the body. As with the front, we work on one area at a time, never moving back up the body. We also cover the arms and legs in the same manner as we did on the front.

Start at the crown and work your way down the back of the head. Focus your intent on the crown chakra and the back of the third eye chakra. As you cover the back of the head, cleanse behind the client's ears and at the base of their skull, where the medulla oblongata is

located. The medulla oblongata is said to be an entry point for our higher selves to enter into our consciousness.

Once you have thoroughly cleansed the back of the head, move down to the throat. Again, at the base of the throat focus your intent to cleanse the back of the throat chakra.

The back of the shoulders hold another key area to our cleansing session. As the shoulders are cleansed, focus your intent on cleansing the client's assemblage point. The assemblage point is an energetic field that assembles or perceives life for us. Depending on how wounded our how healed we are, the assemblage point is fixed, in which case our wounding keeps us from assembling new perceptions, or our assemblage point is fluid, allowing us to open to different perceptions and perspectives in life. Cleansing the assemblage point helps to clear some of the stuck energies that hold their assemblage point fixed.

Continue moving down the back, cleansing the heart chakra with your intent. Move to the arms, as you did on the front of the body. After the back of the arms and the back of the hands are cleansed, continue moving down the chest. Focus your intent as you cleanse the backs of the third chakra, second and root chakras.

Again, move down the legs one at a time. Begin with the left, moving to the right when you reach the knee.

Close attention should be given to the backs of the knees too. I repeat the same ritual as I did on the front, running the egg straight across the top of the knee and the bottom. Move from the left knee to the right and then down the legs.

The cleansing session ends with the bottoms of the feet. If your client is standing, have them lift one foot at a time so that you can run the egg over the foot and their toes.

Cleanse the client one last time with your copal. Sense the client for any remaining unwanted energies that are still present. Using your hands, sweep these off the client by running your hands over the client without touching them.

Allow the client to get up slowly, as clients are often light-headed. If you are going to read their egg, crack the egg on the glass and drop the egg into the water.

The egg will have picked up unwanted energies. For this reason, it is very important properly dispose of the egg. If the egg is not read, dispose of the egg – *do not use the egg* in a meal as it is now filled with potentially toxic energy. If you read the egg, then dump the egg and water down a sink or toilet and then rinse the sink or toilet. Glasses that are used for the cleanse should be washed, *but should not* be used for drinking any more. They should be kept in your cleansing space as a cleansing tool.

## *Kalyn's Ritual*

For me, an egg cleansing starts before the client arrives. If I know what symptoms are bringing them to me for a cleanse, I use this information to guide my prayer.

I get my cleansing space started. My space is a separate area in the basement. I have a massage table, my cleansing tools, candles, holy water and incense here. My cleansing tools include charcoal, copal and music. I prepare by making sure I have a glass with water and eggs available here. I keep a blanket on the table in case a client is cold, and I also keep massage oils and candy here. The oils have healing properties that I use when I do healing work or reiki, and which I may need for the cleanse. The candies have been charged and blessed for healing, in case I need to work from the inside-out. I keep my cleansing tools on bookshelves. My altar is also in this space. I have a few photos of masters I deem as great healers, a

crystal and a few items from the Maya Caribbean. Being part Mayan and knowing that Mayans were also great healers, I draw upon the energy of the ocean with sand and shells from the Maya Caribbean, as well as a few rocks from sacred pyramid sites I have found to vibrate extremely high. These items hold my intent, and they also help me get clear for healings.

To prepare for a session, I play music, burn a candle and incense. I sit in the cleansing space and pray for clarity so that I can allow the best session possible. I also ask that my client receive the help with their symptom, as is appropriate according to their higher selves.

When the client arrives, I sit and talk with them for a few minutes. If they are new to egg cleansings, I tell them what will be happening during the cleanse. I communicate that they will be lying on the table and that I'll have them turn over several times so that they know what to expect. I have them tell me of any other symptoms they want addressed. After I have

spoken with them, I have them choose an egg out of the basket and hold it in their right hand for a few minutes. I have them take off any tight articles of clothing that will impede running the egg over that area of the body, then ask them to lie on the table.

I take the egg from them and ask for their permission to run the egg over their entire body. Then I tell them to just relax and to let me know if they get uncomfortable at all during the cleanse.

My body map starts with them lying on their back facing up. I use a pre-centering prayer to connect with my guidance as I stand above their head. I then hold their head to connect to them, and to connect to their current state and ascertain what they need: this is done through intuition.

I begin running the egg over each chakra, going from the crown down as I repeat my ritual prayer in which I ask that each chakra be opened, allowing the quality of this chakra to

fully come into their lives. On this first pass, I only cleanse their front chakras. I then place enough copal on the charcoal to encircle them as I blow the smoke from the copal over their bodies, dissipating unwanted energies released.

I ask them to roll over so that they are face-down. I go over the chakras again, crown first, and pray that the amount of energy coming through each chakra increase and balance to the appropriate amount of healing and living of that chakra in their lives. Using the copal I encircle them a second time, clearing unwanted energies released by the back.

I bring my client face-up now for the full pass. Now I run the egg over the entire body starting at the head. This pass covers the entire front of the body, and takes much longer than the initial chakra pass. I am certain to cover them with intent. I use a prayer similar to the one in the appendix, in which I intend to heal and cleanse their ability to process life in different ways. For example, I cleanse the eyes

so that they can see life as it truly is. I go slowly, covering every square inch of their bodies, including armpits (an important area because of the glands here that are easily forgotten) and the bottoms of their feet, hands, their ears and genitals. The entire body needs to be and is cleansed.

As I cover their arms and legs I use my intent to cleanse their past and present; their receptive and assertive sides (discussed in detail in the next chapter) - this gives the client a strong lift and overall cleanse.

Within my ritual, I have developed my intuition so that I am visited by their butterfly, a visual representation of them. I ask it to show me the client's current state toward the beginning of the session. Once I am finished cleansing their front, I run the copal around them for a third time.

Face down once more, I completely cleanse them from the head down again. Towards the end of the session, I look to their butterfly to

visually represent any transformations or changes the client has undergone.

The butterfly helps me greatly. It comes to me in a color, size or strength which represents the client. These give me a 'taste' of the client, which helps guide my cleanse. A dark butterfly tells me that they are heavy with unwanted energy - perhaps stress. A ragged butterfly with frail or ripped wings tells me that the client is very damaged, be it physically, emotionally, mentally or spiritually. Sometimes the fabric of the butterfly and its size will vary; I had a client whose butterfly's transformation went from colors to having many tiny crystals in the wings. This was a very unique transformation that showed me that the client was changing her life by taking a significant step to pursue her authentic dreams.

The last area I cleanse is the client's feet as they lie face-down. Last, but not least, the feet are one of the most important areas to cleanse. I place special attention to the feet to

cleanse their aura. This is a primary connection to earth, and it is important for us, as humans, to have a strong, grounded connection to our lives and, therefore, to earth. I encircle them with the copal once more, but slower this time to get rid of everything released. I then run my hands over them, without touching them, to clear and move their energies, 'awakening' them and bringing them fully back into the room.

Finally, I have them get up at their own pace, as many are light-headed and then I read their egg.

### *Maria's Ritual*

Maria does healing massages and egg cleansings as a full-time job in an office. At one point she worked out of a small house she was renting, and then she rented a room in a wellness center. Maria is also an herbologist (and used to practice nursing), so her space has

shelves with a lot of herbs and a massage table. She also has an altar, and her office has a sink for disposing of the eggs.

Maria prepares her area by praying at her altar (which is pretty sizable), lighting candles and burning incense. Her clients take a number, since it is a first-come, first-serve basis, and they wait in a lobby.

She then calls her clients in and talks to them for a couple of minutes. She has them take an egg and then asks them to stand on a small square rug in front of her altar. She places a piece of copal on her charcoal and begins.

Maria does her cleanse with her client standing up. While they stand she recites her prayer and cleanses them.

Her body map starts at the top of their heads and then follows a complicated pattern that covers the entire body and the chakras in several passes. Within her body map some of what she does includes working the client's front

and back simultaneously, clearing them head-to-foot in one stroke and encircling them.

Being so accustomed to working in energy, Maria's cleanse is an intricate and beautiful dance with energy. Her cleanse takes about 30 minutes. When she has finished with her passes, she then burns another piece of copal and blows it onto the client. This is the final copal cleanse.

Maria then reads the egg that has been used during the cleanse. She asks the client to take a second egg and hold it while she reads the first egg. After the reading, she pours the egg and water down the sink, washes the glass, and refills it to read the second egg.

The first egg shows her what is currently affecting the client's life; in comparison to the second egg, which shows how the egg cleansing improved the client's condition.

Maria's strong ability to read the egg allows her to find ailments, to read deeply into a client's problems and life challenges and to

dispense any required herbs (as a nurse and herbalist).

## Chapter 5 - Multidimensional Beings

Humans are multidimensional beings. This means that there are different aspects to us, such as our aura, our mental (thinking), emotional (feeling) and physical aspects (PEM). Looking just at these four dimensions is somewhat simplified, but working with our bodies of structure (physical, emotional and mental) and with our aura belongs to the realm of a healer.

Being out of balance and having problems can occur in any of these dimensions. Most commonly, however, we experience problems in the emotional body and the physical body. Regardless of where the problem is, symptoms are the hardest to avoid, and easiest to notice, when they are present in the physical body. There are endless causes to a problem in any body; there are also endless effects, or ways the

problem can manifest. Sometimes the problem manifests as illness, sometimes it simply manifests as an ache or bad mood in any of the structured bodies (PEM). In this respect, we are complicated beings. Healing, therefore, requires a healer to be aware of, and know how to work with, the different dimensions of humanity. Although we can be complicated beings, healing can be simple once we understand these four dimensions and basics on how to work with them. At that point, the egg cleanse can easily be an effective way of helping to lift and clean a client at any or all levels.

## *Physical Body*

The physical body can hold illness due to physical and psychosomatic problems. It is important to comprehend that illness in the body can be due to nothing other than physicality or genetics: if someone who is sick

sneezes on you, you may catch the flu. If kidney problems run in your family, you may experience kidney problems too. A common metaphysical belief is that illness is psychosomatic, that we cause our illness as a result of something we did "wrong", our karma, or something that we created. While the cause can be psychosomatic, it is only true sometimes. It is inappropriate for a healer to make any assumptions as to the cause. A healer's intent is key to their healing session. If the session holds a judgment from the healer as to the illness, then their intent is impure and the session will not carry the same strength it otherwise could. The healer will not always know the true cause of the illness. Sometimes the patient will know and communicate the cause; sometimes the healer will receive this piece of information from insight. When the healer is aware of what has caused the ailment, then the healer can energetically focus on the cause. Even if the cause is unknown, the healing session can be

effective, and energetically work with the physical illness.

Egg cleansings can be combined with hands-on-healing to provide a deeper and more specific healing session. Advanced healing can go even deeper into the body when physical problems are occurring. Different biological aspects can be worked with, such as the organs, the circular system and nervous system. However, working this deep is for those with professional training. Working with the muscular system, for example, by an untrained individual can cause worse and further cramps, pain or damage. It is highly recommended that trained and certified healers (such as massage therapists, doctors and nurses) be the ones to work more deeply with the physical body.

A general healing on the physical body has the potential to be very effective. Being a trained professional is not required for egg cleansings (it can just offer the client more benefit with specific physical illness). An egg cleanser who

holds a strong intent to clear and heal their client will still benefit the client greatly. Intent and the healer's own energetic vibration determine how strong the healing session is. A strong intent and highly vibrating egg cleanser can benefit a client, whether the cleanser is a professional health care provider or not. This is important to be aware of as a healer, because, whether you are professionally trained or not, you can greatly increase your healing abilities by raising your own vibration and increasing your intent.

Please note that professionally trained or not, a healer always needs to be aware of their own limitations, as serious harm is always a risk. Harm is best avoided by performing healings that one is comfortable with and feels properly trained in.

## *Emotional Body*

In the emotional or feeling body, problems will manifest in the form of stress, unhappiness, sadness, depression and a general inability to control one's own moods. Similar to the physical body, the emotional body can carry illness in the form of wounding. Simply speaking, we can say that our social conditioning, or our upbringing, is never perfect. When we were young, not all of our needs were met, creating energetic wounds. These wounds then cause us to hold certain beliefs, habits and patterned behaviors. Much like our genes, through the process of our upbringing we inherit attitudes and ideas that can be beneficial or detrimental to us. This is apparent when we think of parents and children. The same behaviors, thoughts and habits carry themselves from one generation to the next, which is why we hear people reprimand their children the same way they were reprimanded,

followed by the comment, "I'm beginning to sound like my mother/father!"

The extent of our social conditioning and of the emotional wounding that it creates has great impact on our lives, and is responsible for our behavioral patterns. As healers, we need to be aware of this so we can understand the deep impact of this emotional dimension upon an individual's life. While an egg cleansing session will not remove or heal emotional wounds, it will vibrate these to loosen them. This can bring the issues to the surface for the client to focus on and to heal. This type of emotional healing promotes maturity, growth and personal power in a client's life.

As human beings, we have the choice to heal ourselves or to continue to deny or suppress our own problems at any dimensional level. When an individual chooses to remain in their patterned behavior (patterned feelings, beliefs or denial), then no healing session will be effective. The client's choice to open up to

healing, or to remain closed to change, will overpower any healer's abilities, because no one is able to penetrate another individual's energetic walls of protection. Only an individual can choose to open, and in this choice the client allows or blocks the experience and the healing. Of course, if a client is seeking an egg cleansing, then chances are that they are open to the session. To ensure that a client is open, it is recommended that the healer ask the client why they have come for the cleansing. In answering, the client will directly or indirectly be stating their intent to open for healing as they also communicate specific areas, problems or dimensions for the healer to focus upon during the egg cleansing session.

Even when clients are open to healing, several sessions are often required to create more permanent change. Because their behavioral patterns repeat themselves, they reinforce the same vibration and problems repeatedly. An egg cleansing works to raise this

vibration, but a single session is easily outweighed by behaviors that are repeated numerous times. Clients will do best if they return for repeated treatments over a period of time that is determined by the healer. Generally, progress towards raising the client's vibration more permanently becomes visible after the first three to five sessions, depending on how deeply hidden the problem is. The number of sessions required cannot be guessed or foretold, as the client's reactions and life choices will be a great determining factor.

When the cleansing is focusing on an emotional problem, the healer can focus on one of three areas: they can do a general cleanse, focus on the heart chakra, or they can focus their healing intent on a specified area where the emotional charge is located. In the later case, special attention and intent can then be focused in the appropriate physical location.

Strong healers will immediately have a sense for what corresponding chakra or area of

the body needs attention. Intuition like this is a skill that naturally develops with time and practice.

## *Mental Body*

The mental body is the body of thinking, planning and organizing. The mental body is meant to take guidance from higher aspects of the Self, and put together the plan to make the guidance manifest. People overwhelmingly misuse the mental body when they instead follow ego wants and wishes. This misuse of the mental body is, unfortunately, justified and portrayed as normal by society. As a result, beliefs and dogmatic ways of thinking which serve the ego are the problems that manifest in this body. Both beliefs, and closed ways of thinking or seeing the world, narrow the ability for the mental body to expand itself. These beliefs limit us because they define what we can

or cannot do, be, experience, express....

Unbending thinking dictates how to do things and how we should judge and treat and everything around us, especially ourselves.

These limitations, which we agree to and reinforce, come from fear, and create our own pain and sadness, which can be experienced in the emotional body. If a person believes that the sky will fall, and refuses to hear otherwise, then they will also make themselves very unhappy when they long to go outside to experience any aspect of life. Although this example is oversimplified, it illustrates the extent to which a belief in the mental body can affect all of our being.

Healing the mental body is a self-exploration in which we need to pay close attention to what we believe and how this affects our behavior. Although we know that we hold beliefs, we are not always aware of all of our beliefs or of contradictions between our beliefs.

This is because limiting beliefs and dogmatic ways of thinking exist in the subconscious.

The egg cleansing can help free the mental body too. Cleansing the mental body allows limiting beliefs, detrimental judgments and dogmatic ways of thinking to also loosen and either be cleansed or to come to the surface. By loosening these energies, the client is then more easily able to partake in the self-exploration of their mental body. With the aid of cleansing sessions they are now more easily able to assess their beliefs and change their minds, as no one else can do this for them!

Healing the mental body is sometimes difficult because charged emotions sometimes get tangled up in thought patterns. A part of what an egg cleansing does is untangle areas where we are stuck. Feelings often mask and are intertwined with wounds in the mental body. For example, racism occurs when we hold a fear of the unknown, the unknown being a foreign culture or appearance. However, racist people

hold false beliefs, such as stereotypes, which appear to cause the racism. Trying to heal the false belief will not heal the problem, as the true problem lies in the emotional fear, not the limiting belief. Our example also serves to illustrate that wounding involves one or more dimensions of the person. As such, we can still work to heal the mental body, but for this reason it does not require the same amount of healing as the emotional body or physical body will.

Working on healing the mental body is well-addressed in a general healing that includes paying close attention to the head and crown chakra. The healing will also benefit the mental body when the practitioner works beyond time and space, and at places in the physical body where the healer may sense that the wounding is energetically carried. If the healer sees or senses through his or her intuition that the cause of the problem is in the mental body, then the healer will do best to focus his or her intent

upon cleansing the individual's past, where the wounding originated. In this case, the healer can also emphasize the intent by choosing a prayer that focuses on healing the client's past and/or future. The power of this prayer lays in the power of our words, which carry great intent.

## *The Aura*

Our three bodies of structure, PEM, make up our personality. Our personality can be seen as our humanity. Our auras are connected to PEM. When we are physically, emotionally, and mentally strong, our auras vibrate more strongly. When we are weak or ill, our auras also weaken in color and vibration. Our auras, therefore, are an energetic aspect of our personalities as well.

An egg cleansing primarily works on the aura. By running the egg over the body, the aura is touched and cleansed. Cleansing the aura is

the pivotal aspect of an egg cleansing. As we cleanse the aura, this energy is lifted and cleared. Because the aura is directly connected to PEM, clearing the aura means that we are also working with and clearing PEM.

In the worlds of both energy and form, the aura is our first body of connection. In the aura we carry our ability to allow life to enter and interact with us. Our auras carry our energy, energy that can strengthen or weaken us in any of the three bodies. A strong aura, for example, strengthens our immune system - so we are more resistant to catching a cold in the physical body. On an unconscious level, others interact with us energetically via the aura. This is how a car salesman knows when a person is easy to manipulate, or how we sense not to anger someone with that "Don't mess with me!" energy. The weak personality that allows us to be manipulated, or the power behind the "Don't mess with me!", are also carried in our body language. When we look at this example, we can

see how connected our aura is to PEM, and how cleansing and balancing the aura means that we are also cleansing and balancing the three bodies.

The aura is also the place where we hold energetic walls that keep people, circumstances, or anything else that has hurt us, at bay. These are walls we all developed as children to protect ourselves. Although these energetic walls are used as defense, they also keep us locked into a small world where our behaviors, feelings and thoughts are as limited as our walls allow. As adults, healing and growth are needed for us to bring these walls down. These walls no longer serve us, but hinder our growth and limit what we do, feel and think. The walls are only energetic, but they are impenetrable until we choose to be open and trusting. This is why a client must be open to a cleansing session. If they do not open of their own accord, then the cleansing session will not be able to penetrate

their energetic walls of defense. In this case, the cleansing session will have limited effects. By working at an energetic level, the egg cleansing works to help us clear the aura, temporarily opening and freeing us of our own limitations (as much as the client can open to the cleansing). This helps us to clear and go more deeply into our thoughts, feelings and emotions. As a result, a cleansing session often stirs a client while the aura is cleansed, allowing suppressed problems and issues to unlock from deep within them. Being able to help a client release deep-seeded troubles through energy is the magic that egg cleansings offer.

## *Chakras*

In addition to working on our human side, an egg cleansing can also work on our divine side. We come into body, or earth, in order for higher aspects of ourselves to grow and evolve. We all come with unique tasks in life to work

through as a part of our growth and evolution. As we mature, grow, and evolve, we evolve our consciousness. Each chakra carries a different vibration and a different level of development. The root chakra, for example, holds the level of safety and security. Survival is a basic need for all. When we have matured enough to create safety and security in life, as we do when we go to school and secure a good job, then our root chakras become more balanced. On the other hand, when we lack safety and security it is difficult for us to think of much else. This puts us out of balance, forcing our behavior to focus primarily on trying to secure safety.

Higher aspects of ourselves, often referred to as our soul, project into life through our chakra system. Although this is our divinity, in life there is no true perfection. Our chakras can be out of balance, like every other system we have. As a matter of fact, until we have grown and evolved, our chakras generally will be out of balance to varying degrees.

When a chakra is out of balance it is lopsided, too large or too small. Master healers can often see chakras that are out of balance. However, this is not necessary. An egg cleansing session, especially if it focuses on the chakras, can aid in bringing a degree of balance back to the chakras. By cleansing a client, the egg automatically covers the chakras. A cleansing session cannot heal the life tasks that a client holds, as this is their unique work, but it can aid the process. Just like cleansing the aura aids the structured bodies, cleansing the chakras allows them to free up and balance to some degree. As such, repeated cleansing sessions can be very beneficial, as the degree to which we are able to open and balance the chakras improves over repeated sessions.

We have small chakras in our hands and in our feet. The chakras in our hands aid in hands-on healing, as healing energies can come through here. We also have a chakra about a foot below our feet, and one a couple of feet

above our head at our transpersonal point. The chakra above our heads is key to the healer: our transpersonal point, or chakra, is where our guidance resides for us. Practice can give any person the ability to access their transpersonal point by simply placing awareness here. Holding our awareness at the transpersonal point can be tiring at first, because it is like a new muscle being used for the first time. It is worth the effort, because when a healer goes to their transpersonal point during a session, they are able to bring a more highly vibrating and healing energy through. Our intuition is accessible at the transpersonal when we can open to our guidance system, which is located here. Accessing the transpersonal point alone can greatly increase your healing abilities.

In healing a client, the chakras that we work on are the seven chakras in our bodies, which are our seven layers of consciousness. Each chakra is at a different vibration, and it holds a different layer of consciousness for us. A

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healer who is familiar with the chakras and their locations can work to clear and open the appropriate chakra that corresponds to the client's problem. A general egg cleansing can go through each chakra, as in Kalyn's ritual, to open and clear each one.

The following table shows information that a healer needs to know for each chakra:

Chakra	Location	Color	Consciousness
Root	Perineum- men/ Coxes - women	Red	Safety & Security
Out of balance symptoms: A lack of survival, safety and security.			
Spleen	Two inches below belly button	Orange	Pleasure & Creativity
Out of balance symptoms: Too much or too little enjoyment in life. Inability to think creatively, to be creative artistically, or to take pleasure in life.			
Solar Plexus	Two inches above belly button	Yellow	Personal Power

	Out of balance symptoms: Too much or too little power in life. Problems manifest as being too passive or too aggressive in life.		
Heart	Upper chest, at breast bone	Green	Connection
	Out of balance symptoms: Inability to connect with the self, life or with others in any type of relationship		
*Throat	Base of throat	Blue	Expression
	Out of balance symptoms: Not being able to "speak up" for oneself or being too vocal. Expression includes all forms of expression for anything we do in life.		
*Third Eye	Right between brow	Indigo	Insight
	Out of balance symptoms: Inability to see ourselves clearly. Seeing ourselves, our problems or our lives according to society's views.		
*Crown	Top of head (where a halo would be)	Purple or White	Divinity
Transpersonal	A couple feet above head		Higher aspects of Self

\* Due to the nature of chakras, certain chakras build upon one another so that the upper chakras require that the lower chakras be strengthened first. A healer can work to balance the upper chakras, but helping a client build a strong and balanced energy foundation is most important.

## *Beyond Space & Time*

Another dimension in healing is working beyond space and time. Any problem a client has will be the result of a past wound and/or a past experience.

A difficult concept for people to believe or comprehend is that time and space are liquid, and at higher vibrations they do not exist in the linear fashion that we experience them in. Space and time are merely parts of the illusion of reality, an illusion set up for our healing, which we experience as being very real. However, at deeper levels that go beyond the physical and into energy, space and time are fluid. The past or future are accessible, and can be healed regardless of the healer's present time or

location. Distance healing works via energy this way, unlimited by time and space. This is also why people who have experienced traumatic abuse of any kind re-live their experiences in therapy. A piece of themselves has energetically been stuck in the past, in their traumatic experience, and they have not been able to do the necessary healing to call all of their energy forth into the present. We all leave pieces of ourselves (our energy) behind everywhere we go in our lives. Unless an individual has done significant healing work to bring their energy back to themselves, they will always have energy left behind.

A trained healer who works with emotional healing can help a client to heal their past, thus freeing them up in their present. It is important to remember that working directly with emotional wounding is not the focus of an egg cleansing. Instead, the egg cleansing is an overall energy cleanse, touching each dimension of the client. The egg cleanse is not as effective

as direct therapy in healing emotional wounding, but it still can contribute significantly towards this. An egg cleansing works to restore the energy towards the client's unique energy balance, their blueprint. The egg cleanse automatically does this when the practitioner's intent is to heal and cleanse aspects of the client's personality. A session can also focus on a particular dimension of the client, creating even stronger effects in that structured of the client.

### *Past and Future*

An egg cleansing can focus on working with the client's past or future. Deciding whether to focus the egg cleansing on the past (to focus on a wound or damaging experience) versus the future (to get help from their future, more healed self) is determined by the healer's sense of the problem. In some cases, the past may need

healing, and in other cases the client will benefit from their future selves coming to aid in the healing of their present selves. Accessing the past and future is simple. The healer's silent or spoken intent will direct the session, and working with the corresponding area of the body will bring the healing to the present. The past corresponds to the backside of the body and the future is in front.

During a session, running the egg on the back of the head and intending to heal past thoughts will help clear and heal the mental body in the past. Going over the client's back will help clear feelings of a lack of support in life. Working with the back of the arms and hands will help to clear the past actions and doings, which is similar to the back of the legs, which heal the past of where the client has been, where they come from.

Problems from the past can manifest anywhere in the body. They manifest physically, such as a cramp, a pain or headache, but they

can also be energetic. Healers sense the problem areas as a cold, hot, tense or colored area of the body. This type of problem is automatically balanced in the egg cleanse, but can be addressed beyond time, if necessary, with intent alone. In this case, cleansing the past is not limited to the back of the body: the healer's insight will let them know whether the back of the body alone needs healing for past issues or whether there are other areas to be worked with.

Both Kalyn and Maria's cleanses include healing beyond time. In their general cleanse, the client's past and future are also balanced by the simple intent of the healer as a part of their ritual.

Cleansing the left and the right sides of the body also hold significance. The left side of the body represents our receptive or feminine side. This corresponds to what we have been receptive to in life, as far our experiences go. The right side, the masculine side, represents what we assert in life, or what actions we take.

Energetically, an individual receives wounding in their lives, which we all do, via their left side. It is up to them as to whether they take actions based on the pain and fear they have experienced, or whether they mature enough to rise above pain and take actions based on love. Either way, the action that is then asserted in life energetically flows out their right side. Kalyn's ritual includes running the egg over both. Working beyond in energy this way does not necessarily change the client's experience, but this healing helps in strengthening the client by removing some of the sting of the experience and/or strengthening the client's ability to deal with and accept their experience. The front of the body, these are then projected into the future so that what is received and then asserted in the future comes from balance, from our natural state and not from a wounded or painful.

Because the egg cleansing is healing work that is done in energy, the results of working

beyond time and space are not necessarily obvious or apparent. They do become more visible when the client receives several healings, and their lives begin to transform and look different in both the present and the past. Of course, this also shapes their future.

### *Effects on the Client*

Egg cleansings are a unique and complete form of healing because they offer the advantage of working with the different dimensions of an individual. Most practices are specific to one, maybe two dimensions of the personality: a reiki practitioner will work with the energy body, a massage therapist works on the body's muscular system, and a therapist and psychologist deal with emotional and subconscious problems in the mental and emotional bodies. Few other

healing techniques hit the aura, and the three bodies of structure.

It is important to be aware of the effects that an egg cleansing can cause in a client. Since the egg cleansing works on all of the dimensions of the client, reactions can manifest in each dimension as well. An egg cleansing practitioner benefits from knowing and being prepared for a variety of reactions. Generally, an egg cleansing will leave a client feeling light, calm, balanced and relaxed. Cleanse benefits can include:

- Restore balance such that it clears and increases a client's aura
- Clear physical symptoms
- Emotionally lift a client and their emotional energetic charge
- Give a more positive mental outlook on life
- And more

These positive effects are more common in clients who are accustomed to bodywork.

In clients who have never received an egg cleansing before, or in clients who have not had body or energy work done on them before, the first session may result differently. The egg cleansing will energetically massage them fully. When toxins (energetic or physical) release during the session they can cause the client to become physically, emotionally or mentally off balance and ill. Common reactions are stomach pains, dizziness or nausea in the physical body. For this reason, clients should be encouraged to sit up slowly after their session.

Extreme sadness, crying or other feelings of pain will surface quickly in the emotional body, especially when these feelings have been or are being avoided by the client. Finally, the client can become angry or scornful, and negative thoughts may emerge. Screaming, yelling and stiffness are not foreign reactions.

It is important to emphasize that dramatic reactions from a client are due to the client's past inability to face or acknowledge problems

pushed below the surface of their awareness. Negative reactions indicate that the client is now beginning to deal with these on some level, and this processing is causing the reaction. When a healer understands and recognizes this, then they are able to allow the client their process in the healing, including reactions at any dimensional level, without judgment. The healer knows that this reaction will pass. Of course, in the case of strong physical reactions, such as nausea, the healer should stop the present session. Strong reactions also indicate that the healing needs to occur in steps that are more gradual.

A healer would be wise to do a general and light healing on a client who is new to healing work, a client's first session, or when the client has undergone a stressful event. This allows the healer to offer a healing egg cleansing to the client while allowing him or her the time to observe the client's reactions without the reactions being too deep or severe. Observing the

reactions can also help the healer to see which dimension or which body is holding issues or charges. For example, if the client becomes dizzy then the healer can tune into the physical body of the client to become more sensitive to the cause of the problem. This awareness can then help the healer guide the next cleansing session accordingly.

## *Born Healer?*

### Cleansing Key

The greatest tool you have for healing is *Yourself*.

Develop your own ritual by visiting others, opening to their energy, and using the healing techniques that “speak” to you. Healing is more intuitive than anything else. By observing others and then finding what resonates with you, your

own healing will become stronger than it would if you followed another's exact method.

### What Makes a Healer?

Are we born healers, or is it something we can become?

### Cleansing Key

***Increase your healing abilities*** by doing your own emotional healing.

The best healers are those who have several things working for them: they are born with healing energy, they practice their art so that it becomes a part of their being, and they work on their own healing.

It is true that having a "natural gift" for healing will make your egg cleansing stronger in every aspect. People come into life with different strengths and different life missions. If your life mission is to be a healer, then you will

automatically have universal energies backing you up.

At the same time, we all have the capacity to heal. Even though there are individuals who seem to have a "magic touch", this should not be discouraging. We all have the potential to become magical too; we just need to tap into this gift that is buried more deeply within ourselves. If egg cleansings draw you, and are something you enjoy doing, you can bring forth and develop your healing capacities in several ways.

Truly connecting with this form of healing is beneficial for anyone who wants to become a true egg cleanser, or even if one is just experimenting with adding cleansings to their repertoires. Connecting to the art of egg cleansings will enable the practitioner to connect with and learn to draw upon a very powerful healing energy. It will also allow them to claim this form of healing as their own. This claiming does not mean that we take credit for any aspect of egg cleansings, but it means that we tune into

different aspects of the cleanse, and we become masters at this art. The more we tune into these, and the more we explore the aspects of the cleanse, finding our own style of performing the egg cleanse, the more this healing art becomes a part of our being. Putting energy into tuning into egg cleansings can also be a simple undertaking. By reading this book alone you are learning about the different aspects of egg cleansings.

Undoubtedly, when you read Kalyn and Maria's rituals for cleansings, some aspects of their rituals resonated with you, drawing your attention. These are aspects that you are choosing, and that are choosing you for your practice. The appendix in the book offers sample prayers; some of the prayers (or parts of them) will resonate with you. Finding a shaman to receive a cleansing from will give you the best "taste" of what an egg cleansing is, both physically and energetically, as well as giving you an experience that will lay a foundation down for your practice. If you are able to spend

time with the shaman as they do their egg  
cleansings, then you can open to their energy.  
Even if you are only able to spend a session or  
two with the shaman, open to their healing  
energy. Ask them questions about their practice  
and let them know of your desire to perform  
cleansings. By opening to the shaman as you  
spend a few days or only a few sessions with  
them, you will tap into the energetic flow of their  
egg cleanse. Intend to carry this into your  
practice and it will help you greatly.

A second method to tapping into your own  
healing capacities is to practice regularly. Giving  
a regular cleansing to someone at home will  
allow you to observe your progress, as you see  
the effects on your client over time. You will also  
be able to receive reliable feedback as to the  
strengths and weaknesses of your cleansing.

Finally, your practice will improve most  
greatly (whether you have a "magic touch" or  
not) when you work on your own healing. The  
stronger a channel that you can become, the

more easily you will allow healing energies to come through you with less effort on your part. Raising your vibration entails working on all aspects of your own healing. All of your bodies of structure need to be strengthened. Personal growth work will help you to clear and strengthen your different dimensions. Physical exercise will help strengthen the physical body – yoga also opens us energetically at the level of our chakras, and raises the vibration of all the structured bodies. Raising our vibration is not as easy of an undertaking, but it is the strongest and most beneficial thing you can do, not only for your healing practice but for your life and your soul. When we work on our own healing, we increase all of our natural gifts and we make our lives more pleasant and enjoyable to live. A healed individual has an easier time with any undertaking they choose because they are then a clearer channel for higher vibrating energies. With healing, lower vibrating energies no longer touch us. We can then provide stronger

healings, and are unaffected by lower energies released in the cleanse, or any other place they are encountered in life.

Working on your own personal growth will clear your ability to be receptive in every way, including reading the egg.

### *Uses for the Egg Cleanse*

#### Illness, Dis-ease and Egg Cleansings

As we've said, the egg cleansing can help with the healing of any problem the client may be experiencing, whether it is physical, emotional, mental or energetic. Even so, generally the most visible or obvious problems that a client will recognize are in the physical body in the form of illness.

The better we understand illness and the physical body, the better our cleansings will be. Various things can cause illness: the effect of the laws of physicality, psychosomatic effects, or it can come from higher aspects of our Selves. The cause of the illness will usually be unknown, but when it is known this information can help guide the intent of the practitioner.

The law of physicality is a simple cause and effect law that we live under: if we spend time with someone who is sick and contagious, then we could wind up with the same illness. This is a concept that is as simple as the fact that standing out in the rain will get you wet. There is nothing complicated or symbolic to this. Physicality simply effects physicality.

A popular new age belief attributes illness to dis-ease, or a place in our lives where we are not at ease, and are therefore creating illness. According to this belief, dis-ease is psychosomatic – which is in fact not always true. We cannot assume that dis-ease always

causes illness. A woman who believed that we create our own realities, and that the back pain she was suffering was her own psychosomatic doing, refused to see a doctor. Although she could not walk and had to take leave from work, she continued to try to figure out what she had done wrong to create dis-ease in her back, even though her immobility was limiting every aspect of her life.

A good egg cleansing practitioner recognizes when they could help, but also recognizes when medical attention by a doctor is appropriate. Egg cleansing is not a cure-all, especially not when a problem has already been allowed to become a concrete illness that is beyond a cure or beyond the help of a cleansing session. Although a cleansing session will help anyone with any problem, it is in our own best interest, as practitioners, to protect ourselves by recognizing when to turn down helping a client who has already allowed themselves to suffer permanent or serious injury. In any case, not

just an extreme case like the back problems of the woman in the example, helping a client can be counter productive if we open ourselves to potentially causing further damage or lawsuits. As a practitioner of any kind, we need to know our own limitations and live by these.

Finally, illness can come from higher aspects of Self. In infinite wisdom, our higher Selves may bring us illness if the experience of illness brings us greater benefit than health. Often illness can help shift an individual's perspective and the way they see themselves or their lives. Divine illness is something that only true seers and masters will recognize. Sometimes the individual will recognize this too, but more often than not we get stuck trying to cure the illness instead of learning from the experience at hand. Hence, a practitioner should never judge illness and its causes.

It is important for a practitioner to know that curing a client is not the end-all goal. A client who is ill, for any reason, is in a process

and in a life experience. As practitioners, our intent should not be solely on taking this experience away from them. Of course, we work to help them heal as a part of their process, but we need to recognize that the gift life offers each of us is a gift of opportunities. We are given the opportunities to learn to work with ourselves, to heal ourselves (whether it be of illness, dis-ease, or emotional wounding), and to learn **how** to. The "what" of what we do is something that interests and motivates us all, but we cannot control a great deal of "what" happens to us in life. Our control, power, healing and our gifts lie in how we handle what comes.

Any healer will benefit their own practice greatly when they recognize that grasping at health or at anything in life is a form of illness or un-balance in and of itself. We can neither grasp nor repel "what" life brings us, even if we don't like the **what**. We work towards our goals, such as health, but we take the time to live in our

present moment and reap the benefits of what lies here for us now.

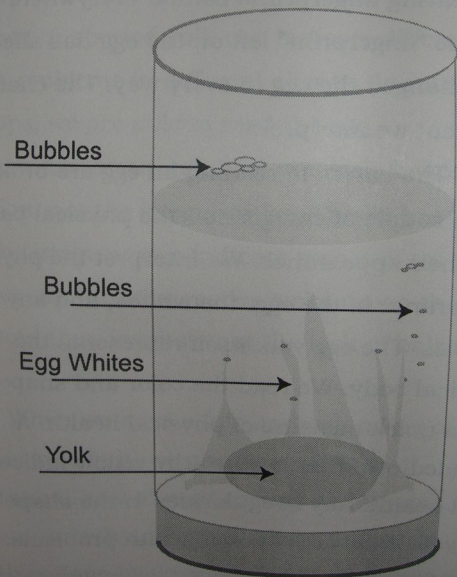
The beauty of an egg cleanse is that it helps to open, energetically lift and raise the awareness of the client. Regardless of what problems or challenges the client is experiencing, an egg cleanse can be a significant part of their process. In addition to aiding the healing process, it can help them to see their process and to see some of their potential when the cleanse lifts them to a higher vibration.

As practitioners, we need to remain open to any guidance that will help us in bringing this opening, healing and lifting to the client. We facilitate this by not judging any aspect of our client, but seeing what the problem is and how we can guide our intent in their session. We need to come at them and their circumstances with no preconceptions, so that we are not seeing the client through a fogged vision. Learning to see a client as they really are is a natural state that we have all lost due to social

conditioning, but it is one that can be re-claimed when we work on our own healing and/or when we practice egg cleansings regularly.

# Chapter 6

## *Reading the egg*



## Reading egg #1

Once the cleansing is complete, we can read a client's egg. Reading the egg is done to see how a client is doing. Through the cleanse, the egg picks up the client's energy, similar to our leaving fingerprints behind everywhere we go. The "fingerprint" left on the egg has affected and changed the egg in every way. The changes are what we interpret.

The basics to reading an egg are broken into a couple of categories - the physical parts and their appearance. We interpret the physical appearance of the egg, the whites, and any air bubbles. The egg yolk itself represents the physical body. We read the color and shape to give a quick measure of physical health. A rounded-oval that is a healthy yellow indicates good health. Any irregularities in the shape of the yolk indicate potential health problems. An irregular shape is a flattened or unsymmetrical yolk. Irregular shapes can be subtle. Even a sore

throat or a common cold can throw the yolk's shape off a bit, which may be hard to see.

Other indications of illness show themselves as appearance irregularities. Instead of being the normal yolk color, illness shows up as a pale or spotted yolk. Interpreting the exact ailment or illness is difficult, because intuition is required. A spotted yolk can indicate different health problems in different clients. As intuition develops, we are able to read the egg irregularities accurately and precisely based on intuition, not the irregularities. This is to say that the irregularities indicate places of unbalance. An intuitive reader picks up on the clue, and then intuits what the lack of balance is.

When we have a fair understanding of life and our role in it, we are better able to understand how to read an egg. As humans, life is about growth and evolution for us. Our growth is done by working on our problems and

life-long patterned issues. As we mature and truly evolve, we raise our energy vibration.

Most of the egg white collects at the bottom of the glass with the yolk, but some will be in the water above. The egg white here is very significant in reading a person's emotional, spiritual and mental state. The white mixes and stretches in the water, forming white webs through the glass. Air bubbles are often caught in the whites, pulling the whites up as high as possible.

An experienced practitioner can read the webs, bubbles, and some formations in the water. This area illustrates the client's current state relative to their growth and evolution. They see how bogged down clients are, represented by the webs, or life issues. The practitioner can raise the client's awareness about these problems, giving them information on what kind of problems they are experiencing, and/or how it is manifesting in their lives. These webs literally show what it is that the client is tied to, and

cannot release themselves from. The water itself also reveals some information – clear water indicates a clearer state of being (emotional, mental and spiritual). Muddy or clouded water indicates a lack of clarity. The denser the clouded water, the denser the problems generally are.

At the top of the water, air bubbles almost always collect. Here the client is represented in relation to people. This shows the client and the people they keep close to them, energetically speaking.

### Reading Egg #2

Reading a client's egg is not a necessary part of a cleansing. It is merely a tool used for helping the practitioner gain clarity on their client. The reading is beneficial from a standpoint of gaining awareness. When a practitioner can communicate information to help the client

with their own healing process, then the client's awareness is engaged so that they may be better able to help themselves.

Not all shamans read the second egg. Those that do, do so to see the effects of the cleansing on the client. They ask the client to pick up a second egg out of the basket and hold it as the shaman reads the first egg. The second egg shows the client's state after the cleansing session. The client's current state in life is represented again, but this time any main issues or life problems are not as pronounce. The second egg illustrates how the cleansing session may have cleared some of the energetic charges around the issue, around the physical body or around the client in general.

The second egg is read using the same clues and intuition as the first egg, but the focus is only on seeing how the cleansing helped to relieve the heaviness or severity of the client's issues relative to their ability to handle and cope with their life issues.

Appendix A  
Simple Prayers  
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# Appendix A

## Sample Prayers

As we have seen, intent is an important part of a prayer. In case the prayer you adopt does not include an intent to heal your client and to keep yourself protected from discharged energies, then be sure to use a pre-centering prayer.

### Pre-centering Prayer

A pre-centering prayer helps us, as egg cleansing practitioners, to get grounded and tap into our egg cleansing ritual and into our own intent. Following are two pre-centering prayers. Choose which ever one, or combination of these, that is most comfortable for you.

Recite your pre-centering prayer at your altar or in the area where your cleanse will take place (which ever you are more comfortable

with). Breath deeply as you recite and prepare for the cleansing session.

### Pre-centering Prayer 1

*I center in myself. I draw upon the energies of all healers before me. I ask that you come to help me heal and clear my client. Help my client to open and to be cleansed of the stagnant and negative energies, as their higher selves would have it. I ask that you allow this cleansing session to benefit me and my healing; that released energies be dissipated and not absorbed.*

*Con luz y amor*

### Pre-centering Prayer 2

Directions:

Become aware of yourself: of your physical, emotional and mental bodies.

*Spirit, I pray to you now and I ask that you guide me in this session. I ask that energies vibrating as highly as myself, or higher, and with positive intention come through to aid in my client's healing. I ask that you help me to heal myself at the same time and that no harm come to me in this session, only benefit.*

*(Becoming aware of your client)*

*I open myself to allow guidance and healing to come through me to the greatest benefit of my client.*

*(Become receptive and open yourself to any guidance about your client or the session).*

*Con luz y amor*

## Egg Cleansing Prayer

Directions:

Always give gratitude in your prayer: gratitude is a special gift that we bestow onto ourselves. When we give gratitude we open ourselves and open the space for further unseen help to come through and work with us in our healing work.

The following prayer is meant to be recited as you are performing the cleansing. The \_\_\_\_\_ spaces are filled in with the client's name. When the prayer needs to be recited at specific times to coincide with the body part being cleansed, it is indicated in parenthesis outside the paragraph.

*I call upon the help of unseen friends,  
of my teachers before me, upon the  
healers who walk the earth now and  
those who have come before; I call upon  
higher aspects of myself that I may have  
their divine help and healing come*

through me and onto \_\_\_\_ (client's name)  
for their cleansing.

I call upon the energy of earth, the  
divas of the garden who help maintain  
the balance in earth. That these divas  
may help me to bring that balance to  
\_\_\_\_ and that his/her energy be brought  
back to balance.

(as you cleanse the head)

I ask this egg to work to absorb any  
detrimental energies in \_\_\_\_'s head;  
remove any energies that are blocking  
\_\_\_\_'s ability to think, loosen and  
release those thoughts that keep \_\_\_\_  
from realizing his/her divine potential;  
from thoughts that stop him/her from  
thinking that he/she could be all that  
he/she could be.

(As you cleanse the eyes)

I ask my unseen help to remove any  
energies, thoughts or feelings that keep  
\_\_\_\_ from seeing all before him/her;

*from seeing what is, that \_\_\_\_\_ may be comfortable and confident in seeing life in its totality.*

*(As you cleanse the face)*

*I ask that \_\_\_\_\_'s nose and mouth remain in balance so that \_\_\_\_\_ is able to operate in a healthy manner in his/her sense of smell, his/her ability to eat and to speak.*

*(As you go over the chest)*

*I ask that any illness, any negative energies be cleared of \_\_\_\_\_'s heart, \_\_\_\_\_'s lungs; that \_\_\_\_\_ may be balanced and healthy.*

*(As you do the left arm)*

*I ask that all that \_\_\_\_\_ receives in life to do comes from a higher place, that it not come from wounds, places of anger or ill feelings.*

*(As you do the right arm)*

*I ask that all \_\_\_\_\_ chooses to do is done from a higher place, that it be done*

*with love, compassion and gentle strength.*

*(As you do the upper back)*

*I ask that \_\_\_\_\_ always feel that he/she does not carry a heavy load, that \_\_\_\_\_ can handle his/her responsibilities and tasks that come to him/her in life.*

*(As you do the middle back)*

*May \_\_\_\_\_ always feel strong and supported; may \_\_\_\_\_ know that the structure and systems are in place and working to support him/her.*

*(Over the front of body)*

*May \_\_\_\_\_'s stomach, intestines and liver be able to function optimally; may \_\_\_\_\_ be able to digest the experiences, problems and challenges brought forth in life. I ask that \_\_\_\_\_'s kidneys always be able to detoxify his/her blood, freeing him/her of poisons to his/her body,*

his/her life. May all of \_\_\_\_'s systems function in harmony and health.

(Over lower back)

As \_\_\_\_ encounters the challenges of life, I ask that he/she feel supported by others and that \_\_\_\_ feels a strong foundation in the tasks he/she sets out to accomplish; his/her heeling, his/her growth.

(As you do the lower abdomen).

May \_\_\_\_ find pleasure and healing in his/her life, in his/her family, in his/her home.

(As you do the left leg)

Everywhere that he / she finds he/she should go, may they be based on higher aspects and may they promote his/her health and healing.

(As you do the right leg)

Everywhere that he does go, may it move him/her forward in life, may this movement be on a path of love, of

*growth and of newer and better possibilities.*

*(As the feet are cleansed)*

*I ask that \_\_\_\_\_'s connection to earth be a strong connection; that \_\_\_\_\_ be grounded, enabling the ability to work with life; work to return to his/her own natural state of being. I ask that this connection open and form the strong, healthy bond that is needed here on earth.*

*Con luz y amor*

### Egg Cleansing Prayer

Following is a shorter prayer that may suit a less structured cleanse or that may be preferred if you are more accustomed to working with energy sensation and/or essences. Working with sensation or essences can be just as

effective when our intent is in our words and actions.

*In this cleansing session, we call upon the essence of balance, so that we can create balance in \_\_\_\_ .*

*I invoke balance from nature to bring \_\_\_\_ balance in his/her thoughts. I ask nature to bring \_\_\_\_ back to her natural state of less thinking and more knowingness. I ask nature to help \_\_\_\_ seek balance in his/her life, in his/her work and in his/her thinking processes.*

*I invoke the essence of rain, the essence of cleansing. I ask that you sweep \_\_\_\_ clean. I ask that you wash away that which is weighing him/her down, that which is makes him/her feel powerless. Wash away \_\_\_\_'s pain, his/her patterns, his/her limiting beliefs. Wash away his/her fears.*

*I invoke the essence of the sun, the essence of our creator. I ask that you replace \_\_\_\_'s*

pain, his/her patterns, wounds and fears with a new love. With a connection to his/her higher Self, a connection to you. Bring him/her guidance, clarity and the courage to follow these through. Bring him/her the courage to stand up in her life and to stop behaviors that damage. Give him/her the power to be his/her true Self, to express himself/herself, and give him/her the power to face his/her fears, his/her false personality and to rise above these.

I evoke the essence of love. I ask love to clear \_\_\_\_\_, to wrap him/her in the love of his/her higher Self and to help him/her find his/her way out of past pains, past experiences and fears. I ask love to vibrate the amount that is appropriate for \_\_\_\_\_ that will help him/her to release that which binds him/her.

With great love and gratitude-  
Con luz y amo

## Appendix B

In no way should an egg cleansing be considered as a replacement to medical advice! The contents of this book are presented in an informational manner and to be used as a light and fun method of working with energy.

Egg cleansing techniques are natural methods of energy balancing, but are not meant as a substitute for medical, psychological, diagnosis and treatment. Egg cleansings practitioners not diagnose conditions, nor do they perform medical treatment, prescribe substances or interfere with the treatment of a licensed medical professional.

If you have health care problems, you should call your physician.

Never disregard medial advice and never disregard the need for medical attention because of something you have read in this book.



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**About the Author**

A natural healer and teacher, Kalyn is an expert on spiritual healing from personal growth work to ancient shamanic techniques. In her new book, *Shamanic Egg Cleansings*, Kalyn shares her wisdom of egg cleansings, making this ancient healing method available for all.

Kalyn worked with the nagual don Miguel Ruiz, (best selling author of *The Four Agreements*) as well as studying healing with his mother, Mother Sarita (a well-known healer and curandera).

Her knowledge and wisdom on egg cleansings was further enhanced when Kalyn studied this powerful method in the Maya Caribbean with Maria, a local curandera.

Working with Maria fostered a close relationship with the curandera and with Kalyn's Mayan roots.



*Kalyn at the pyramid of Coba, Mexico*



*Kalyn and Maria in Tulum, Mexico*

Kalyn and her husband Kristopher are co-founders of the Toltec Mystery School of Light where they both share their Toltec teachings on personal growth in classes via the internet and through power journeys. Kalyn also offers a class on egg cleansings as a guest teacher on FriendsOrSoulmate.com, an internet-based spiritual community.

To learn more or to find out how to take classes or journeys with Kalyn, please visit [www.eggcleansings.com](http://www.eggcleansings.com).



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