



REST, RELAXATION, AND REIKI
LOURDES LEBRON

March Reiki Newsletter

Between health challenges within my family and the retrograde (had challenges with this program), this newsletter is later than usual. Hopefully the information below still reaches you all at meaningful times. :)

Mercury in Retrograde

Mercury is in retrograde again, but what does this mean?

Physically it means that Mercury appears to be moving backwards in the sky due to its location with the Earth and the sun. (It isn't really going backwards, but it gives that illusion.) Energetically it means that we may have some challenges with electronics, communication, travel, and even with grounding.

This period lasts for 3 weeks. To help everybody out, I have a video (see below) to assist energetically with the effects of a Mercury Retrograde.



Self Care

Do you treat yourself like you treat others? Are you compassionate and loving towards yourself when you make a mistake? Many of us are willing to give others a chance when they've made an error, but beat ourselves up if we do the same thing.

Taking care of yourself can have many forms: speaking kindly of yourself, going to bed earlier, eating well, and having more understanding if you can't get everything done as planned are just a few examples. For me self care also includes taking time to meditate and, if possible, adding extra energy work into my schedule. I have a playlist for self care ([Reiki to Love Yourself](#)) which includes the video below on nurturing yourself. Play the video or playlist when going to bed at night for the greatest benefits.



Free Reiki

Friday, March 30th at 8pm EST I will be sending Reiki for free to anyone who signs up for it. **The intention is to open you up to positive possibilities.** To receive the Reiki, send an email with Free Reiki in the title to this email address: restrelaxationreiki@gmail.com

You can sign up to receive it until 7:59pm, EST on Friday, March 30th. Here is a link to a time converter for those in other time zones.

You may share this information with others who would like to sign up for free Reiki. If you are signing up other people, please make sure you have their permission first.

The Reiki will reach you even if you are busy doing something else. If I don't respond to an email, you will still receive the Reiki.

If you would like a personalized Reiki session, here is a link with more information.

Thank you for subscribing to this newsletter!

Blessings,

Lourdes



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To set up an appointment, please email Lourdes@RestRelaxationAndReiki.com

www.restrelaxationandreiki.com

