



Welcome to Rest,
Relaxation, and Reiki

I'm honored to share Reiki with you.

April 2019 Reiki Newsletter



Free Website Resources

My website has many free resources and information that people aren't aware of. To bring awareness to these resources I will be focusing on a different section of my website for the next couple of months. By the end I hope you'll feel more informed and confident in your ability to navigate my website.

This month the focus is on the "store" page which lists the Reiki sessions and classes I currently offer. The best way to navigate this store is by using the categories on the left side and clicking on them to what is included in each section. You never know what may appear in these categories! For example, there is now a **Money Sessions Bundle Page** for anyone interested in getting more than one sessions at a discount.

As with my entire website, each page in the store is filled with Reiki so that you can enjoy the energy while reading and perusing the site. If you want to start exploring the store, the button below will take you directly to it!

[Store](#)



Vlogs

I've started a new Vlog series on YouTube to help you get to know me, not just the Reiki I send :) Hope to talk about life, energy, and anything else the universe may guide me too in these videos.

Click on the button below to watch my latest vlog!



New Instructions

To receive the Reiki (on Saturday, 4/27/19 at 8:00pm EST), send an email to ReikiLourdes2019@gmail.com. Please state in the email one thing you are grateful for. Any emails sent to any other email address will not be counted.

You can sign up to receive it until 7:59pm, EST on Saturday 4/27/19.

Here is a [link](#) to a time converter for those in other time zones.

Free Reiki*

The Reiki sent this month is for clearing the past. This is to help you release what has happened so you can move forward with more ease.

The Reiki will reach you even if you are busy doing something else. You may

share this information with others who would like to sign up for free Reiki. If you are signing up someone else, please get their permission first.

*Reiki is not a medical treatment, but is a complementary energy modality that works best when used with allopathic medicine.

Blessings,

Lourdes



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