

## Welcome to Rest, Relaxation, and Reiki

I'm honored to share Reiki with you.

### April 2023 Reiki Newsletter

Hello,

Hope that everyone is doing well. The seasons are changing and I always look forward to the transition. Whether it is spring or fall (depending where you live), there is beauty to be found around us. The changing seasons means new vibrations, new guides may show up, and more possibilities.

To help with wishes, luck and positive possibilities have a new video out. The **Energy of the Shooting Star** video carries the energy of a shooting star so you can make a wish on it and feel the energy of having achieved your goals.

Are you enjoying the backgrounds of the latest videos? My goal is to be creative and find backgrounds for the videos and photos that have the right energy for my intentions. I like the moving backgrounds, because they move, just like the energy does : )

Thanks to everyone who has subscribed, liked, participated in livestreams, and have watched the videos! To me it is such a blessing to be able to share energy with all of you! Right now, am doing livestreams on Mondays on **Rest, Relaxation, Reiki** and on Fridays at **\*Transformational Vibrations\*** Since the time may change (depending on appointments), the best way to find out when they are happening is to subscribe to the channels, click on the notifications bell

and then click on receive all notifications. Or you can check the Community Tab on both channels (usually post about livestreams around 9am).

Am looking forward to sharing more with all of you!

Wishing everyone a month filled with abundant prosperous vibrations!

Blessings,



*April 2023 Reiki Special*

The intention for this month's is the one you pick out of the ones listed on the website! You decide which intention to focus on and that is the one you will receive energy for. As usual, have already started sending energy to those who have purchased the session. As with all group sessions (they are 60 minutes long), Reiki will start flowing for this intention as soon as the session is purchased. A link to a private playlist for this session will be sent to all who purchase it. To learn more about this session click on the link below.

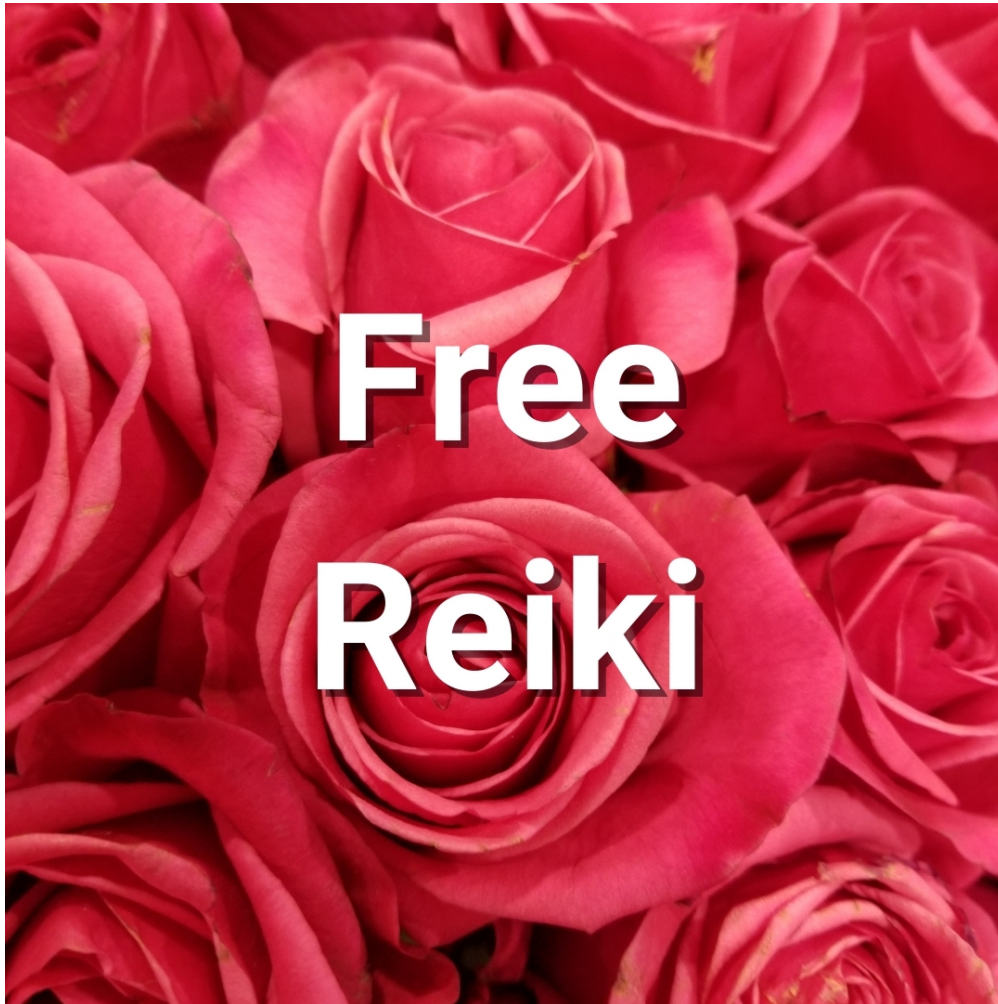


*Energy of Flowers*

Energy of Flowers connects you to your flower guide. Like animal guides, we also have plant and flower guides. In this session, you can pick one (if you know your guide), choose one by intention, or let your flower guide come through on its own. To learn more, click on the link below.

**Energy of Flowers**

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## **Instructions to Receive Free Reiki**

**Please read the information below. Check out dates and times to sign up. You can only sign up after this email has been read. Any emails received before this email goes out, will be disregarded.**

To receive the Reiki (on Saturday, April 22nd, 8pm EST), **only** send an email to the address below :

***ReikiLourdes2019@gmail.com***

**Please note that the ReikiLourdes2019@gmail is only used for free Reiki. If you send an email to any other address, you will NOT be included in the free Reiki session or receive a response.**

*\*You can sign up to receive this Reiki until 6:00pm, EST on Saturday, April 22ndth. After that time, emails received will not be looked at and will be deleted. Here is a **link** to a time converter for those in other time zones.*

Please direct all other inquiries/comments/questions to ReikifromLourdes.com via this [link](#).

**Due to the amount of emails received, emails may not be responded to, but will be looked at, if received on time.** After the free Reiki is sent, this email (ReikiLourdes2019@gmail.com) is not looked at again until the next free Reiki offering. Use the **Contact** page for any inquiries.

**The intention this month is for joy.**

This 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.

Blessings, Lourdes

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\*All services are done via Distance Reiki.

\*DISCLAIMER: Reiki is a complementary energy modality and should not be used as a replacement for medical needs. The information provided does NOT constitute legal, psychological, medical, business, or financial advice. Always seek the advice of a medical profession for issues and challenges. Reiki videos should not be received while using machinery or driving. Since everyone's energy is different, results may vary and are not guaranteed.

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