

## December 2023 Reiki Newsletter

Hello,

Hope that everyone is doing well.

We are living in challenging time and for those of us who are sensitive the energy can be overwhelming. One way to help yourself is to find out if the emotions and feeling you are sensing your own. Many times, we pick up on the energy around us. If they aren't your feelings, take a breath and as you exhale, say to yourself, I release these feelings in love and light. Carrying a piece of Black Tourmaline also helps. Focusing on something (could be cooking, exercising, meditating, etc...) can also help you feel better. Exercising (could be a walk around the block, yoga, qigong) can also help you release the energy. When you shower imagine the water carrying white light and whisking away others vibrations.

Right now, am doing livestreams on Mondays on **Rest, Relaxation, Reiki** and on Fridays at **\*Transformational Vibrations\*** Usually have them both at 1:000pm. But the time may change (depending on appointments), and 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 est the day of the livestream).

Am looking forward to sharing more with all of you!

Wishing everyone a month filled hope, love, and peace.

Blessings,



*Reiki Infused Items*

Introducing Reiki Infused Items, the perfect companions for those wishing to carry the energy of Reiki with them though out the day. There are times when the internet may not be available or you just want an extra boost of Reiki even if you use the Reiki YouTube Videos or receive Distance Reiki Sessions. Imagine having a pendant (or other item) charged with the energy of your intention! Each item will be Imbued with positive energy and intention, they can be used to promote love, well-being, energetic protection, balance, and energy healing in your everyday life. Click the button below for more information.

[Reiki Infused Items](#)

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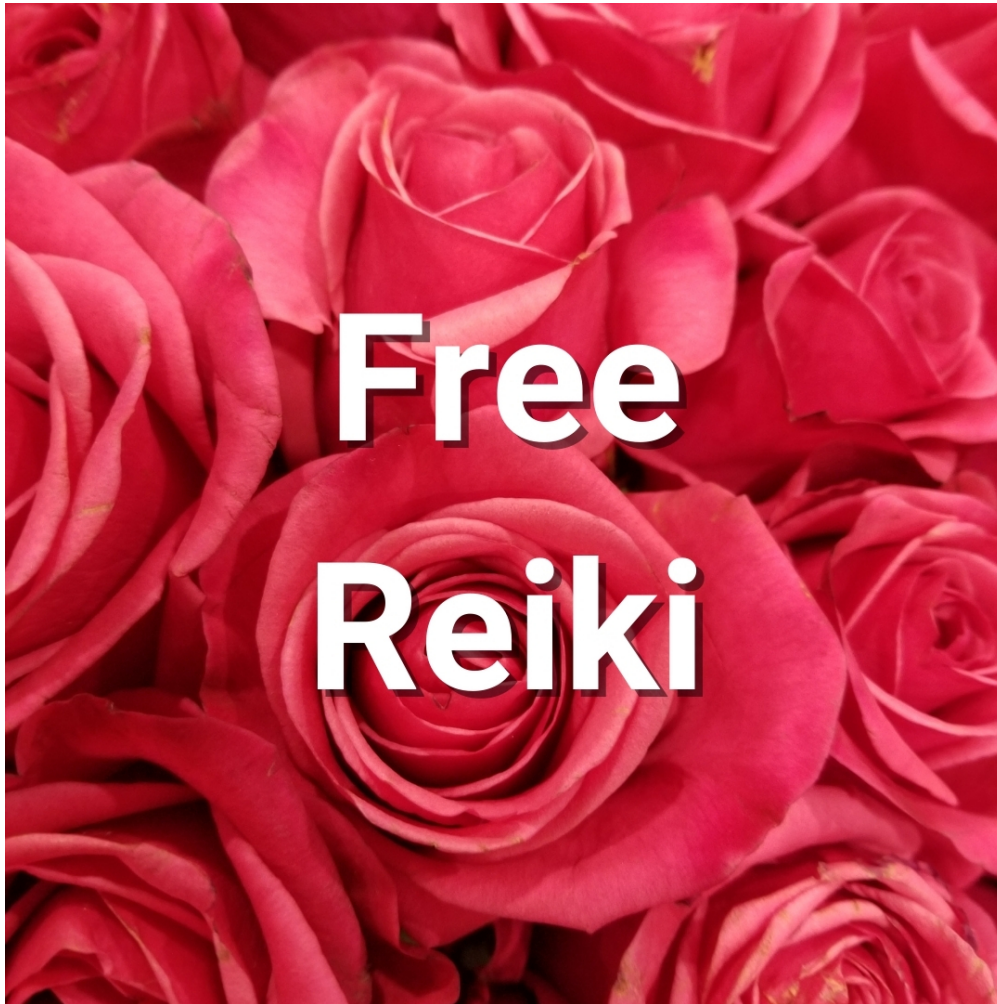


*December 2023 Reiki Sunday Special*

Introducing the December 2023 Reiki Sunday Special, a unique monthly offering that will bring the energy of blessings for the New Year, 2024. The energy will assist you from the comfort of your home in attracting more blessings in all areas of your life. These wonderful vibrations start flowing to you the moment you purchase the session! Experience the energy of Reiki for the best possible year. Click the link below for more information.

[December 2023 Reiki Sunday Special](#)

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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 (12/16/23, 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, 12/16/23 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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