



January 2023 Reiki Newsletter

Hello,

Hope that everyone is doing well. January is a month where many of us focus on intentions and goals for the new year. The posts I've been making this year have to deal with change which is necessary for achieving intentions and goals. We can't get what we want with the same behaviours that have not yielded results. Have make a playlist with all my videos for change to make it easier for everyone, **Reiki for Change**.

Thanks to everyone who has been showing up at the impromptu livestreams. My goal is to do one a week on **Rest, Relaxation, Reiki** and one on **Transformational Vibrations**. Right now, there isn't a set schedule for them. They are done whenever I get the chance. To receive notifications as to when they are going to be on, click the subscribe button and the notifications bell. Will also post them on the Community Page for both channels. The livestreams are my way of connecting with all who can make it. Every week the energy is different and the energy channeled is specific to that date and time. The energy starts flowing to each livestream as soon as it starts and continue till the end.

Wishing everyone a wonderful New Year!

Blessings,

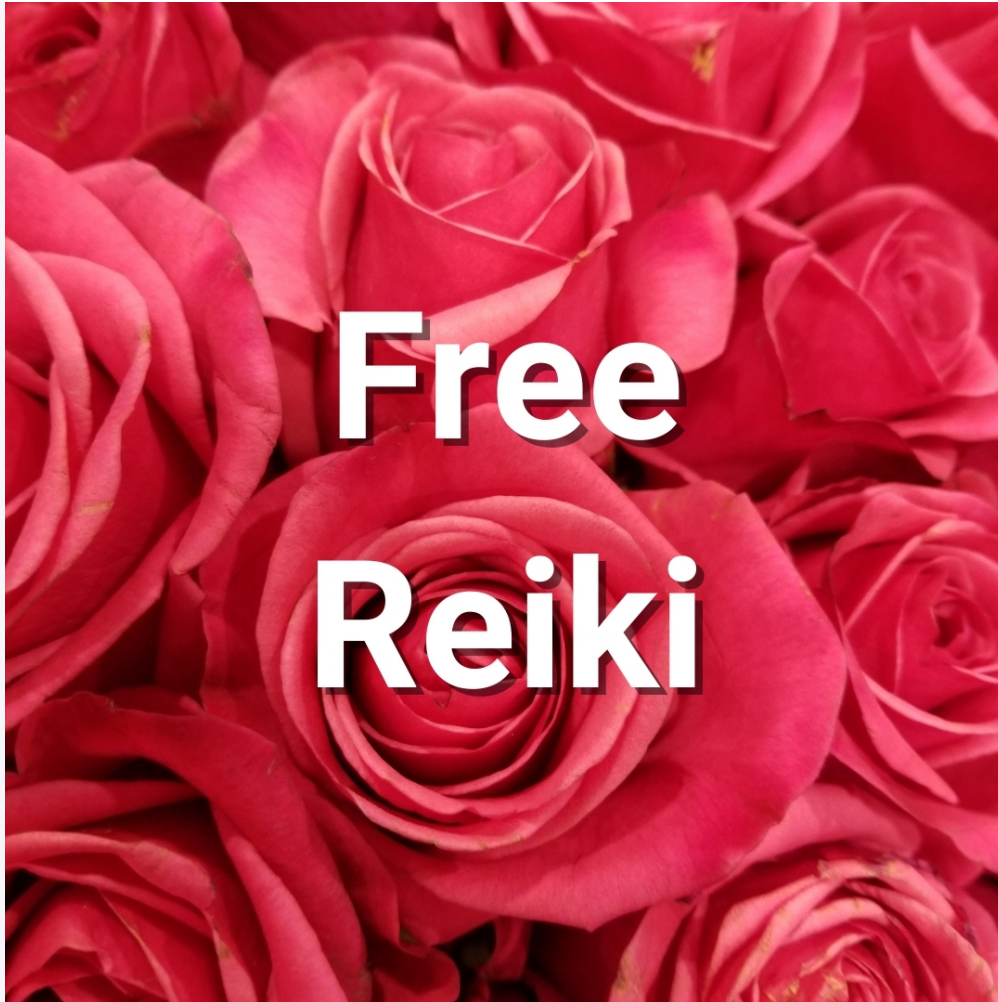


January 2023 Reiki Sunday Special

January 2023 Reiki Special

This month's intention is to make your life easier in any way possible. Besides the energy, there is private Reiki playlist sent to all who purchase the session. Also included is a Reiki infused photo (to continue the energy) which is included with the notes of the group session. To learn more about this hour special go to the link below.

[January Reiki Special](#)



Instructions to Receive Free Reiki

Please read the information below:

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

ReikiLourdes2019@gmail.com

Please note that the [ReikiLourdes2019@gmail](mailto:ReikiLourdes2019@gmail.com) 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 7:30pm, EST on Sunday, January 22nd After that, emails 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 achieving intentions and goals

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

*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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