



Welcome to Rest, Relaxation, and Reiki

I'm honored to share Reiki with you.

June 2023 Reiki Newsletter

Hello,

Hope that everyone is doing well. One way that I like to receive messages is through nature. Observing nature brings in a lot of guidance. Whether it is a walk outside, a hike in nature, or just looking out a window, the universe finds ways to communicate. Sometimes it is the shape of a cloud, a unique plant or an animal acting in an unusual manner. Pay attention to something that catches your eye since that could be a message from a guide or even a guide itself.

Thank you to everyone who leaves comments on the videos. They help the team and I know what types of videos are helping everyone the most. This also includes the livestreams. The livestreams have wonderful groups of people with lovely energy and it has the feeling of being together with friends.

Thank you to everyone who has also donated, given Super Thanks (the donations on the individual videos, as well as the Super Stickers (donations during the livestreams). They are a blessings not only to me, but a portion of them goes to non-profits that are helping others.

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 hope, love, and peace.

Blessings,

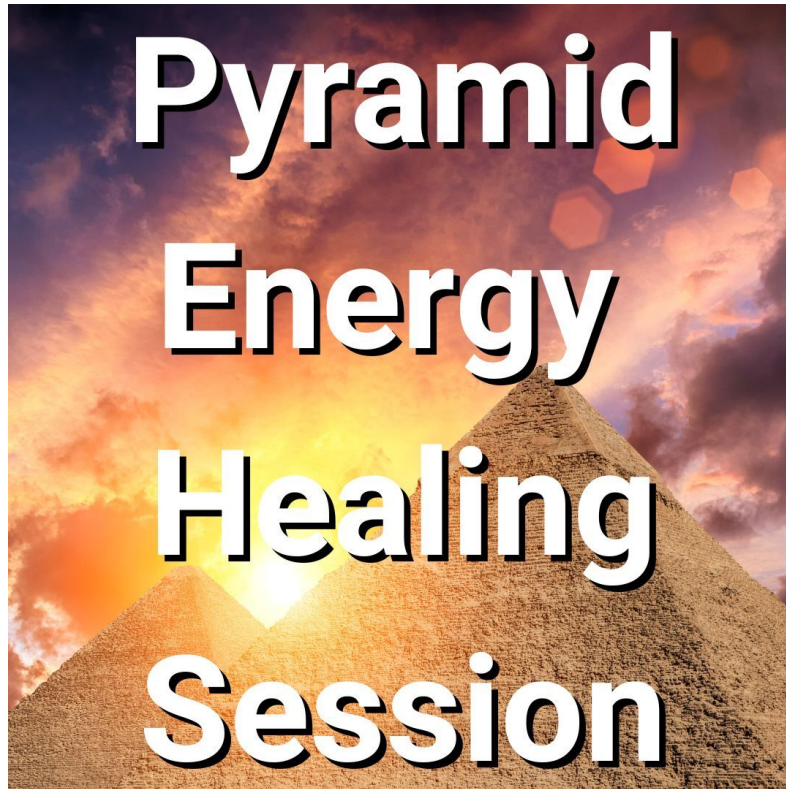


June 2023 Reiki Special

The intention for this month is to manifest with ease (positive experiences of course :) . Many of us have challenges manifesting and Reiki can offer a boost to this action. 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.

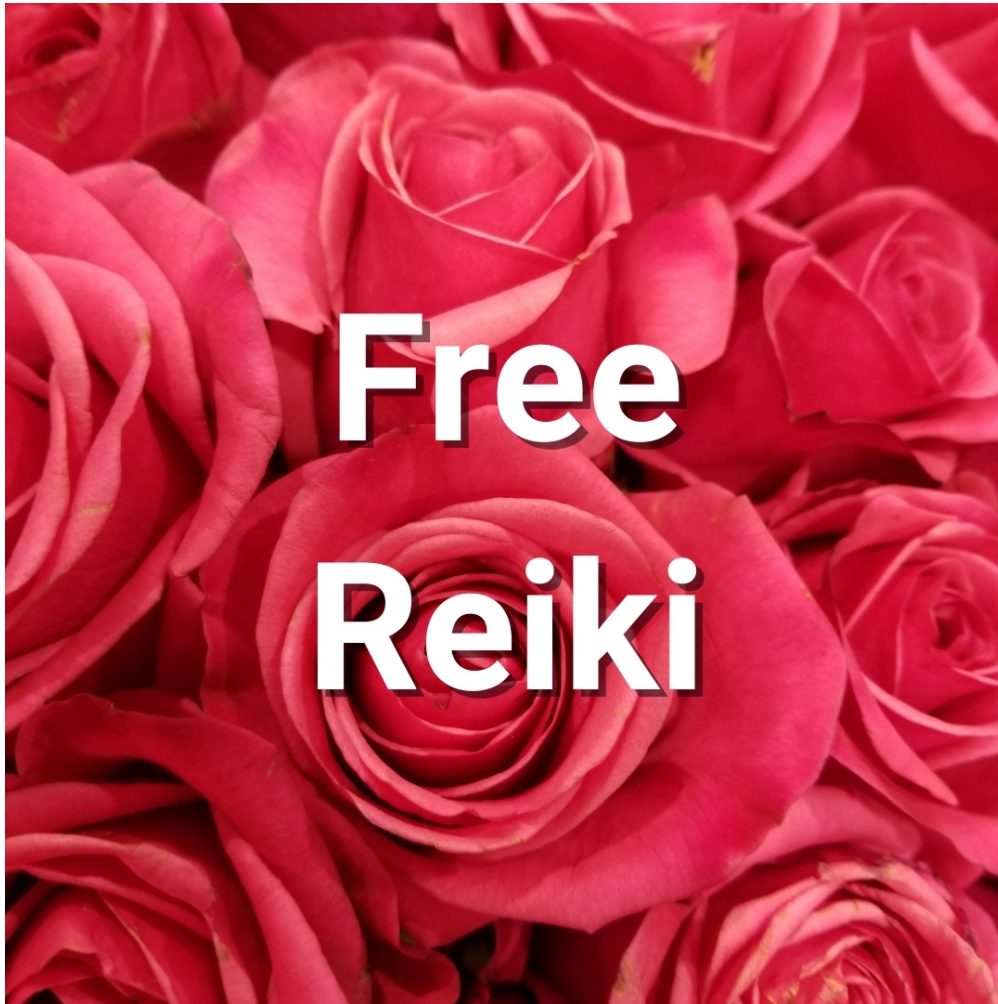
June Reiki Special



Pyramid Energy Infusion Session

This session contains the energy of pyramids. For those of you with past lives in civilizations with pyramids, it may offer a familiar energy healing experience from your past lives. For others this energy can assist with not only grounding, but may also focus on the 3rd Eye too. To learn more, click on the link below.

Pyramid Energy Healing Session



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 (Sunday, 6/18/23, 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 Sunday, June 18th 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 a more positive attitude

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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