

Welcome to Rest, Relaxation, and Reiki

I'm honored to share Reiki with you.

March 2024 Reiki Newsletter

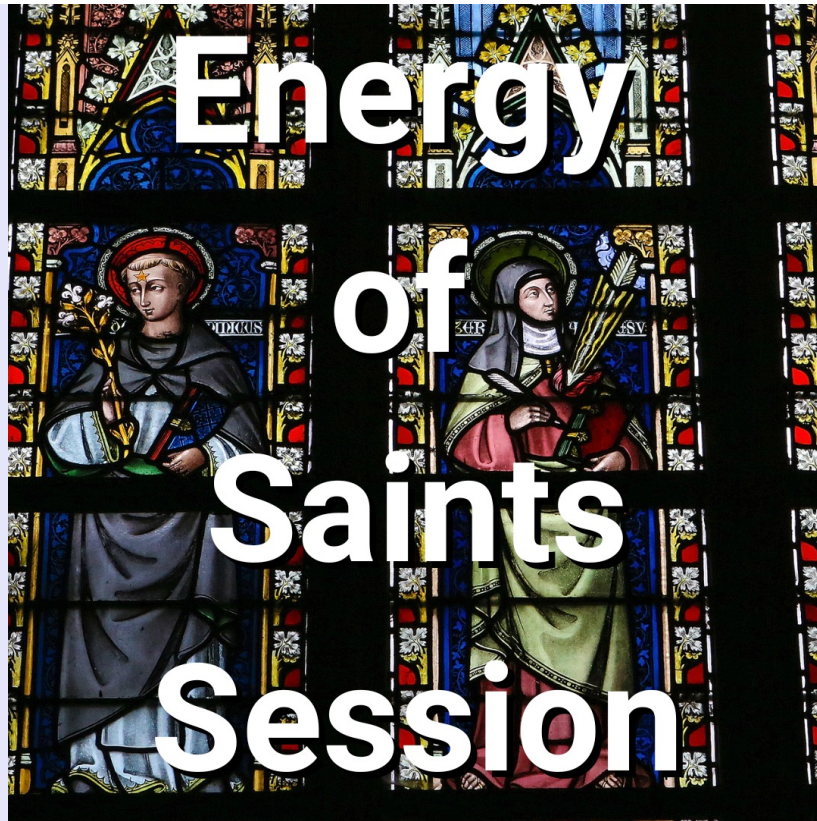
Hello,

Hope that everyone is doing well.

Am very happy to be able to say that I am now combining videos from all 3 of my YouTube Channels into playlists, plus will be adding Reiki videos from another channel. The playlists will be found on **Rest, Relaxation, Reiki** as well as **Transformational Vibrations**. **Metaphysical Life** will have playlist too, but that is coming a little later. For example the **Energy Clearing Playlist** has videos from **4Leaf-4Life Reiki**. **The Mystical Creatures playlist** has videos from Rest, Relaxation Reiki as well As Transformational Vibrations. Hope to create more playlists so you can benefit from different types of energy.

Am doing livestreams on Mondays on **Rest, Relaxation, Reiki** and on Fridays at **Transformational Vibrations**. Usually have **Transformational Vibrations** at 1:00pm, est. **Metaphysical Life** will be at 1:45pm est on Fridays on Metaphysical Life. Or you can check the Community Tab on all 3 channels (usually post about livestreams around 9am est the day of the livestream).

Am looking forward to sharing more with all of you!



Energy of Saints Session

This session carries the energy of whichever saint, you would like to work with. Saints are known for their spiritual faith and for the amazing energy that many have had. With this session Lourdes will channel the energy of the saint you choose as well as a message from that saint. Many miracles have occurred when their name/presence have been invoked. For example St. Anthony (lost things), St. Francis/St. Martin of Tours (animals), St. Jude (miracles), St. Monica (lost causes), St. Christopher (travelers), St. Teresa Of Aviles (spiritual experiences), these are just a few of the saints to give you an idea of what they are known for. Feel free to choose whichever saint you feel connected to. For more information click on the link below.

Energy of Saints Session



Virtual Session with Lourdes

Virtual Session with Lourdes

This is a very special limited session. During this 45 minute session, I will be virtually connecting with the person who purchased it. What is different about this and a regular Distance Reiki Session, is that I will be talking to and guiding the person through the energy work. It may come across as much stronger since I will be adjusting, increasing and changing the energy I use based on the feedback. The energy will include advanced techniques that can only be done with the feedback of the person. People who have experienced this energy, say it is the strongest energy that they have ever felt from me. To learn more, check out the link below.

Virtual Session from Lourdes

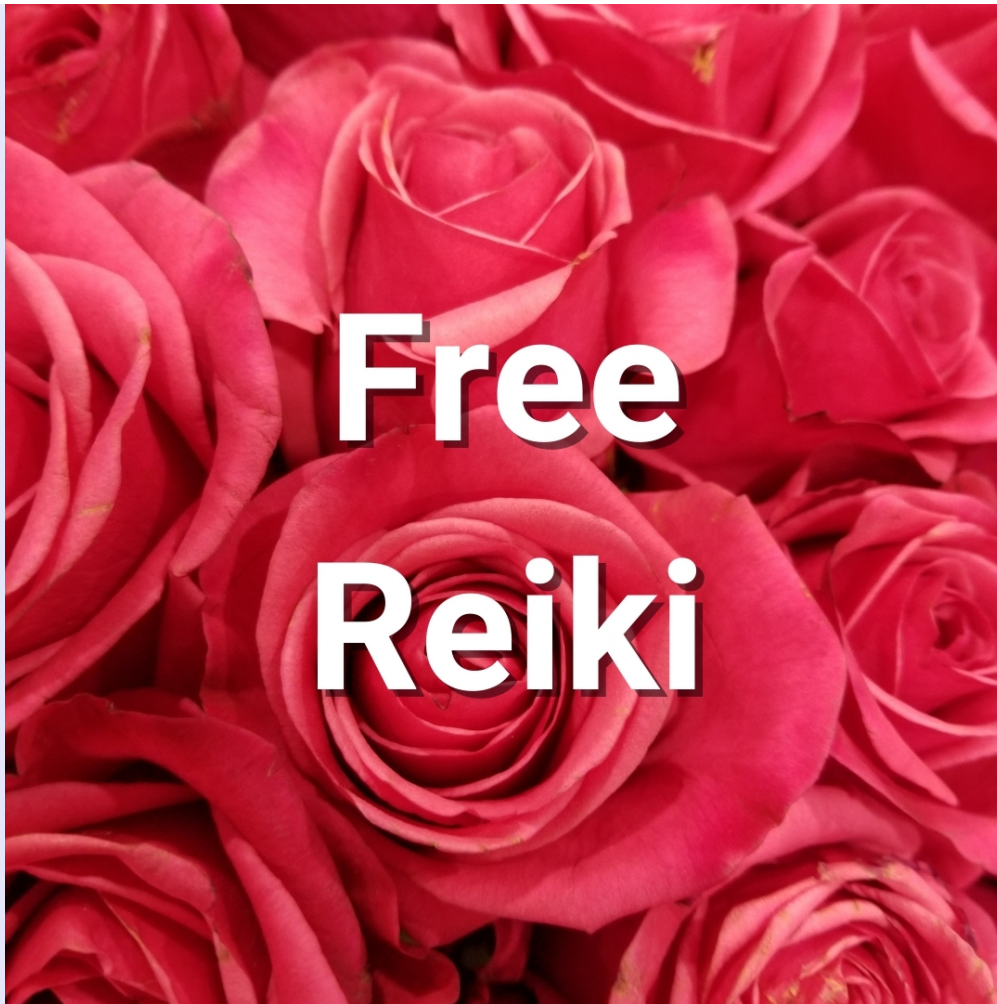
March 2024 Reiki Sunday Special



March 2024 Reiki Sunday Special

Experience the energetic healing power of Reiki with our March 2024 Reiki Sunday Special which will focus on luck. This limited-time offer is designed to bring balance and relaxation to your mind, body, and spirit while infusing your life with luck. The energy may come across in many different ways like not hitting traffic lights on the way home, meeting nice people in a store, finding money in your pocket, and many more ways. Let the universe find ways to bring your luck through Reiki. For more information click the button below.

March 2024 Reiki Sunday Special



Free Reiki

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 (3/23/24, 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, 3/23/24 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 happiness

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, psychological, emotional, or physical 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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