

Welcome to Reiki from Lourdes

I am honored to share this journey with you.

June 2025 Reiki Newsletter

Welcome to Your June Energy Update

Dear Friend,

Introducing Power Wednesdays – Triple Livestream Energy Activations!

Join me every Wednesday for a powerful triple-livestream experience designed to uplift, activate, and support your journey through Reiki and energy healing.

Here's the weekly lineup:

12:00 PM (ET) – Rest, Relaxation, Reiki

1:00 PM (ET) – Transformational Vibrations

2:00 PM (ET) – Metaphysical Life

Each livestream includes a unique energy activation, a guided experience where I transmit focused Reiki and energetic frequencies to help you realign, awaken, and receive deep support. These activations are exciting, enlightening, and always something new.

Please Note: If there's a tech hiccup or energetic interference (it happens!), I'll reschedule as soon as possible. Energy and technology don't always play nicely—but I'm persistent, and your healing experience matters to me.



A New Look & Higher Frequencies – Crystalline Mandalas Are Here

You may notice a beautiful shift in energy across my work, my website, YouTube channels, and social media platforms are now infused with crystalline mandalas created to elevate your experience on every level.

These mandalas aren't just visual enhancements, they're infused with sacred geometry and crystal resonance to transmit healing frequencies through both image and intention. As my work with crystals deepens, I've felt called to merge their vibration with geometric patterns to offer a new level of multidimensional healing.

Each mandala is intuitively crafted to align with the energies of Reiki, cosmic frequencies, and spiritual activations, supporting your journey simply by being seen and felt.

Explore the new look and feel the shift: ReikifromLourdes.com

And keep an eye out, these mandalas will be appearing in upcoming videos, livestreams, and posts to support you wherever you connect with me. The site

is a living work in progress, something new is added or refined each week to support your healing experience.

My older Reiki infused photos with flower are still around and sending energy. You can view them on my [Pinterest Page](#) as well as on my [website](#). On my website there are 4 pages of Reiki Infused Photos.



Ancestra Gift Session

Ancestral Gifts Session

The Ancestral Gifts Recovery Activation is a powerful energy session designed to help you reclaim the gifts, talents, and soul codes carried through your bloodline, soul lineage, and spiritual ancestry.

Across lifetimes, certain abilities, healing, creativity, intuition, leadership, or sacred knowledge, may have been forgotten, suppressed, or hidden due to

trauma, cultural disconnection, or karmic patterns.

[Learn More and Schedule](#)

Ancestral Gifts Session



June 2025 Reiki Sunday Special

June Reiki Sunday Special: Release the Weight You Can't See

This powerful distance Reiki session helps clear the unseen emotional and energetic burdens that may be weighing you down.

This month's Reiki Sunday Special is focused on releasing the emotional and energetic weight that may be holding you back. Whether you're feeling

overwhelmed, emotionally stuck, or simply heavy without knowing why, this powerful distance Reiki session helps clear what you can't see but have been carrying.

Session Details:

Theme: Energetic Protection

Duration: 1-hour focused group Reiki session

Energy Delivery: Sent throughout the entire month for ongoing support

Bonus Support Includes:

A private curated playlist to enhance your spiritual journey

A Reiki-infused photo specially crafted to reinforce your protective shield

Join the Reiki Sunday Special

June 2025 Reiki Sunday Special



May 2025 Reiki Sunday Special

June Monthly Reiki Pet Session

Help your pet feel their best all month long. With our Monthly Reiki Pet Support, your pet will receive gentle, healing energy throughout the month, promoting physical health, emotional balance, and overall happiness.

Reiki can assist with easing health challenges, boosting recovery, calming anxiety, and encouraging a joyful spirit. This ongoing support is perfect for pets who are healing, aging, or simply need a little extra love and care.

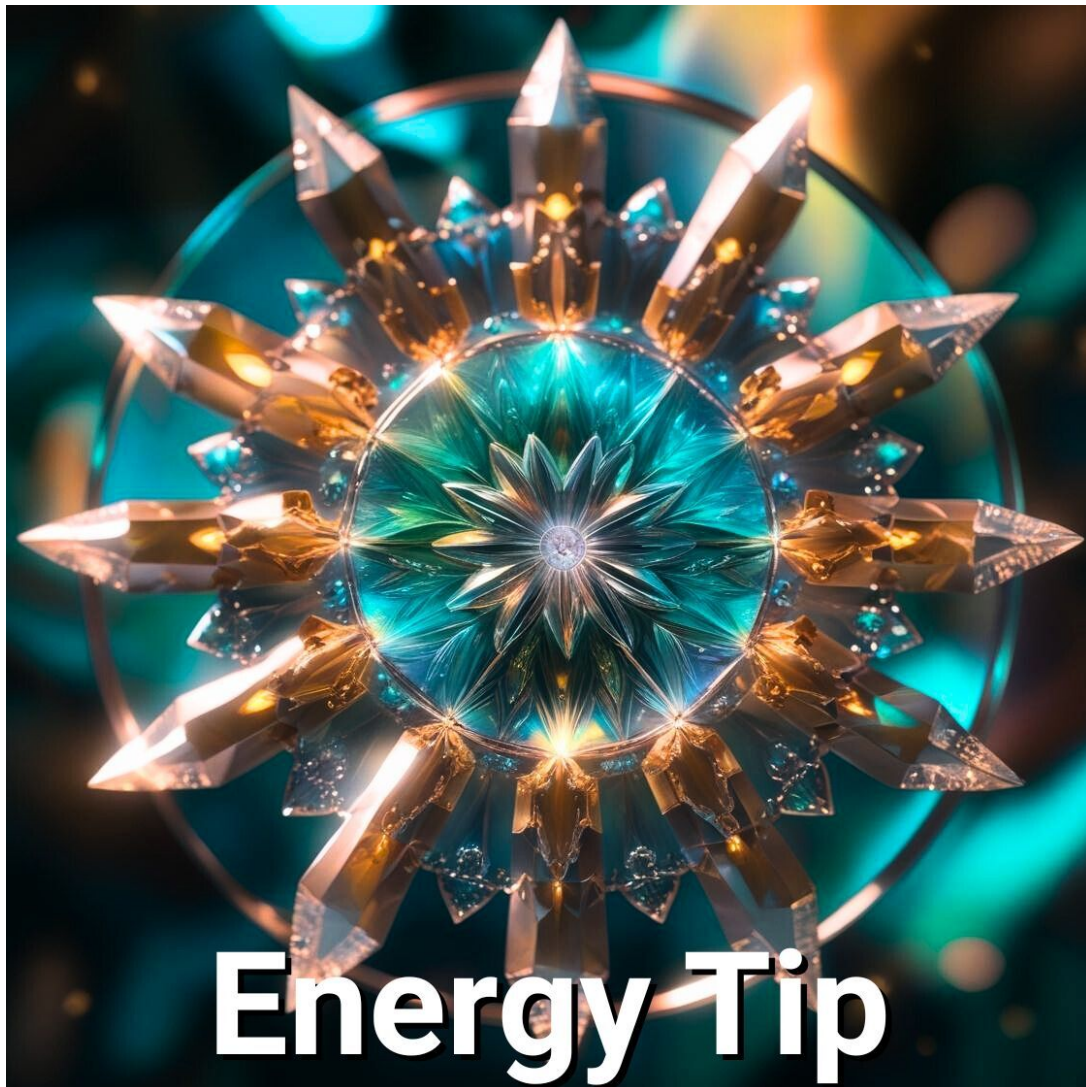
What's Included:

Reiki energy sent to your pet multiple times throughout the month

Support for physical, emotional, and energetic well-being

Gentle assistance with health challenges, stress relief, and vitality boosts

June 2025 Reiki Pet Special Session



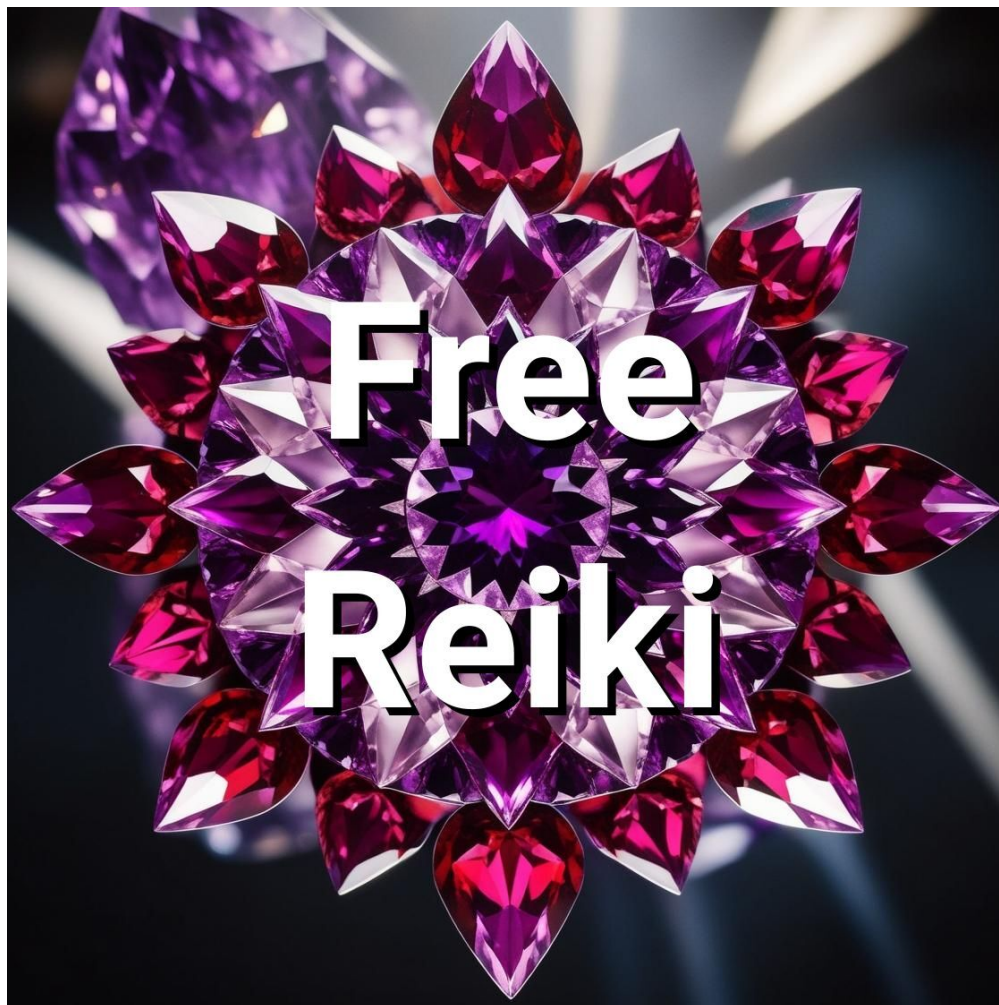
Energy Tip

Energetic Tip: Grounding

Visualize roots growing from your feet deep into the Earth's core.

Imagine Earth energy—rich, warm, and magnetic—rising up to nourish and stabilize your body.

See a golden or red grounding cord extending from your root chakra into the Earth.



Instructions to Receive Free Reiki This Month

This month's free Reiki is lovingly intended to support you if you're feeling tired of life, emotionally, spiritually, or energetically. Whether you're navigating emotional heaviness, spiritual fatigue, or simply feeling energetically drained, this session is offered to gently uplift and realign your energy field.

SESSION DETAILS

Date Saturday, June 21, 2025

Time 9:00 PM EST

Sign-Up Deadline 6:00 PM EST on Saturday, June 21

HOW TO SIGN UP

If you would like to receive this session, please read the instructions carefully. Emails that do not follow these guidelines will not be included.

After reading this message in full, send one email only to:
ReikiLourdes2019@gmail.com

(This email address is used exclusively for free Reiki sessions.)

IMPORTANT GUIDELINES

Do not send emails to other addresses—they will not be processed.

Emails received before this message was sent or after the deadline will be deleted.

If signing someone else up, please get their permission first.

The Reiki will reach you whether you are asleep or awake.

Due to volume, you may not receive a reply—but your request will be honored if received correctly and on time.

After the session is sent, this inbox is not monitored again until the next offering.

For all other inquiries, please visit:
ReikifromLourdes.com

All services are offered via Distance Reiki.



Stay Connected

For more updates, offerings, and healing energy:

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Rest, Relaxation, and Reiki

Transformational Vibrations

Metaphysical Life

Wishing you a peaceful, grounded, and energetically uplifting month.

Warmly,
Lourdes
Rest, Relaxation, and Reiki

*All services are done via Distance Reiki.

Important Disclaimer

All sessions, attunements, and services offered through Rest, Relaxation, and Reiki are provided as complementary energy support tools and are not a substitute for professional medical, psychological, or veterinary care. Reiki is a gentle, non-invasive modality that complements but does not replace, licensed healthcare services or professional legal advice.

By purchasing or participating in any session, attunement, service, program, book, or video, you acknowledge and agree to the information provided in our Terms of Service, Disclaimer, and FAQ page. Individual results may vary, and no specific outcomes are guaranteed.

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