



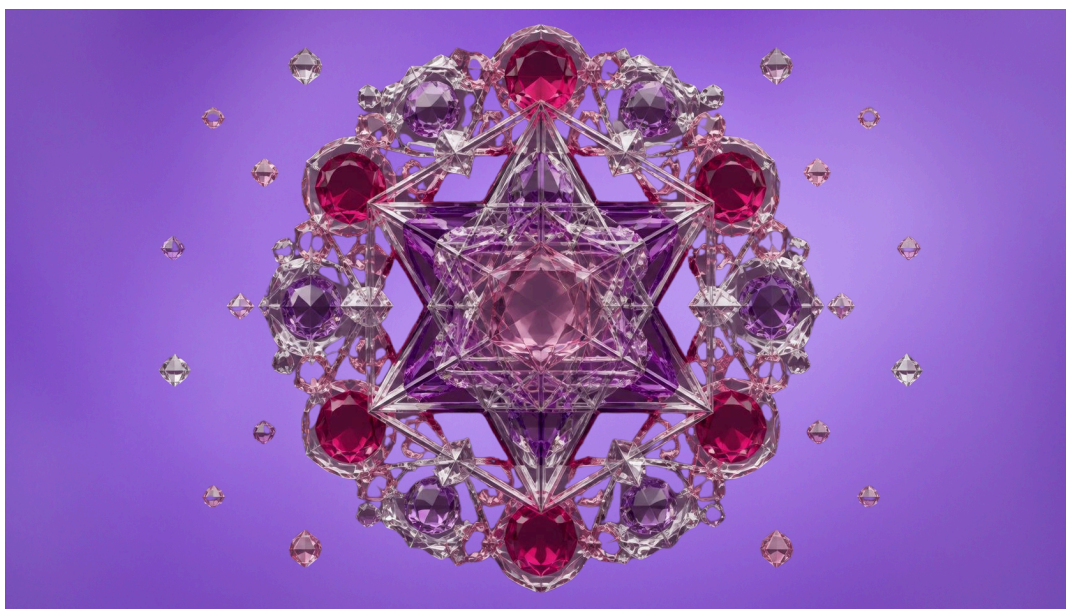
Welcome to the August Newsletter

First, I want to thank everyone who has sent prayers, kind thoughts, and positive energy as I continue recovering from my injury. Your support and kindness have meant so much to me, and I truly appreciate everyone who has reached out.

I'm also making a change to the format of my Reiki livestreams. Each livestream will now begin by clearing the energies connected to that day's topic, followed by bringing in Reiki and supportive energies for the intention of the livestream.

I'm excited about this new format because it gives us an opportunity to first release what may be getting in the way and then bring in the energies we want to strengthen and support.

You may notice a fresh new look for the newsletter this month! I've simplified the format so it's easier to read and find the information that interests you most.



★ **August Livestreams**

🌿 **Rest Relaxation Reiki**

Relax • Release • Restore

Wednesdays • 12 PM ET

✨ **Transformational Vibrations**

Energy • Frequency • Transformation

Wednesdays • 1 PM ET

🌌 **Metaphysical Life**

Growth • Possibilities • Positive Change

Wednesdays • 2 PM ET

Click the channel name to watch live or explore past Reiki videos.

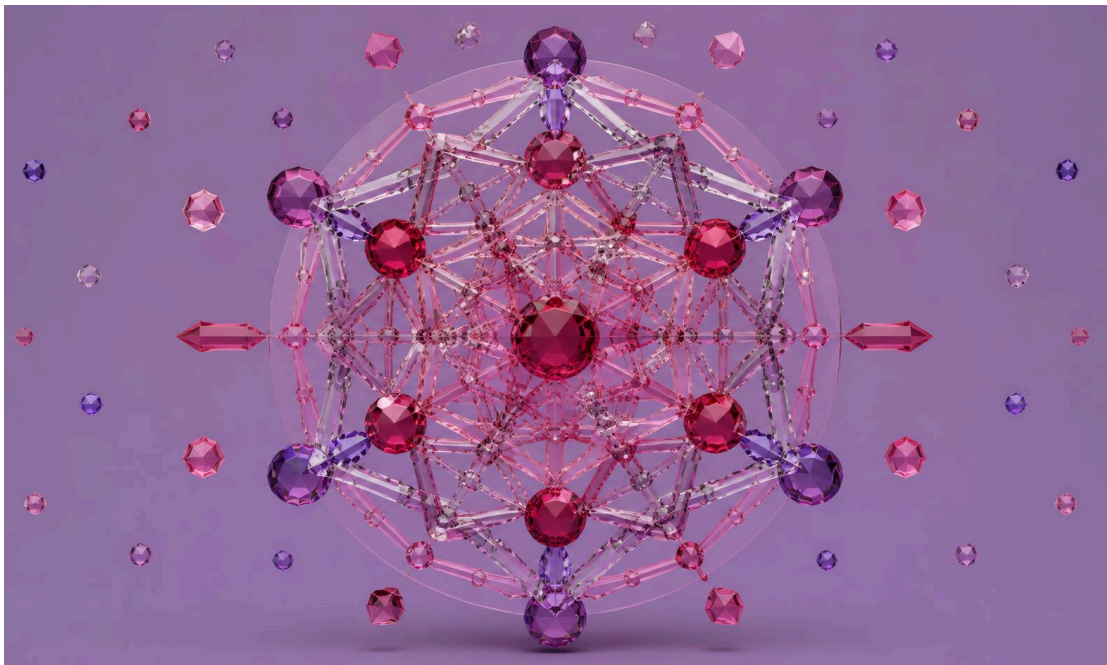
★ Featured This Month

✨ August 2026 Reiki Sunday Special

Receive an hour of Distance Group Reiki focused on **prosperity, abundance, and flow**, with the energy continuing to support your intention throughout the month.

✨ Self-Trust & Personal Power

Reconnect with your inner strength and feel more confident in your own choices and direction. This Reiki session is designed to support the release of self-doubt and uncertainty while strengthening self-trust, confidence, and personal empowerment.



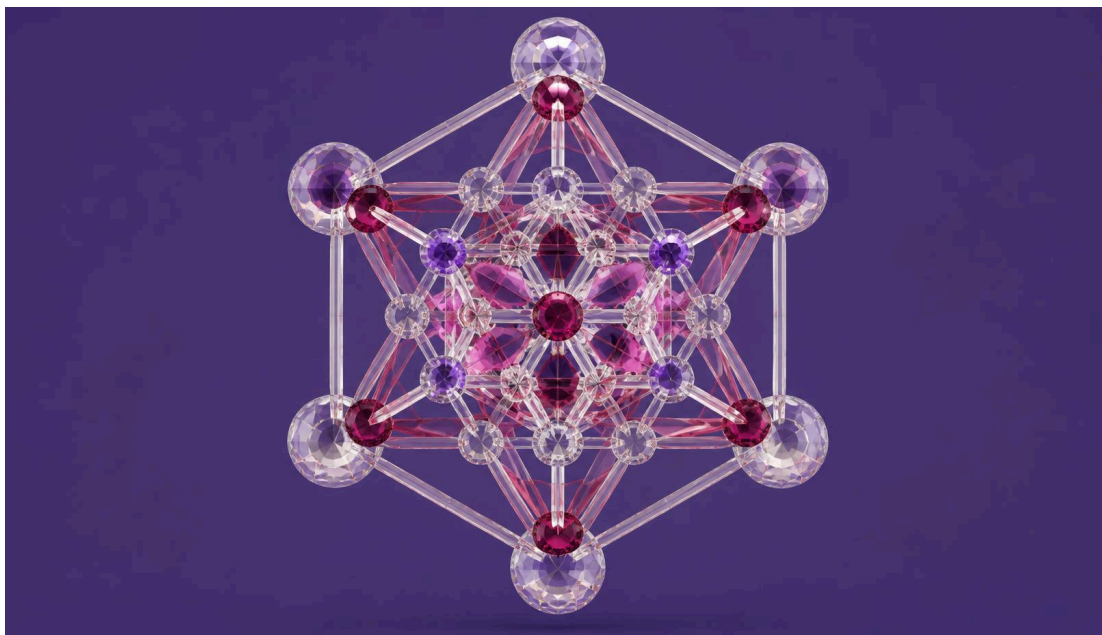
★ New Attunements

♥ Blue Photonic Stream Attunement

Clarity • Alignment • Light

🌌 White Hole Attunement

Release • Expansion • Possibilities



✨ Free Reiki for August ✨

Saturday, August 22 at 8:00 PM ET

This month's intention: Happiness

Take some time to relax and receive Distance Reiki focused on bringing happiness.

🌟 How to Receive the Free Reiki

Please use this email address only to sign up for the Free Reiki.

ReikiLourdes2019@gmail.com

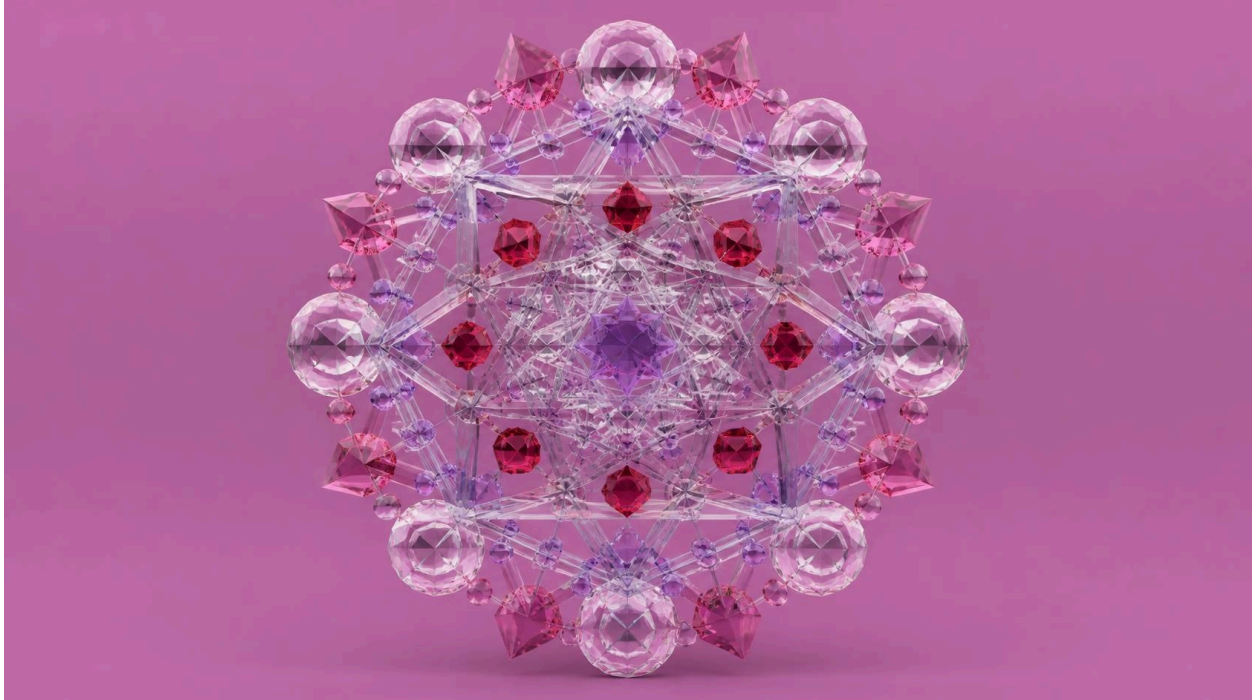
Please send your email after receiving this newsletter and before 12:00 PM ET on Saturday, August 22.

Emails sent before receiving this newsletter or after the deadline will not be included.

Questions or inquiries should be sent through the [Contact page on ReikiFromLourdes.com](#).

You may also sign up someone else, but please get their permission first.

Blessings, Lourdes



All services are done via Distance Reiki. No electronics needed.

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 professional for any health-related concerns. 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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