

Welcome to the November Newsletter

🌸 A Gentle Reminder: Be Patient with Yourself

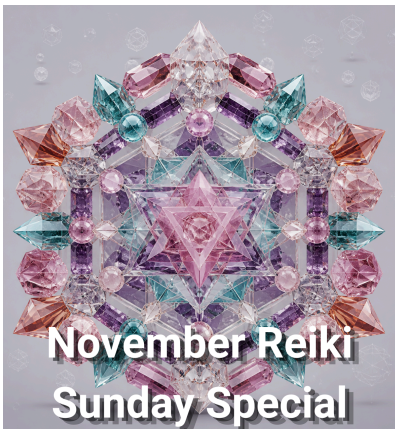
Sometimes, the hardest person to be patient with is ourselves.

Life doesn't always move at the pace we would like. Whether we're recovering from an illness or injury, navigating challenges, or simply trying to accomplish everything on our lists, it can be frustrating when progress feels slower than expected.

One of the lessons I'm learning through my own recovery is that patience isn't always easy, especially when we want so much to feel like ourselves again.

This month, remember to offer yourself the same kindness, understanding, and compassion you so freely give to others. Progress doesn't always happen on our schedule, and even small steps forward deserve recognition.

You don't have to rush your journey to be moving forward.



November Reiki Sunday Special

Reiki to Trust That Things Can Get Better

After experiencing repeated challenges, disappointments, or setbacks, it becomes difficult to believe that life can improve.

This month's Reiki Sunday Special focuses on gently releasing discouragement, emotional heaviness, fear of disappointment, and the expectation that things will continue to be difficult.

The intention is to welcome renewed hope, inner peace, self-compassion, emotional resilience, and greater trust in life's positive possibilities.

Not every difficult experience is something we need to fix or clear. Sometimes we simply need to offer ourselves more patience, kindness, and understanding as we move forward.

Throughout the month, Reiki will continue to be sent to support this intention, allowing the energy to work in layers and integrate gently.

Sunday, November 29 • 8 PM Local Time

Duration: 1 Hour **Learn More / Schedule**



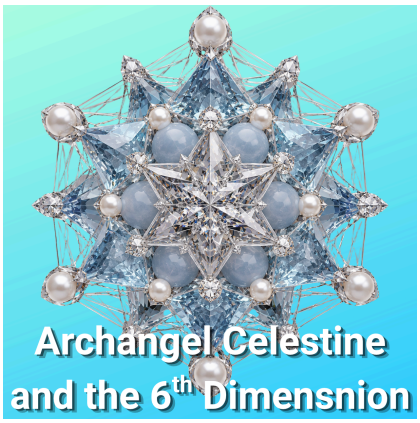
Reiki Sunday Special for Pets

Give your animal companion a little extra Reiki support. This 20-minute distance group Reiki session is designed to provide gentle, supportive energy for your pet's overall well-being, comfort, balance, and relaxation.

Pets receive the Reiki wherever they are—no electronics or special setup are needed.

Saturday, November 28 • 8 PM Local Time

[Learn More / Schedule]



Archangel Celestine and the Sixth Dimension Attunement

For Usui Reiki Level 3 Practitioners / Reiki Masters

Connect with the loving presence of Archangel Celestine, the Angel of Divine Harmony, Sacred Order, and Blueprint Alignment, and the sacred frequencies of the Sixth Dimension.

This attunement introduces the energies of Sacred Geometry, Divine Harmony, and Divine Blueprint Alignment, encouraging greater awareness of the sacred patterns within and around us. Through Celestine's gentle guidance, you are invited to recognize energetic disharmony, strengthen your intuition, and deepen your connection with Divine Wisdom.

The attunement supports spiritual growth, inner balance, and greater alignment with your Divine blueprint while remaining grounded and centered as your spiritual awareness expands.

Learn More / Schedule



Receive Free Reiki

Intention – Reiki to Trust Your Own Timing

Sometimes life moves more slowly than we'd like, and it can be frustrating when progress takes longer than expected.

This month's Free Reiki is intended to help release energies connected with impatience, frustration, self-criticism, and the pressure to move forward before

we're ready, while welcoming patience, self-compassion, inner peace, and greater trust in our own journey.

The Free Reiki will be sent on:

Saturday, November 28, 2026 at 9:00 PM ET

How to Sign Up

After receiving this newsletter, send an email only to:

ReikiLourdes2019@gmail.com

You do not need to write anything special in the email. Your email lets me know that you would like to be included.

Please do not sign up before this newsletter is sent. Emails received before the newsletter goes out will be disregarded.

You may sign up until 7:00 PM ET on Saturday, November 28, 2026. Emails received after the deadline will not be reviewed.

Please Note

ReikiLourdes2019@gmail.com is used only for the Free Reiki offering. Please do not send questions, comments, or other inquiries to this address. All other inquiries should be sent through the Contact page at ReikiFromLourdes.com.

Due to the number of emails received, individual responses may not be possible. After the Free Reiki is sent, this email account is not reviewed again until the next Free Reiki offering.

You do not need to be resting or doing anything special when the Reiki is sent. You can receive it while going about your normal activities.

You are welcome to share this Free Reiki opportunity with others. If you are signing up another person, please obtain their permission first.

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 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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