



REST, RELAXATION, AND REIKI  
LOURDES LEBRON

## January Reiki Newsletter

### New Reiki Video with Music!

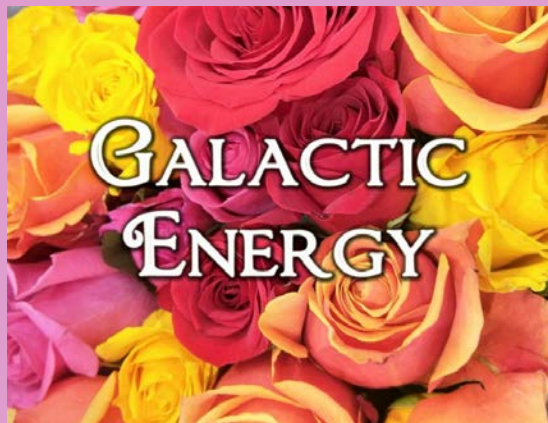
Am happy to announce this video has music, but no words to help you relax and receive the energy. Reiki for Inspiration can be used for creative pursuits, new ways to approach a problem, etc. - only your thoughts limit what this can be used for! (ex. find ways to get out of debt, find a new job, or trying new recipes). Let this video inspire you to try different things and open you up to a new way of viewing life.



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### Galactic Energy Sessions

I have to admit that this is what I consider my most "fun" session. When I channel this energy I am usually in space and invite the energy of whoever I am working on to join me. It is the most freeing session and probably the session that most connects people to the universe. It is a favorite the "star children" and "star seeds" that I have worked with. To learn more or purchase this session, check out this [link](#).



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Distance Reiki Contest

Would you like to win a free Distance Reiki session? If you would, send your name to [restrelaxationreiki@gmail.com](mailto:restrelaxationreiki@gmail.com) with Reiki Contest in the subject line. The emails need to be in by Saturday, January 20th 8pm EST. To make sure you get an email from me if you win, please add [restrelaxation@gmail.com](mailto:restrelaxation@gmail.com) to your address book.

Thank you for subscribing to this newsletter!

Blessings,

Lourdes



Rest, Relaxation, and Reiki

To set up an appointment, please email [Lourdes@RestRelaxationAndReiki.com](mailto:Lourdes@RestRelaxationAndReiki.com)  
[www.restrelaxationandreiki.com](http://www.restrelaxationandreiki.com)

