



REST, RELAXATION, AND REIKI LOURDES LEBRON

February Reiki Newsletter

Challenges Attracting Prosperity

Do you have trouble attracting prosperity? Do you find yourself attracting it sporadically or not at all? One of the messages that has been coming through from the universe is that affirmations and positive intentions aren't enough. You need to release limiting beliefs, change your energy patterns, heal your DNA, and live life with gratitude to bring prosperity in.

How do you do this? Start by looking at your background. A family history of poverty mentality usually means the energy pattern for poverty has been ingrained in your energy system. So you can begin your journey towards prosperity by releasing any poverty mentality inherited from your family! By letting go of this inherited energy pattern, you will allow new ones to replace it.

The video below, [Reiki to Release Inherited Energy Patterns](#), can be used to clear any inherited poverty mentality.



Clearing/Releasing Negative Energies

When you are sensitive to energy you can feel when something is off in your aura. Thankfully there are many ways to clear your energy from working with crystals to using salt scrubs. Please check out this [link](#) to learn of various methods to remove negative energy. Several videos on my YouTube channel can help with this as well.

Occasionally though, there may be something that you can't easily clear or release on your own. When that happens you may need help. On my website I offer an energy clearing session that can leave you feeling lighter and more at peace. You can learn more about it and see if this session is right for you by watching the video below or going to this [link](#).



Free Reiki

Friday, February 23rd at 8pm EST I will be sending Reiki for free to anyone who signs up for it. To receive the Reiki, send an email with Free Reiki in the title to this email address: restrelaxationreiki@gmail.com

You can sign up to receive it until 7:59pm, EST on Friday, February 23rd. Here is a link to a time converter for those in other time zones.

You may share this information with others who would like to sign up for free Reiki. If you are signing up other people, please make sure you have their permission first.

The Reiki will reach you even if you are busy doing something else. If I don't respond to an email, you will still receive the Reiki.

If you would like a personalized Reiki session, here is a link with more information.

Thank you for subscribing to this newsletter!

Blessings,

Lourdes



Rest, Relaxation, and Reiki

To set up an appointment, please email Lourdes@RestRelaxationAndReiki.com

www.restrelaxationandreiki.com



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