



REST, RELAXATION, AND REIKI
LOURDES LEBRON

November Reiki Newsletter

New Reiki Video!

As many of you are aware of I like to try new things with my videos. The video below is **Reiki to Believe in Yourself with Music**. It has music and different symbols than my previous [Reiki to Believe in Yourself Video](#). Try it out and see which one feels stronger to you. This video has not been made public on YouTube and is exclusive to subscribers of this newsletter.



Reiki Infused Photos

Many people have written to me about Reiki Infused Photos and I am now excited to be offering them on my site! Reiki Infused Photos can be filled with one intention that can be used for your goals. These photos can be downloaded, used as screensavers, or printed out. When printed out, crystal grids can also be placed on them to amplify the energy. Use these photos with other complementary tools (compound energy) and physical action for optimum results. Please check this link for more information.



Free Reiki

Will be sending Reiki for free to anyone who signs up for it on Saturday, 11/25/17 at 8pm est. To receive the Reiki, just send anemail with Free Reiki in the title to: Lourdes@restrelaxationandreiki.com

If you are signing up other people, please make sure that you have their permission. You can sign up to receive it up until 11/25/17 at 7:59pm, est. You may also share this information with others.

The Reiki will reach you even if you are busy doing something else. Even if I don't respond to a note, you will still receive the Reiki. [Here is a link to a time converter for those in other time zones.](#)

If you would like a personalized session, [here is a link with more information.](#)

Thank you for subscribing to this newsletter!

Blessings,

Lourdes



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

