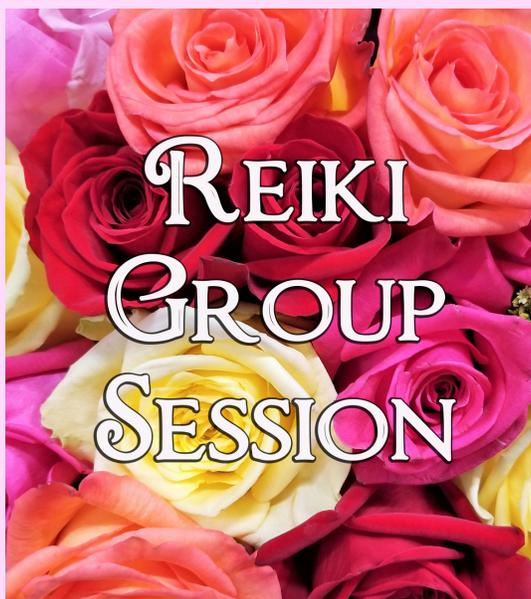


Welcome to Rest,
Relaxation, and Reiki

I'm honored to share Reiki with you.

September 2018 Reiki Newsletter



Reiki Group Sessions are Here!

Have you ever wanted to share a Reiki experience with a friend? Now you can! This Reiki Group Session is for groups of 3 - 5 people that would like to receive the benefits of a Reiki session together. The Reiki would be sent

to everyone simultaneously, so you can share your experiences with each other and see if you feel the same effects! As this is a group session, the Reiki would be sent to a common goal for all of the participants. You choose the goal yourselves, or you can leave it up to the Universe to decide. To learn more about them, please click the button below.

[Reiki Group Session](#)



Reiki Summit with Exclusive Video!

This year I am participating in Reiki Ray's Fall 2018 Reiki Healing Summit! Will be offering a free exclusive Reiki video on childhood trauma. The summit is free to attend, and you can sign up for it at the button below.

[Free Reiki Summit](#)



Free Reiki for Better Health!*

To receive the Reiki on Sunday, September 30th at 8:00pm EST, please send me an email with the subject line Free Reiki for Better Health to this address: restrelaxationreiki@gmail.com.

Due to the volume of requests I may not be able to respond to all emails, but you will still receive the energy if you send to the correct email. You can sign up to receive it until 7:59pm, EST on Sunday, September 30th.

[Here is a link to a time converter](#) for those in other time zones.

The Reiki will reach you even if you are busy doing something else. Make sure to drink plenty of water and rest afterwards for the best results. You may share this information with others who would like to sign up for free Reiki. If you are signing up someone else, please get their permission first.

*Reiki is not a medical treatment, but is a complementary energy modality that works best when used with allopathic medicine.

Blessings,
Lourdes



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