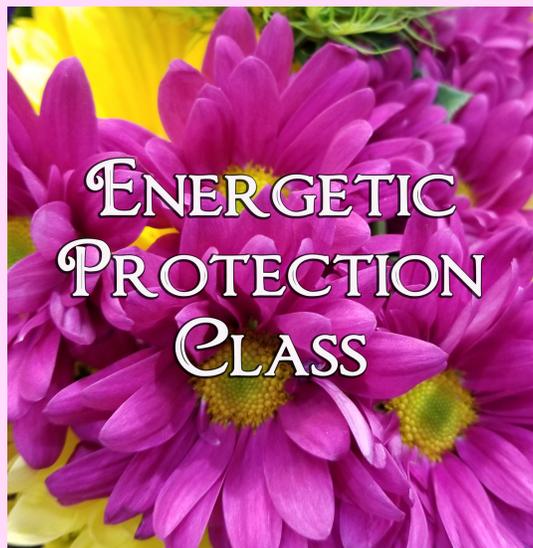


Welcome to Rest,  
Relaxation, and Reiki  
I'm honored to share Reiki with you.

## October 2018 Reiki Newsletter

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### Energy Protection Class

Very happy to be offering my first interactive class on Energetic Protection this Saturday! This semi-private interactive class will be for a small group of 6-8 people. The interactive class is hosted through Zoom Meetings; you will be able to see, hear and speak with me, just as I will be able to see,

hear, and speak with you.

This first class for Energetic Protection on October 13th is at 9am EST. The 2nd one on October 13th is at 9pm EST. Please see this [link](#) for a time converter. The participants of the webinar will receive Reiki while attending the webinar.

For more information on this Energetic Protection Class, or to learn how to attend, click on the button below.

[Energy Protection Class](#)

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**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.

[Reiki Summit](#)

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### **Free Reiki!\***

This Reiki session is different and much more powerful than previous ones. In this free session, I will be joined by several amazing practitioners that would like to help each of you! Since this is much stronger, please make sure to drink lots of water and eat protein afterwards. Make sure to rest since it may come across much differently than my just alone.

To receive the Reiki on Sunday, October 14th at 8:00pm EST, please send me an email with the subject line Free Reiki to this address: [restrelaxationreiki@gmail.com](mailto:restrelaxationreiki@gmail.com).

You can sign up to receive it until 7:59pm, EST on Sunday, October 14th.

[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. 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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