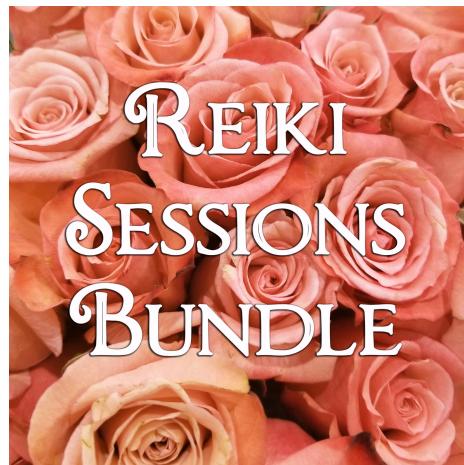




Welcome to Rest, Relaxation, and Reiki

I'm honored to share Reiki with you.

November 2018 Reiki Newsletter



Reiki Sessions Bundle - \$145.00

Since many people are buying more than one session, I wanted to find a way to make it more accessible financially. The Reiki sessions bundle is a great way of getting 3 Distance Reiki sessions at a discount! All three sessions *do not* need to be taken consecutively or scheduled at the time of purchase. If you have any questions, please feel free to email me.

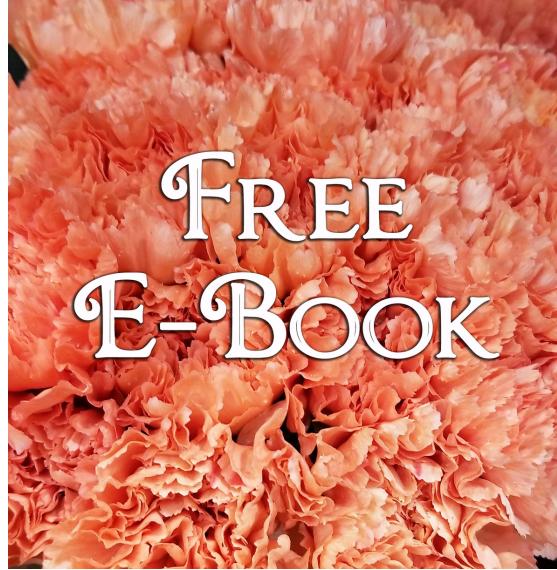
Reiki Sessions Bundle



Exclusive video

This past month I did an interview with Joelene from *HappinessDepends.com*. Besides the interview, an exclusive video was created only for people who visit the website. Check out the interview and the video (below the interview) at the button below. Happiness Depends has an inspirational *Instagram* account as well. I check out her posts every day *@happiness_depends*.

[Happiness Depends](#)



Reiki Summit with Exclusive Video!

Adrian Tanase is a follower of my YouTube channel and has written a Haiku poetry book (can be used for meditating). He is giving the followers of this newsletter a free complementary digital copy! I like to pick one Haiku a day, play a Reiki video (whatever feels right) and then let the energy and message sink in. To receive it, click on the link in the box. Thanks Adrian!

Book



Free Reiki!*

To receive the Reiki (general, no specific topic) on Saturday, November 17th at

8:00pm EST, please send me an email with the subject line Free Reiki to this address **only**: restrelaxationreiki@gmail.com.

You can sign up to receive it until 7:59pm, EST on Saturday, November 17th.

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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