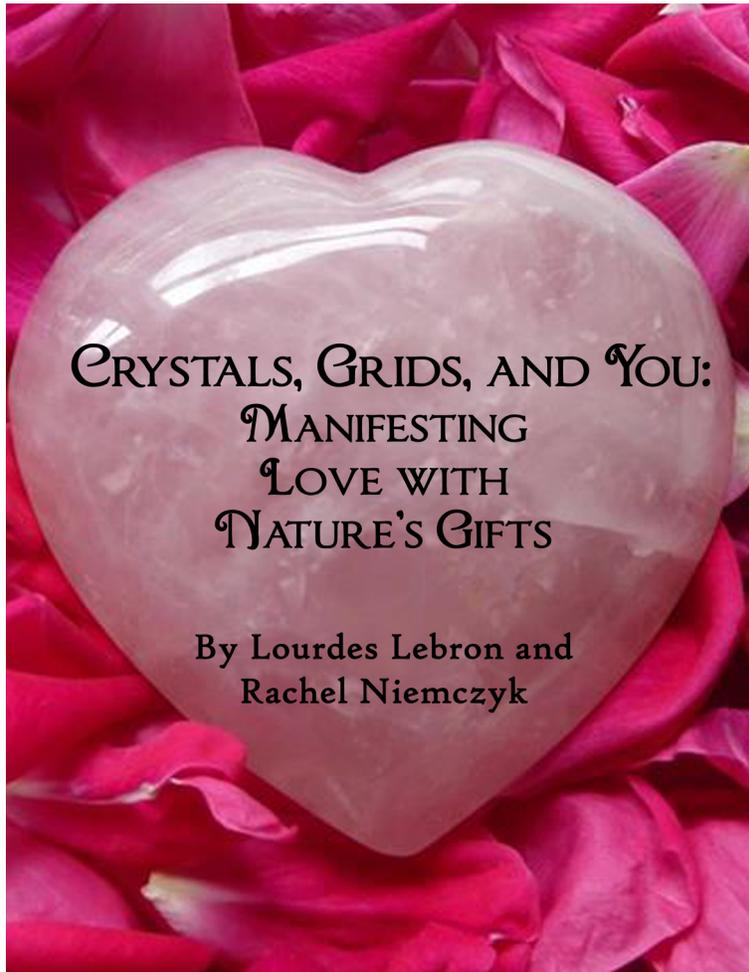




Welcome to Rest,
Relaxation, and Reiki

I'm honored to share Reiki with you.

January 2019 Subscriber Newsletter



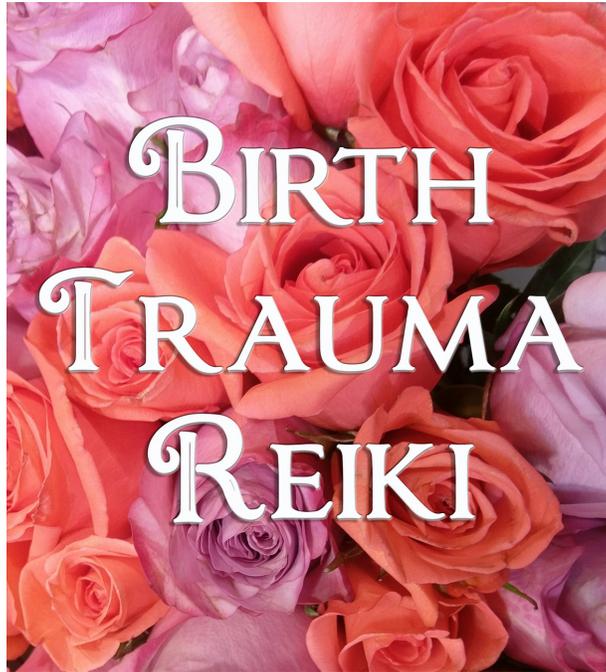
Crystal Grid Book by Lourdes and Rachel

Happy to announce that we have been working on this e-book for a year and can now offer it to everyone!

This e-book demonstrates how to create different types of love grids. Love takes many forms, and the type of loving energy you want to send out in the work place can differ from person to person, or even situation to situation. In an effort to cover every possible scenario we teach how to make grids for self-love, attracting romance, deepening a romantic relationship, getting over heartbreak, sending good vibes to friends, and even giving comfort to those who are grieving.

Since this is intended to teach you how to create grids, we show the step-by-step process that went into each grid. A side benefit of this process is that all of the photos within are infused with Reiki! Even if you don't want to create grids yourself, you can still enjoy the Reiki energy and crystal energy in each stand alone photo.

To purchase the book, please click on the link below.



Birth Trauma Reiki

Birth Trauma is carried from birth throughout your life, and can hamper you from moving forward. There are several things that are responsible for birth trauma. Taking on human form, and going through the birthing process can be traumatic to some souls. Babies can take on the emotions of those in the operating room, as well as those of their parents (which aren't always positive). Others feel emotions from the mother and absorb that emotional energy, including any fears connected to the pregnancy. This can be very challenging for a sensitive baby. Birth Trauma Reiki will have the intention of releasing vibrations picked up as babies in utero state and during birth.

The goal of this session is to release this trauma so that you feel lighter, uninhibited by other's feelings (accessed at birth), and more in touch with yourself.

To book a session please go to the link below.

[Birth Trauma](#)



Free Reiki*

The Reiki sent this month is for self love. If we don't love ourselves we can't attract the life we want for ourselves.

To receive the Reiki (on Saturday, 1/26/19 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 1/26/19.

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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