

May 2025 Reiki Newsletter

Welcome to Your May Energy Update

Dear Friend,

As we move through the brightening energies of May, I'm excited to share a collection of offerings designed to support your well-being—and that of your beloved pets. Whether you're looking to deepen your grounding, awaken higher guidance, strengthen energetic protection, or offer gentle healing to your animal companions, there's something for you this month.



Anchored in Light – Grounding Activation Session

Experience a profound reconnection with your inner light. This distance Reiki session is focused on:

Stabilizing your energy field

Enhancing clarity and inner peace

Aligning with your highest self

Through this session and grounding practices, you'll feel more centered, resilient, and aligned with your truth.

Book Your Session Now



Universal Genesis Attunement

Universal Genesis Attunement – Activate Your Creation Codes

Journey into the cosmic origins of your soul. The Universal Genesis Attunement supports:

Awakening ancient wisdom within

Expanding energetic awareness

Reconnecting with universal frequencies

This attunement helps align you with the light of your original soul

blueprint and the energy of divine creation.

[Learn More and Schedule](#)

Universal Genesis Attunement



May 2025 Reiki Sunday Special

May Reiki Sunday Special: Energetic Protection

This month, strengthen your energy field and surround yourself with powerful, nurturing protection.

The May Reiki Sunday Special is designed to help you shield your energy, clear away negativity, and create a safe, energetic bubble around you.

Session Details:

Theme: Energetic Protection

Duration: 1-hour focused group Reiki session

Energy Delivery: Sent throughout the entire month for ongoing support

Bonus:

A private curated playlist to enhance your spiritual journey

A Reiki-infused photo specially crafted to reinforce your protective shield

Join the Reiki Sunday Special

May 2025 Reiki Sunday Special



May 2025 Reiki Sunday Special

May Monthly Reiki Pet Session

Help your pet feel their best all month long. With our Monthly Reiki Pet Support, your pet will receive gentle, healing energy sessions throughout the month to promote physical health, emotional balance, and overall happiness.

Reiki can assist with easing health challenges, boosting recovery, calming anxiety, and encouraging a joyful spirit. This ongoing support is perfect for pets who are healing, aging, or simply need a little extra love and care.

What's Included:

Reiki energy sent to your pet multiple times throughout the month

Support for physical, emotional, and energetic well-being

Gentle assistance with health challenges, stress relief, and vitality boosts

Sign Up for Pet Reiki Support

May 2025 Reiki Pet Special Session



Energetic Protection

Energetic Tip: Rosemary for Protection

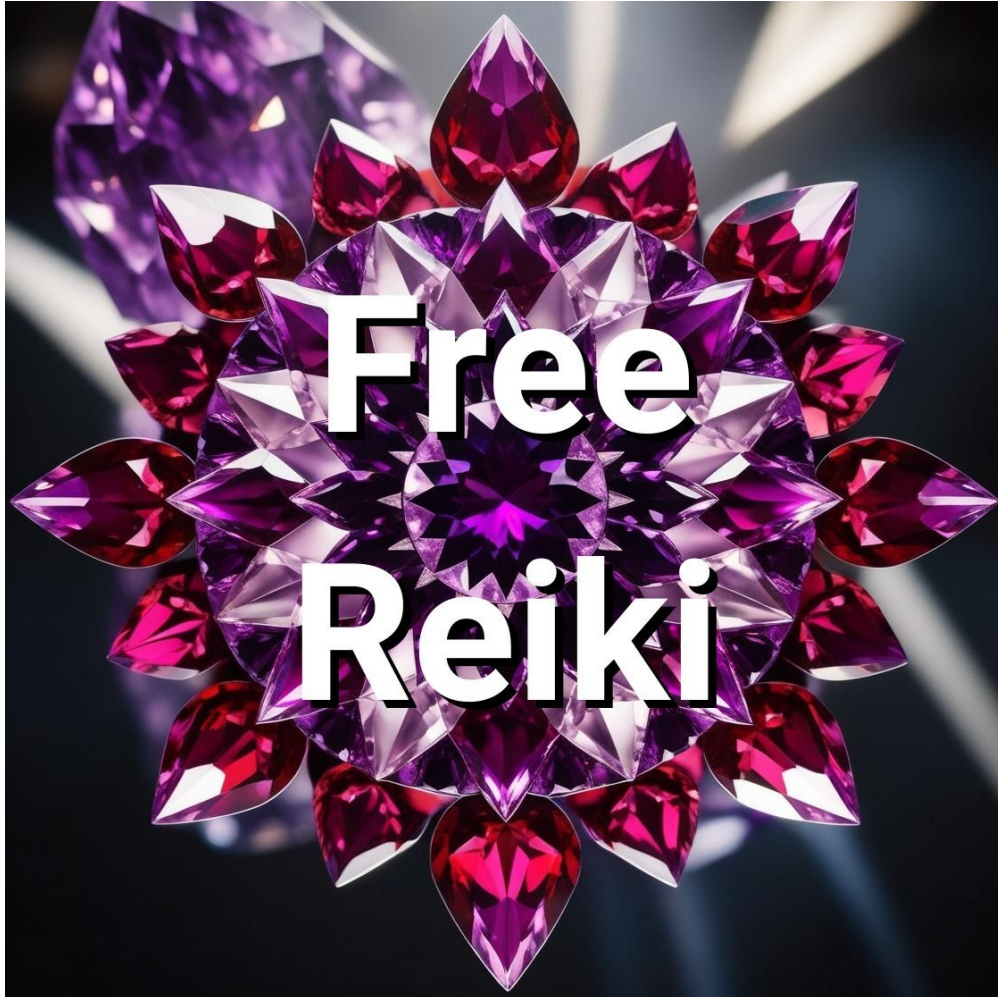
Place a sprig of fresh or dried rosemary above your front door. This gentle yet powerful herb:

Wards off negative energy

Promotes peace and clarity

Establishes a sacred energetic boundary

Use this simple practice to invite harmony into your home.



Instructions to Receive Free Reiki This Month

The intention for this month's free Reiki is to help you stay positive

If you would like to receive this session, please read the instructions carefully. Emails that do not follow these guidelines will not be included.

Session Date: Saturday, May 31, 2025

Time: 9:00 PM EST

Sign-Up Deadline: 6:00 PM EST on May 31, 2025

To sign up, send an email only after reading this message to:
ReikiLourdes2019@gmail.com

This email address is used exclusively for free Reiki sessions.

Please do not email any other address, as your request will not be processed and you will not receive a response. Emails received before this newsletter was sent out or after the deadline will be disregarded and deleted.

If signing someone else up, please obtain their permission first. The Reiki will reach you even if you are asleep or engaged in other activities. Due to the volume of emails received, responses may not be sent, but your request will be honored if received on time.

After the session is sent, this inbox is not monitored again until the next offering. For other questions or inquiries, please visit:
ReikifromLourdes.com

All services are offered via Distance Reiki.



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Wishing you a peaceful, grounded, and energetically uplifting month.

Warmly,
Lourdes
Rest, Relaxation, and Reiki

*All services are done via Distance Reiki.

Important Disclaimer

All sessions, attunements, and services offered through Rest, Relaxation, and Reiki are provided as complementary energy support tools and are not a substitute for professional medical, psychological, or veterinary care. Reiki is a gentle, non-invasive practice that works alongside — not in place of — licensed healthcare services.

By purchasing or participating in any session, attunement, service, program, book, or video, you acknowledge and agree to the information provided in our Terms of Service, Disclaimer, and FAQ page. Individual results may vary, and no specific outcomes are guaranteed.

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