



Welcome to the October Newsletter

🌸 Being Open to Life's Possibilities

Life has a way of presenting us with unexpected opportunities, sometimes in ways we never imagined. Yet, when we become caught up in our daily routines, worries, or expectations, we may overlook the possibilities unfolding around us.

Being open to new possibilities doesn't mean we have to make major changes or have everything figured out. Sometimes it simply means being willing to see things from a different perspective, trust ourselves a little more, or allow life to unfold without trying to control every outcome.

We may discover that something we once considered an obstacle leads us in a new direction, or that an unexpected opportunity brings something wonderful into our lives.

As we move through October, I invite you to remain open to the unexpected, trust in your ability to navigate change, and remember that new possibilities can appear when we least expect them.



Remove Obstacles & Welcome Miracles

This gentle yet powerful distance Reiki session focuses on clearing energetic obstacles, releasing limiting patterns, and opening the way for greater flow, positive opportunities, and unexpected blessings. Reiki supports clarity, confidence, trust, and openness to divine guidance and new possibilities. Throughout the month, Reiki will continue to be sent to support positive change and welcome miracles into all areas of your life.

During this one-hour distance group Reiki session, we will focus on clearing energetic obstacles, releasing patterns that may be holding you back, and welcoming divine assistance, unexpected blessings, positive opportunities, and miracles into your life.

Sunday, October 25 • 8 PM Local Time

[Learn More / Reserve Your Spot](#)



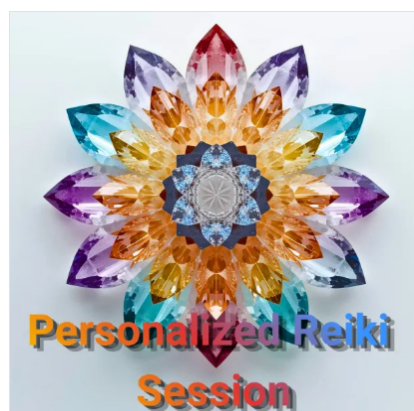
Reiki Sunday Special for Pets

Give your animal companion a little extra Reiki support. This 10-minute distance group Reiki session is designed to provide gentle, supportive energy for your pet's overall well-being, comfort, balance, and relaxation.

Pets receive the Reiki wherever they are—no electronics or special setup are needed.

Saturday, October 24 • 8 PM Local Time

Reserve Your Pet's Spot



Did You Know?

✨ **Personalized Reiki Sessions — Created for Your Intention**

Did you know that your Reiki session can be tailored to your individual needs?

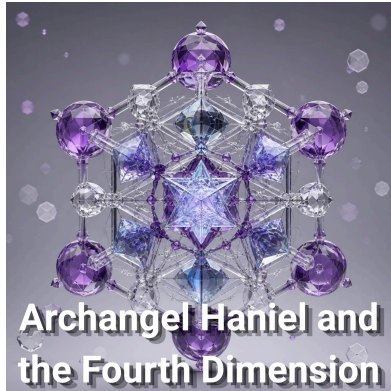
While the website offers a variety of sessions focusing on different areas of life, you may have a particular concern, challenge, or intention that isn't addressed by an existing session.

A personalized Reiki session allows you to choose **one specific intention** that is meaningful to you. Whether you're looking to release an emotional pattern, strengthen your confidence, move forward from a difficult experience, or welcome greater ease and positive change, the session is created around your individual focus.

The Reiki clearing and supportive energies are selected to complement your intention, making the session unique to you.

You don't have to find a session that fits your situation. Your session can be created to fit your intention.

[Learn More / Schedule](#)



Archangel Haniel and the 4th Dimension Attunement

For Usui Reiki Level 3 Practitioners / Reiki Masters

Connect with the gentle, nurturing energies of Archangel Haniel and the Fourth Dimension, a realm associated with emotional awareness, intuition, and the heart. This attunement supports the release of emotional imbalances, strengthens your connection to inner wisdom, and encourages greater harmony between your heart and mind. Through Haniel's loving guidance, you are invited to deepen your spiritual awareness, embrace emotional balance, and experience a greater sense of peace, compassion, and connection to your higher self.

[Learn More/Schedule](#)



Receive Free Reiki

Intention - Reiki for Life to Feel Easier

Sometimes life simply feels harder than it needs to. This month's Free Reiki is intended to help ease energies connected with struggle, overwhelm, pressure, and resistance while bringing in supportive energies for greater ease, flow, support, and helpful circumstances.

The Free Reiki will be sent on:

Saturday, October 17, 2026 at 8:00 PM ET

How to Sign Up

After receiving this newsletter, send an email **only** to:

ReikiLourdes2019@gmail.com

You do not need to write anything special in the email. Your email lets me know that you would like to be included.

Please do not sign up before this newsletter is sent. Emails received before the newsletter goes out will be disregarded.

You may sign up until **6:00 PM ET on Saturday, October 17, 2026**. Emails received after the deadline will not be reviewed.

Please Note

ReikiLourdes2019@gmail.com is used only for the Free Reiki offering. Please do

not send questions, comments, or other inquiries to this address. All other inquiries should be sent through the Contact page at ReikiFromLourdes.com.

Due to the number of emails received, individual responses may not be possible. After the Free Reiki is sent, this email account is not reviewed again until the next Free Reiki offering.

You do not need to be resting or doing anything special when the Reiki is sent. You can receive it while going about your normal activities.

You are welcome to share this Free Reiki opportunity with others. If you are signing up another person, please obtain their permission first.

All services are done via Distance Reiki.

DISCLAIMER: Reiki is a complementary energy modality and should not be used as a replacement for medical, psychological, emotional, or physical needs. The information provided does NOT constitute legal, psychological, medical, business, or financial advice. Always seek the advice of a medical professional for any health-related concerns. Reiki videos should not be received while using machinery or driving. Since everyone's energy is different, results may vary and are not guaranteed.

[Terms of Service](#) [Privacy](#) [FAQ](#) [Page](#)