

# Welcome to Reiki from Lourdes

I am honored to share this journey with you.

## December 2025 Reiki Newsletter

### Welcome to This Month's Newsletter

Hello,

As we move into December, the final month of the year invites us into a softer, quieter kind of healing, one that honors everything we've carried, everything we've learned, and everything we're finally ready to release. This is a month where Reiki tends to feel deeper and more restorative, gently preparing our energy for the cycle that's about to begin.

This December also brings something special. I'm collaborating with my friend and fellow practitioner, Dawn Williams of 4Leaf 4Life Reiki, to offer three meaningful videos focused on energetic clearing, one for you one for your home, and one for your spaces. Together, we're combining our approaches to create a supportive space where you can shed old heaviness, brighten your environment, and step into the new year with a clearer heart and a lighter spirit. As of this newsletter, two of the videos will be out and the last one will appear on my channel on 12/18/25 and hers will come out 12/20/25. Will post more information on social as the dates approach.

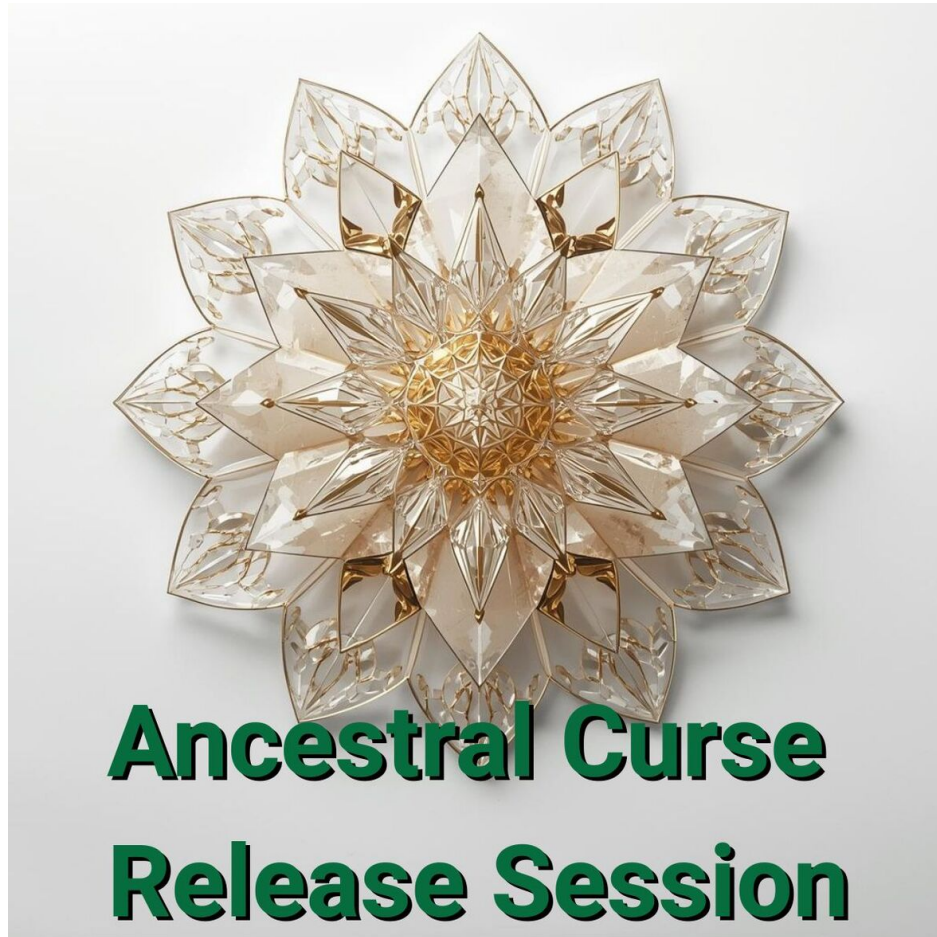
You can check out her videos at this link - <https://tinyurl.com/ype4zfuj>

My videos are at this link - <https://tinyurl.com/nbdm4uzz>

I hope this month reminds you that healing doesn't always require effort. Sometimes it's simply about receiving, allowing, and letting the energy guide you back to your own inner steadiness.

Wishing you a month of peace, renewal, and gentle closure as we complete this year's journey.

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*Ancestral Curse Release Session*

This new session is designed specifically to release ancestral curses, bindings, and inherited energetic blockages that were intentionally placed on your lineage. This session works solely with targeted ancestral curse release, removing knots, cords, and energetic debris tied to those deeper, more stubborn influences.

It's a focused, powerful clearing for anyone who feels they've been carrying weight that doesn't feel like their own, or who senses a persistent "held back" energy in their family line.

To learn more click the button below:

**Ancestral Curse ReleaseSession**

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# December 2025 Reiki Sunday Special

*December 2025 Reiki Sunday Special*

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## **December Reiki Sunday Special**

This is a gentle yet powerful distance Reiki session designed to help you clear stagnant energy, dissolve emotional heaviness, and increase the natural radiance of your aura. When stress, negativity, or exhaustion accumulate, they can dim your energetic field and make it difficult to attract uplifting experiences or supportive people.

Sunday, December 28th at 8:00 PM your local time

Includes a Reiki-infused photo, personal session notes, and a private playlist.

Click the button below to learn more.

[\*\*December Reiki Sunday Special\*\*](#)

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# December 2025

## Pet Special

*December 2025 Reiki Pet Special*

### **December Monthly Reiki for Pets**

Gentle energy support to help your pet feel their best all month long.

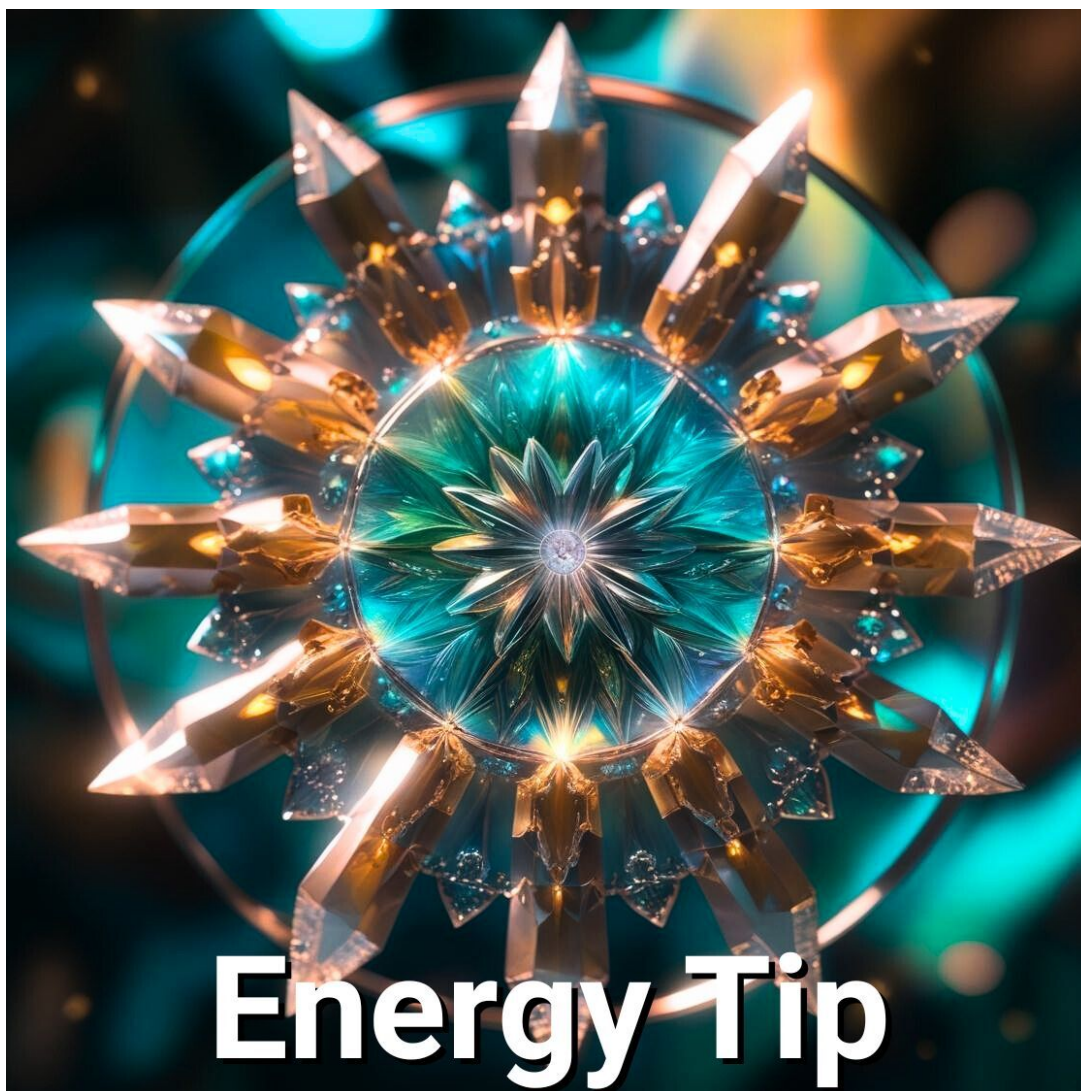
Our Monthly Pet Reiki Session offers ongoing healing energy to support your pet's physical health, emotional balance, and overall happiness. Whether your furry friend is healing, aging, or simply needs extra comfort, Reiki can bring calm, ease discomfort, and uplift their spirit.

#### **What's Included:**

Reiki energy sent multiple times throughout the month  
Support for physical, emotional, and energetic well-being  
Gentle help with stress, healing, and vitality

A session on December 20th at 8:00pm (pet's time) to support the energy work from the month

Give your beloved companion the love and support they deserve.  
Click the button below to learn more.



**Energy Tip of the Month: Protect Yourself from Other People's Energy**

If you're sensitive to energy, here's a quick technique you can use anytime you start feeling drained, overwhelmed, or "not like yourself" after being around others:

Close your eyes for a moment and imagine a soft bubble of light forming around you.

Choose whatever color feels comforting, white, gold, pink, or silver.

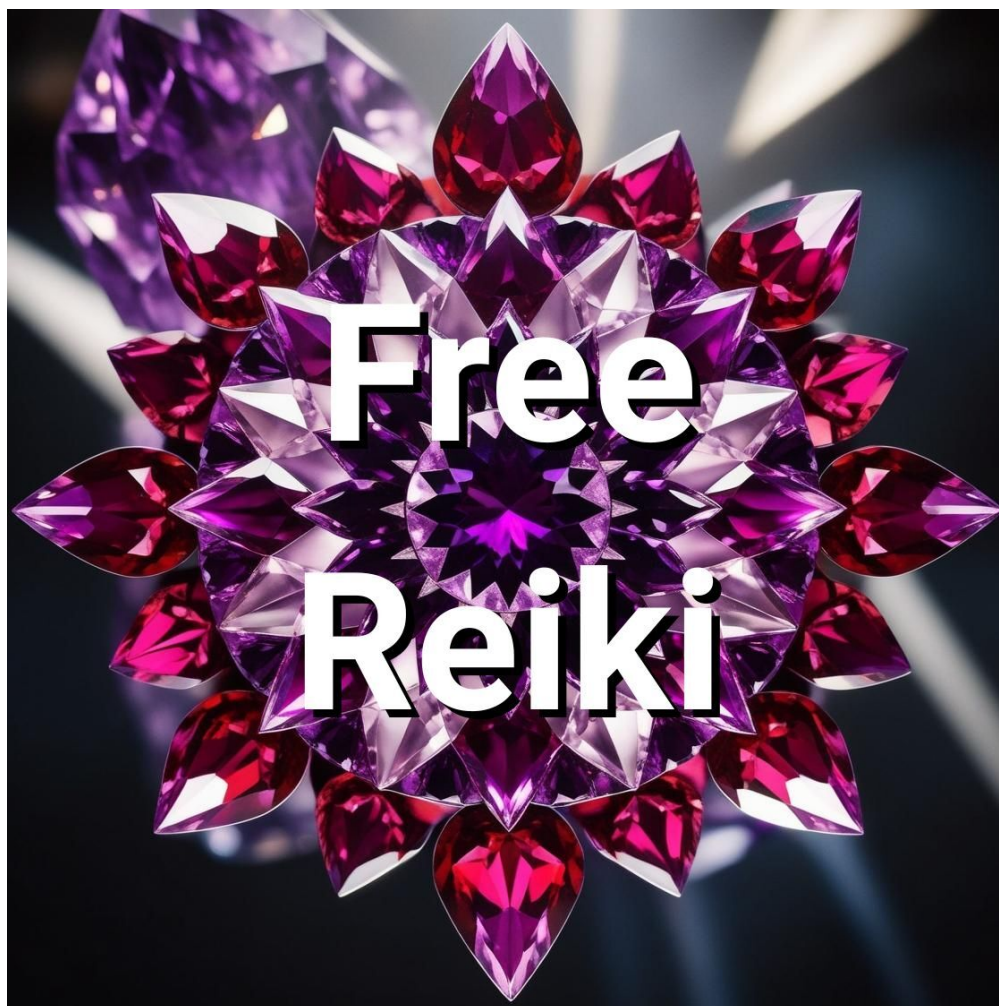
As you breathe in, let the bubble grow stronger.

As you breathe out, imagine any energy that isn't yours sliding off the outside of the bubble and dissolving.

This isn't about shutting people out, it's about keeping your energy steady.

Most people feel calmer and clearer almost instantly.

Use it in crowded places, around strong personalities, or anytime you need a little energetic buffer.



### Instructions to Receive Free Reiki This Month

This month's free Reiki is focused on bringing gentle comfort to your heart. If you've been feeling tender, lonely, overwhelmed, or carrying emotions you haven't had space to process, this energy flow is here to soften the edges. Allow it to bring warmth, ease, and a feeling of being supported from the inside out.

### SESSION DETAILS

Date: Saturday, December 20th, 2025

Time: 9:00 PM EST

Sign-Up Deadline: 6:00 PM EST on Saturday, November 20th 2025

### HOW TO SIGN UP

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

After reading this message in full, send one email only to:

[ReikiLourdes2019@gmail.com](mailto:ReikiLourdes2019@gmail.com)

(This email address is used exclusively for free Reiki group sessions.)



## IMPORTANT GUIDELINES

Do not send emails to other addresses, they will not be processed.

Emails received before this message was sent or after the deadline will be deleted.

If signing someone else up, please get their permission first.

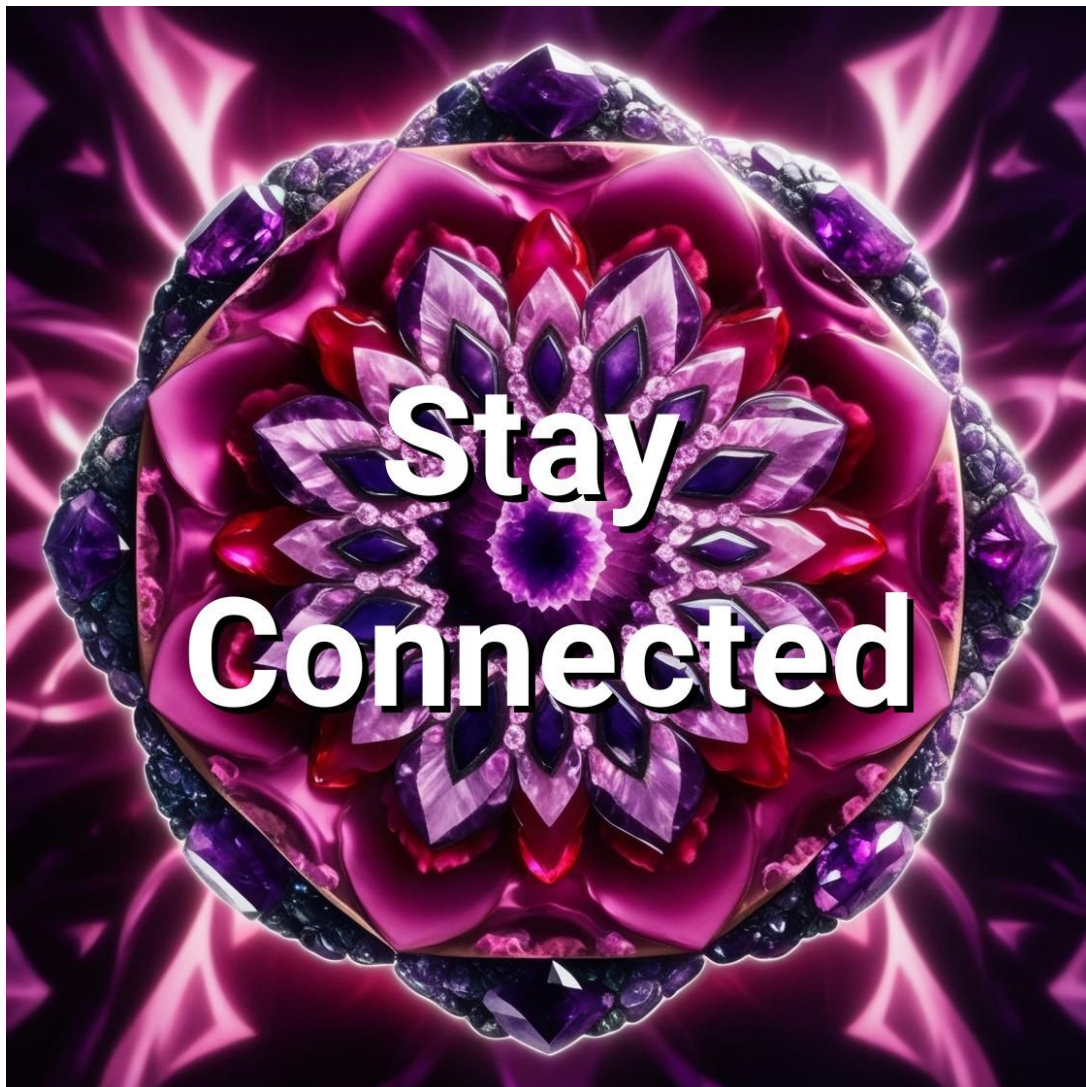
The Reiki will reach you whether you are asleep or awake.

Due to volume, you may not receive a reply, but your request will be honored if received correctly and on time.

After the session is sent, this inbox is not monitored again until the next offering.

For all other inquiries, please visit:  
[ReikifromLourdes.com](http://ReikifromLourdes.com)

All services are offered via Distance Reiki.



## Stay Connected

For more updates, offerings, and healing energy:

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

Warmly,

Lourdes

Rest, Relaxation, and Reiki

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\*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 modality that complements but does not replace, licensed healthcare services or professional legal advice.

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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