

February 2026 Reiki Newsletter

Welcome to This Month's Newsletter

As February begins, many people are feeling tired, overstimulated, or emotionally worn down. With increased solar activity and so much happening in the world, it's common for the nervous system to stay on high alert, even when we don't realize it.

Because of this, you may have noticed a gentle shift in my recent livestreams and videos. I've been intentionally focusing more on nervous system support, calming energy, and steady grounding, to help your body and energy feel safer, more settled, and less overwhelmed.

With Valentine's Day approaching, this focus naturally connects to self-love. Caring for your nervous system is one of the simplest and most compassionate ways to care for yourself. This month is an invitation to slow down, soften, and offer yourself the same kindness and patience you would give to someone you love.

To gently support this focus on self-love and nervous system care, I've created simple, calming playlists on each of my YouTube channels.

Reminder: You're welcome to lower the volume, turn the sound off, or play your own music while listening. Reiki does not require sound, and many people find the experience more relaxing when they receive the energy quietly, in a way that feels most comfortable for them.

💖 Rest Relaxation Reiki – [Reiki for Love Energy](#)

💖 Transformational Vibrations – [Energy of Angels, Angelic Healing & Divine Guidance](#)

💖 Metaphysical Life – [Rewire Your Brain for Love](#)

Blessings, Lourdes



Reiki Infused Item

Reiki Infused Items

Introducing Reiki Infused Items, perfect companions for those who wish to carry Reiki energy with them throughout the day. There are times when the internet may not be available, or you may simply want an extra boost of Reiki, even if you already use Reiki YouTube videos or receive Distance Reiki sessions. Imagine having a pendant (or other item) charged with the energy of your intention. Each item is imbued with positive energy and intention and may be used to promote love, well-being, energetic protection, balance, and gentle energy support in everyday life.

To learn more click the button below:

[Reiki Infused Item](#)



February Reiki Sunday Special

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This gentle yet powerful Distance Reiki session is designed to help calm financial stress, release tension stored in the body, and restore a sense of steadiness and emotional ease around money and resources. Many people carry financial pressure in the nervous system rather than the mind, and this session supports your energy in softening that strain so your body can feel more grounded and supported.

When financial stress accumulates in the energy field, it can create chronic tension, emotional fatigue, and a sense of instability. This session gently works to release that buildup, supporting the body and energy field in returning to a calmer, more regulated state. As tension eases, clarity improves, and your system can respond to financial situations with steadiness instead of reactivity.

Click the button below to learn more.

February 2026 Reiki Sunday Special



February Pet Special

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February 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 well-being. 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 support for stress, healing, and vitality • A focused session on February 14 at 8:00 PM (pet's local time) to reinforce the month's energy Give your beloved companion the love and support they deserve.

Click the button below to learn more.

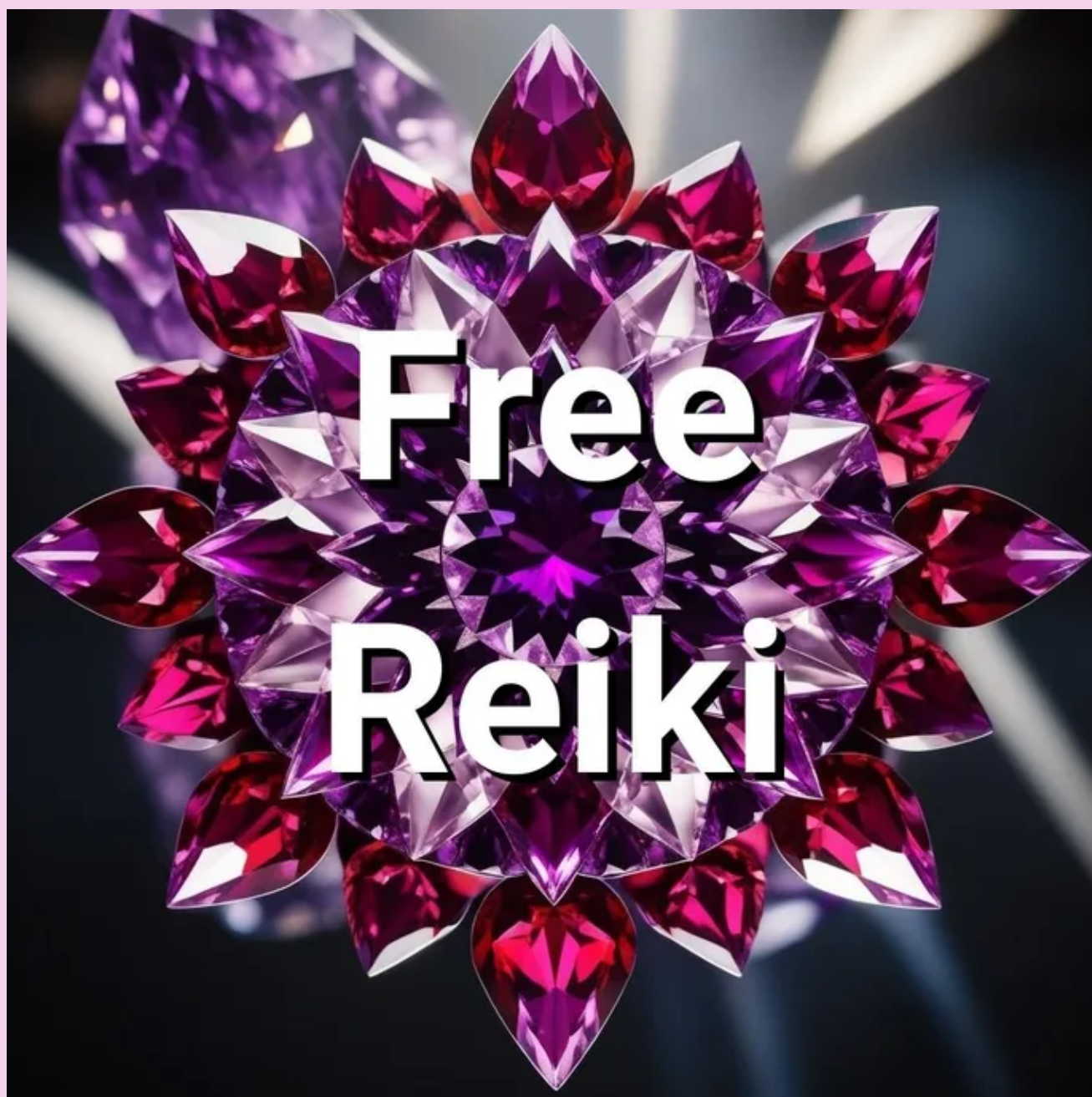
February 2026 Reiki Pet Special Session



Energy Tip

Free Energy Tip – Calming the Nervous System:

👉 A Gentle Way to Calm Your Body If you feel tense, worried, or overwhelmed, try this simple exercise. Sit comfortably. Let your shoulders drop. Look around you slowly. Notice the room you are in. See the light, the colors, and the space around you. You do not need to focus on anything. Just notice. Let your eyes stay soft and relaxed. Take one slow breath in. Then slowly breathe out. Stay here for a few moments. This gentle practice helps your body feel safe and calm. You can do it anytime, day or night, whenever things feel stressful or heavy.



Instructions to Receive Free Reiki This Month

🌍 Staying Steady in Uncertain Times This month's free Reiki is focused on Staying Steady in Uncertain Times. The energy is meant to support calm, emotional balance, and inner steadiness when the world feels stressful or unpredictable. Rather than focusing on outside events, this session

helps your nervous system and energy settle so you can feel more centered, present, and supported.

SESSION DETAILS

Date: Saturday, February 14, 2026

Time: 9:00 PM EST

Sign-Up Deadline: 6:00 PM EST on Saturday, February 14, 2026

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 (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

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

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