

## Welcome to Rest, Relaxation, and Reiki

I'm honored to share Reiki with you.

### April 2025 Reiki Newsletter

Hello,

Hope that everyone is doing well. Many of us are experiencing a lot more negativity than usual. Since social media is a hot bed of negativity, I am doing my best to limit the amount of negativity I am exposed to. Energetically, I am sending love not only to the people on this planet, but also to Mother Earth.

One exercise you can do, to help yourself, others, and the planet, is to spend a few minutes sending positive vibes. To do this, imagine that your Heart Chakra (center of your chest) expands with soft pink energy. Then imagine the Earth as a small ball in your hands (you can use a real small ball if needed). Imagine the pink light around your Heart Chakra expanding to the Earth (ball) Cover the ball with your pink light. If you can't imagine the color, have something nearby that has that color that you can look like. If you can't visualize, sense what it would feel like to have the world filled with love. Do this for two to three minutes and you can go up to five minutes if called to.

Am posting energy videos on Thursdays on **Rest, Relaxation, Reiki\*** and

on Tuesday's at **Transformational Vibrations\***, videos will be coming out on Sundays for **Metaphysical Life**. You can check the Community Tab on all 3 channels see the new videos coming out. Am looking forward to sharing more with all of you!

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## April Reiki Sunday Special



*April 2025 Reiki Sunday Special*

Step into a world of healing and renewal with our April 2027 Reiki Sunday Special. This limited-time offer is your opportunity to experience the power of Reiki to assist you with having a Prosperous Life. The goal of this session is to bring the opportunity, people, and circumstances that can enrich your life in many ways. We are meant to have a happy life and Reiki can be helpful in bringing in energy that will bring more prosperous experiences into your life.

**April 2025 Reiki Sunday Special**

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## April Special Pet Session



*2025 April Pet Monthly Reiki Session*

Welcome to our April Special Monthly Pet Session! Treat your pet friends/loved ones to a unique healing experience in their own environment. The intention is for the energy to promote relaxation, reduce anxiety, and improve overall well-being for your beloved pets. Let them bask in the gentle and soothing frequencies of Reiki. This is the perfect opportunity to bond with your pet and give them the care and attention they deserve. This is truly special and rejuvenating experience that will leave your pet feeling refreshed and rejuvenated. For those of you who are sensitive to energy you may feel the vibrations as well.

**April 2025 Reiki Pet Special**

## Myrrh Energy Attunement



*Silver Cord Crystalline Flush Attunement*

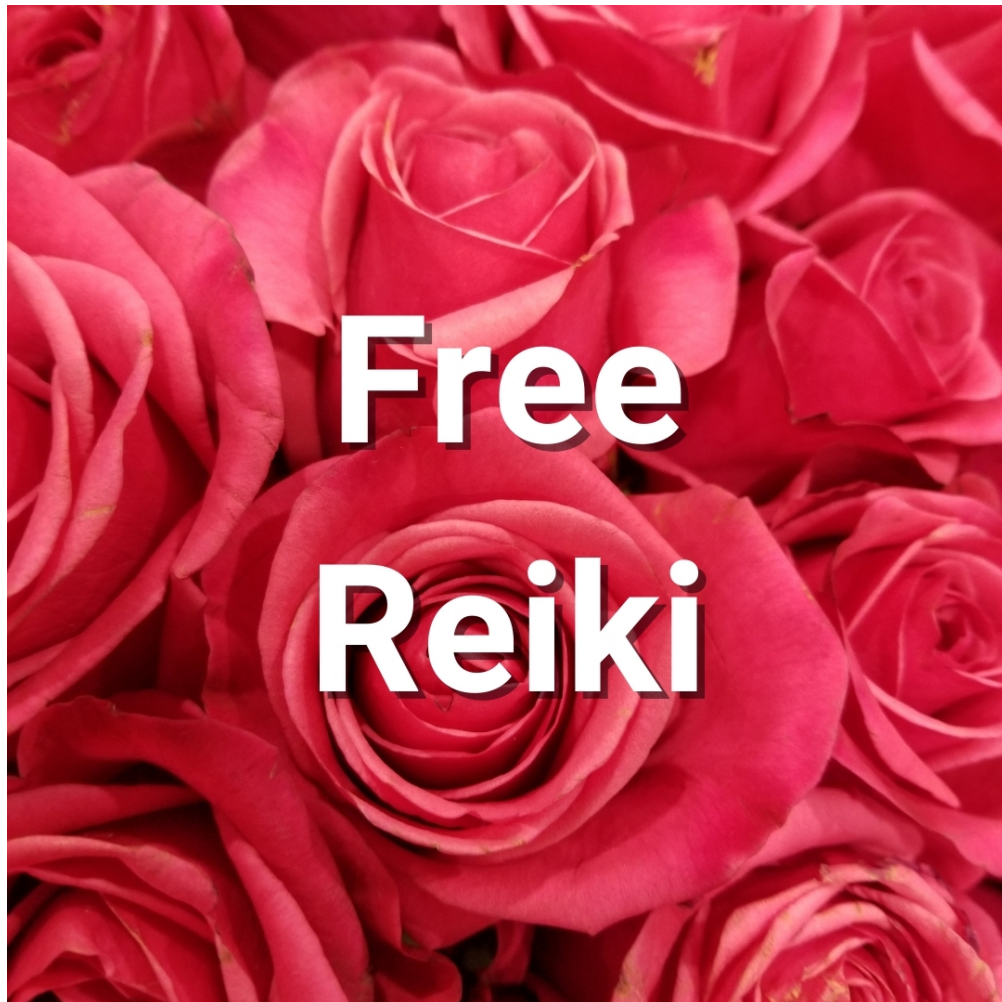
Here is some information on this attunement. "You are about to embark on



a profound spiritual journey, one that will connect you to the ancient and sacred energy of Myrrh. This Distance Myrrh Energy Attunement is designed to guide you toward deeper healing, heightened spiritual awareness, and an enhanced connection to the divine energies that flow through all life. Myrrh is a plant with a rich history and deep spiritual significance. Revered for centuries in ancient cultures such as Egypt, Greece, and India, Myrrh has long been associated with purification, protection, emotional healing, and spiritual awakening. Its essence has been used in sacred rituals, meditation practices, and healing ceremonies to create harmony, clear energetic blockages, and open channels for higher consciousness".

For more information, click the link below.

[Myrrh Energy Attunement](#)



## Instructions to Receive Free Reiki

Please read the information below. Check out dates and times to sign up. You can only sign up after this email has been read. Any emails received before this email goes out, will be disregarded.

To receive the Reiki on **Saturday (4/26/25, 9pm EST)**, only send an email to the address below :

***ReikiLourdes2019@gmail.com***

Please note that the ReikiLourdes2019@gmail is only used for free Reiki. If you send an email to any other address, you will NOT be included in the free Reiki session or receive a response.

*\*You can sign up to receive this Reiki until 6:00pm, EST on 4/26/25* After that time, emails received will not be looked at and will be deleted. Here is a **link** to a time converter for those in other time zones.

Please direct all other inquiries/comments/questions to ReikiFromLourdes.com via this **link**.

**Due to the amount of emails received, emails may not be responded to, but will be looked at, if received on time.** After the free Reiki is sent, this email (ReikiLourdes2019@gmail.com) is not looked at again until the next free Reiki offering. Use the **Contact** page for any other inquiries.

**The intention this month is to feel better.**

This 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.

Blessings, Lourdes

\*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 profession for issues and challenges. Reiki videos should not be received while using machinery or driving. Since everyone's energy is different, results may vary and are not guaranteed.

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