

March 2026 Reiki Newsletter

Hello, A GentleMoment to Pause

Many people are feeling that the energy in the world right now is unsettled. News, global events, and uncertainty can create waves of emotion that move through communities, families, and individuals. Even those who normally feel calm and steady may notice moments of worry, fatigue, or emotional heaviness. For those who are naturally sensitive, empathic, or intuitive, these times can feel especially strong. When the collective energy becomes intense, sensitive people often feel those shifts more deeply. In moments like these, it can help to remember something important: you do not have to hold the weight of the entire world in your heart.

Compassion is a beautiful gift, but caring for yourself is just as important. One of the most powerful things you can do during uncertain times is gently return your focus to what supports your own balance. Quiet moments, time in nature, creative activities, prayer, meditation, or simply stepping away from overwhelming information can help your nervous system and energy field settle again. When you bring calm and stability back to yourself, you naturally bring more light, clarity, and kindness into the world around you. Below are a few gentle suggestions that may help sensitive people move through intense times with greater peace and steadiness. ❤️

Use Creativity to Release Stress : Creative activities like quilting, gardening, drawing, crafting, or cooking help the mind relax and allow emotions to move through the body.

Focus on What You Can Influence: Instead of holding the weight of the whole world, focus on small positive actions, kindness, caring for your home, helping someone nearby, or sending prayers or healing energy.

Allow Yourself to Rest: Sensitive people often feel responsible for helping others, but rest is essential. Caring for yourself allows your compassion and clarity to remain strong.



March Reiki Sunday Special – Reiki Lucky Breaks Available through March 28th, 2026

This is a gentle yet powerful distance Reiki session designed to help shift stagnant energy, clear subtle blocks, and invite supportive movement into your life. A lucky break does not have to be dramatic to be effective. Sometimes, it can be a small opening, a helpful conversation, improved timing, or a situation resolving more smoothly than expected. This session supports your energy field in becoming more aligned with those positive shifts.

March 2026 Reiki Sunday Special

Special Monthly Pet Session



March Reiki Pet Special – Available through March 14th, 2026

Welcome to our 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. Before purchasing, if you have any questions, feel free to contact us through this link.

March 2026 Reiki Pet Special

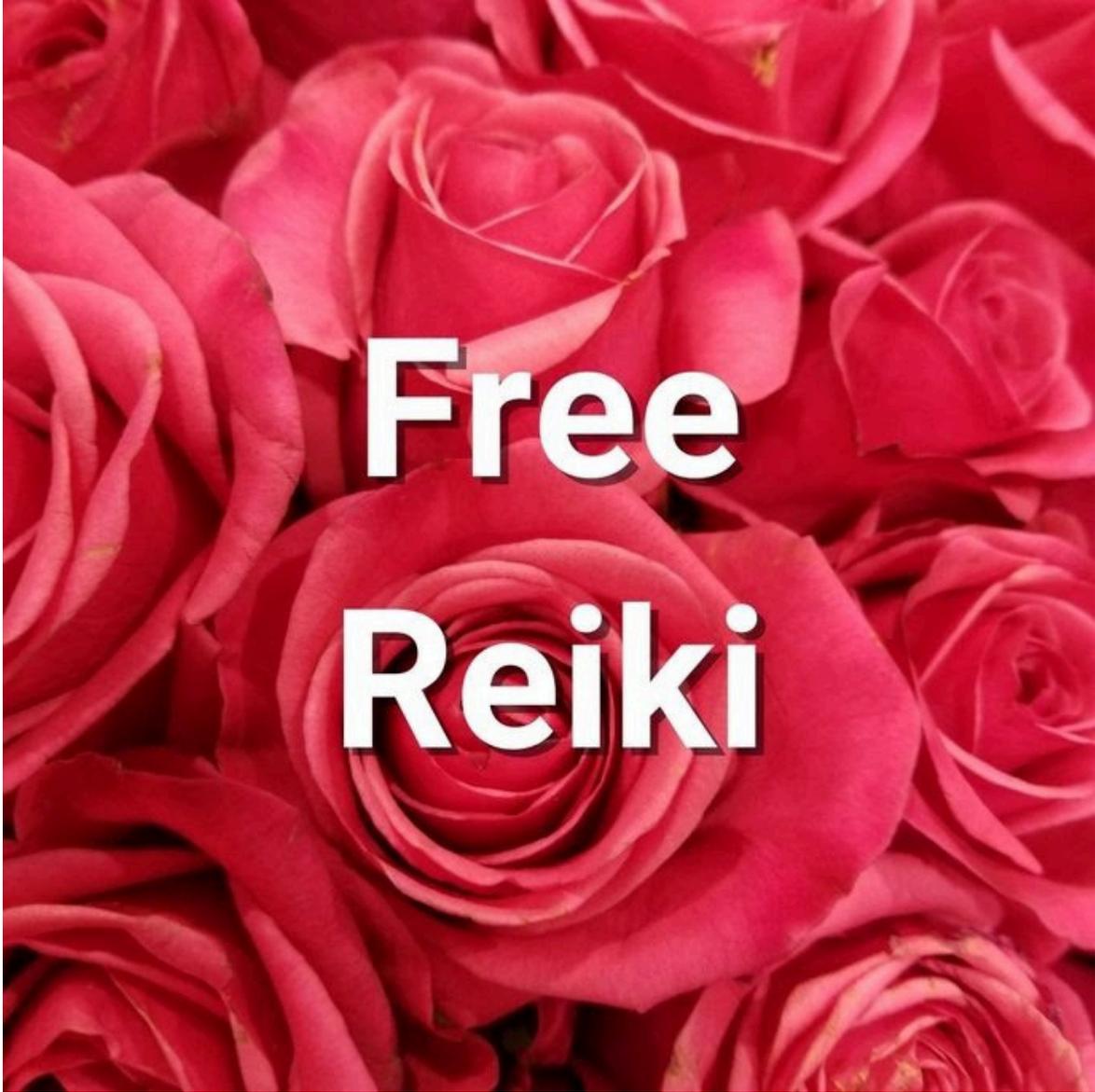


Angelic Dimension Activation Session

Discover and deepen your connection to the angelic dimension that most strongly supports your soul's growth. This powerful distance Reiki session is designed to help you connect with the dimensional level of consciousness and angelic guidance that resonates most strongly with your soul. Each dimension carries a unique frequency of wisdom, healing, and spiritual support. During this session, Reiki energy helps align your energy field with the angelic dimensional stream that is most supportive for you at this time.

During your session, you will receive: ✨ **Information about your angelic dimension** – Insight into the dimension and angelic guide connected to your energy, including the qualities, gifts, and guidance associated with that frequency. ✨ **A unique dimensional sigil** – A sacred symbol created to hold the frequency of your angelic dimension, along with clear instructions on how to use it to strengthen your connection. ✨ **Energetic activation through Reiki** – Gentle, high-frequency Reiki energy will be sent to help awaken your connection to this dimensional frequency, clear energetic blocks, and support deeper alignment with your soul's path.

Angelic Dimension Activation Session



Free Reiki

Instructions to Receive Free Reiki

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

To receive the Reiki on **Saturday 3/21/26, 8:00pm ET**), only send an email to the address below:

ReikiLourdes2019@gmail.com

Please note that ReikiLourdes2019@gmail.com is only used for the Free Reiki offering. 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, ET on Saturday 3/21/26 After that time, emails received will not be reviewed and will be deleted. Here is a [link](#) to a time converter for those in other time zones.

Please direct all other inquiries, comments, or questions to ReikiFromLourdes.com via the [Contact page](#).

Due to the number of emails received, individual responses may not be possible. However, emails received before the deadline will be reviewed. 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 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 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.

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