



April 2020 Reiki Newsletter

Hello!

Like many of you, I have been quarantined (on my 3rd week, and can't leave the house unless it is for food/emergencies). This has been challenging, because going to the park was one way I relaxed and communed with nature. Like many of you, I have been trying to find ways to de-stress . . . which has included a lot more organizing than I thought it would!

The first thing to organize was Barbie Doll accessories :). As some of you may know, I have collected them since childhood and their accessories grew out of control. The new organizing goal for this week is jewelry making supplies. Plan to make jewelry for the family to help them with the current challenges, but first need to find everything and organize it. I thought Barbie Accessories were a challenge until the crystals started showing up . . . this may take me two weeks :)

Have been trying to put up more posts and videos to help us deal with the issues we are facing. Plan to include more with resources and tips to help us adjust and thrive under these unusual times. You can find all of them on them on [YouTube Community](#), [Facebook](#), [Tumblr](#), [Instagram](#). Some are also found on [LinkedIn](#) and [Twitter](#).

Will also be doing another Livestream this Saturday April 4th at 12:00pm est on my [Youtube channel](#)! The focus will be on tools I am using (including crystals) to deal with this new way of living. Of course I'll be happy to take any general Reiki energy questions. Love the opportunity to meet any who can make it!

As always, I am doing the free Monthly Reiki group session. More information can be found on the bottom of this newsletter

Thank you for letting me be part of your lives!

[Reiki Sessions](#)



April Special, \$35.00 - \$65.00

Reiki April Sunday Special

To help everyone out I am trying something different again. I know that we are living in a very challenging time. Many of us are concerned not just with our health, but the health of family and friends too. This month's session will focus on physical wellness for more than just one person.

Due to the unusual energy around the world, the April Wellness Special will consist of a 45 minute Reiki session sent at 8pm (your time) on April 12, 2020. The special price for the session is \$35 for the 45 minute session. This month I'm including an option for multiple people to receive the energy of the session! For \$65 you can include 1- 5 more people to also receive the energy.

In other words, a single person can receive the 45 minute Reiki

session for \$35. Up to 5 other people can receive the Reiki for \$65, for a total of 6 people altogether (yourself included). The 5 other people can be family, friends, coworkers, or anyone else that you know. Pets are included for free! This session will be intense, so prepare to rest or go to sleep afterwards!

Please click on the link below for more information. This special will be up for a limited time.

[Reiki April Wellness Special](#)



[New Instructions to Receive Free Reiki](#)

To receive the Reiki (on Sunday, 4/5/20 8:00pm EST), send an email **only** to the email below:

ReikiLourdes2019@gmail.com

Please note that the **ReikiLourdes2019@gmail** is only for free Reiki. Please direct all other emails to me via this [link](#). If you send an email to another one of my email addresses, you will NOT be included in the free Reiki session.

The Reiki sent this month is for emotional/mental well-being. It will last for 15 minutes. If you would like to intensify the energy, try using any of the video from the [Reiki for Life Energy Playlist](#).

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.

You can sign up to receive it until 7:59pm, EST on Sunday, 4/5/20. Here is a [link](#) to a time converter for those in other time zones.

Blessings, Lourdes

*Reiki is not a medical treatment, but is a complementary energy modality that works best when used with allopathic medicine.



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