



April 2021 Reiki Newsletter

Hello,

Hope that all of you are doing well.

Spring brings about a fresh energy and for many of us that means clearing anything that feels stagnant or that hampers our movement (physical or spiritual). Usually physical cleaning (especially) corners, aids in making a space feel lighter. If you combine it with energy work (like Reiki) the positive vibrations increase. To assist you with cleaning try using **Reiki to Release What No Longer Serves You** as well as The **Energy of Sage** video.

In the southern hemisphere, Autumn is the preparation for winter. This is a great time for more introspection and taking more time for yourself. Try using **Reiki to Love Yourself Unconditionally** and **Reiki to Focus on Yourself**.

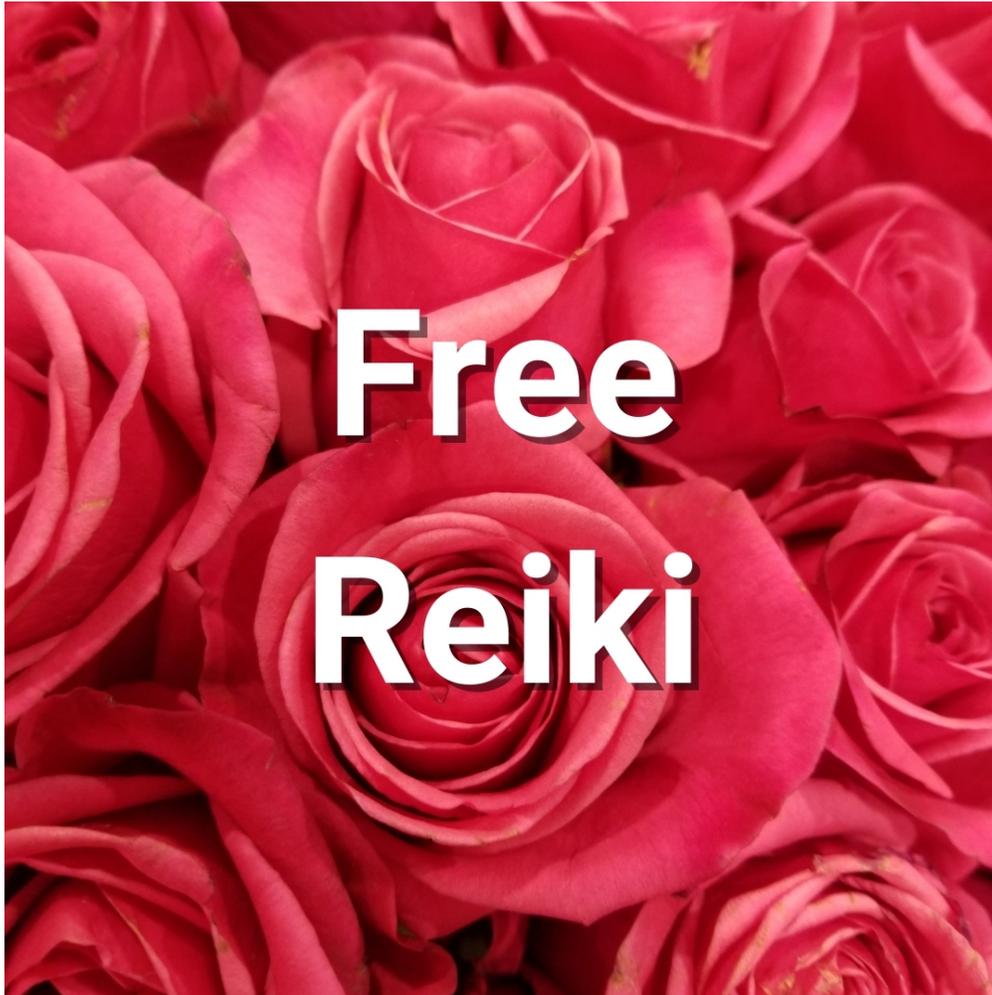
Will be doing a livestream on my **Youtube channel** this Sunday, 4/18/21 at 1:00pm est. Questions will be answered, there will be some "Energy Crafts" for manifesting intentions, as well as games to develop psychic senses. The psychic games will include my husband sending with me since he is a projector and will be a lot of fun! Looking forward to meeting any who can make it!



April Reiki Sunday Special

This month's Reiki Sunday Special is for Physical Wellness! This is something that the universe has been stressing this month. The energy will be sent on Sunday, 4/25/21 at 8pm your time. The session lasts 60 minutes and I send notes after the session. For more information click the button below.

[**April Reiki Sunday Special**](#)



Instructions to Receive Free Reiki, please read all the information.

New Update to Free Reiki Date:

To receive the Reiki (on Saturday, April 17th, at 8:00pm EST), **only** send an email to the address below :

ReikiLourdes2019@gmail.com

Please note that the ReikiLourdes2019@gmail is only used for the free Reiki from the Newsletter.

Please direct all other inquiries/comments/questions to ReikifromLourdes.com via this **link**. If you send an email to another email address, you will **NOT** be included in the free Reiki session or receive a response.

Due to the amount of emails received, I may not respond to emails, but will look at them. After the free Reiki is sent, all emails will be deleted. The 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 for Self Transformation.

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 this Reiki until 7:00pm, EST on Saturday April 17th. After 7:00pm the emails in that address will not be looked at until the next newsletter.

Here is a [link](#) to a time converter for those in other time zones.

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 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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