



## Welcome to Rest, Relaxation, and Reiki

I'm honored to share Reiki with you.

### August 2020 Reiki Newsletter

Hello,

Hope that all of your are doing well.

Will be doing a livestream on my **Youtube channel**, this Sunday, August 16th at 12pm est. Setting intentions and crystal grids are on the agenda : )

As the world continues to change, the universe has guided me to make a video and this one is an exclusive to the people who read this newsletter.

**The video is Reiki to Raise the Vibrations of Vitamins, Supplements, Minerals, Herbs, and Medicines.**

Many of us are trying to stay healthy, but sometimes the things we take don't work as well as we'd like, because their vibrations are lower. This is true for us as well as our pets and plants. This video may help to bring their vibrations up so that they work better for our systems. Of course, always check with your medical practitioner before taking any supplements especially if being used in conjunction with prescribed medications.

I would suggest placing the items to be charged in front of the screen where the video is playing. Try playing the video twice in a row for the most

energetic benefits.

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*Release Core Belief Session*

## Release Core Belief Session

This **session** focuses on a core belief you may have that is keeping you from moving forward in life. Will let you know the core belief you are working on at this time, what percentage of it you had a birth, and what percentage you have now. Besides sending Reiki to assist you with releasing this belief, you will have access to an exclusive 15 minute video to aid you with your energy work. This session may be taken more than once since we have several different core beliefs at various times in our lives.

[Release Core Belief Session](#)

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*August Reiki Sunday Special - \$65.00*

## August Reiki Sunday Special

For a limited time Lourdes is offering the **August Reiki Sunday Special!** For 2 Sundays in August (8/23/20 and 8/30/20), Lourdes will send Reiki to everyone who purchases this special for one hour on both dates at 8pm in the time zone of those who purchase it. Notes for this group session are sent within 48 hours after the sessions.

The intention is for it to go for your highest good. For many this energy helps with stress and relief. When I work on people it feels like 10lbs of psychic weight loss : )

August Reiki Sunday Special

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## Instructions to Receive Free Reiki

To receive the Reiki (on Sunday, August 16th at 8:00pm EST), **only** send an email to the address below :

[ReikiLourdes2019@gmail.com](mailto:ReikiLourdes2019@gmail.com)

Please note that the [ReikiLourdes2019@gmail](mailto:ReikiLourdes2019@gmail.com) is only used for free Reiki. Please direct all other inquiries/comments/questions to Lourdes 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 intention this month is Reiki for the Energy of Well Being

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 7:30pm, EST on Sunday, 8/16/20.** 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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