



Welcome to Rest, Relaxation, and Reiki

I'm honored to share Reiki with you.

August 2024 Reiki Newsletter

Hello,

Hope that everyone is doing well.

Have started a new series on Metaphysical Life that is so important. Many of us understand that the land can rejuvenate us, but what if the land is filled with negative energy? When the land has unbeneficial vibrations we can be tired, mentally confused, blocked psychically and even sick. This new series will be devoted to clearing the land at home, work, neighborhood and eventually work its way to water. Here's the [link](#) to the Energy to Clear the Land of Your Home video.

On Transformational Vibrations there is a series on higher vibrational crystals that have included Brucite and Prophecy Stone. Here's the [link](#) to the Crystal Energy Playlist.

Am posting videos on Thursdays on **Rest, Relaxation, Reiki*** and on Tuesday's at **Transformational Vibrations***. videos will be coming out on Sundays. **Metaphysical Life** videos will be coming out on Sundays. 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!



August 2024 Reiki Sunday Special

Experience the healing power of Reiki with the August 2024 Reiki Sunday Special. This 60 minute group session will focus on Energy for An Easier Life. Life can be tough and challenging, but Reiki may assist in bringing some ease into it. Whether it is people to help us, information we read, or suggestions from media, life can be smoother and easier to deal with it. Let this energy work make your life better and allow in the help needed to make your life smoother. Click the button below for more information.

August 2024 Reiki Sunday Special



Free Reiki

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 (8/31/24, 8pm 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 Saturday, 8/31/24
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 inquiries.

The intention this month is for positive opportunities.

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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