



Welcome to Rest, Relaxation, and Reiki

I'm honored to share Reiki with you.

December 2020 Reiki Newsletter

Hello,

Hope that all of you are doing well.

This past month have been working more with angels, guides, and being of light/love. With everything going on, more of them are coming forth in the sessions. The angels have been my favorites to work with since they are the easiest ones for me to connect to. They've been bringing gifts and more messages for people receiving the energy. The vibrations from them are of peace and hope. Although I have said that my **Reiki Sunday Specials** are my favorite sessions to do (outside of attunements :); am now going to say that **Angel Reiki Sessions** and **Angel Reiki Attunements** have moved up to that spot as well. Knowing that angels are around helping us at this time gives some comfort that is much needed. The **Reiki to Connect with Angels** playlist may also help you with being aware of them and their frequencies.

There will be a livestream this weekend (Sunday, 12/13/20) on my **Youtube** channel at 1:00pm est. This is my opportunity to answer questions and talk about energy. Looking forward to meeting with everyone who can make it!



Angel Reiki Session

Angel Reiki Session



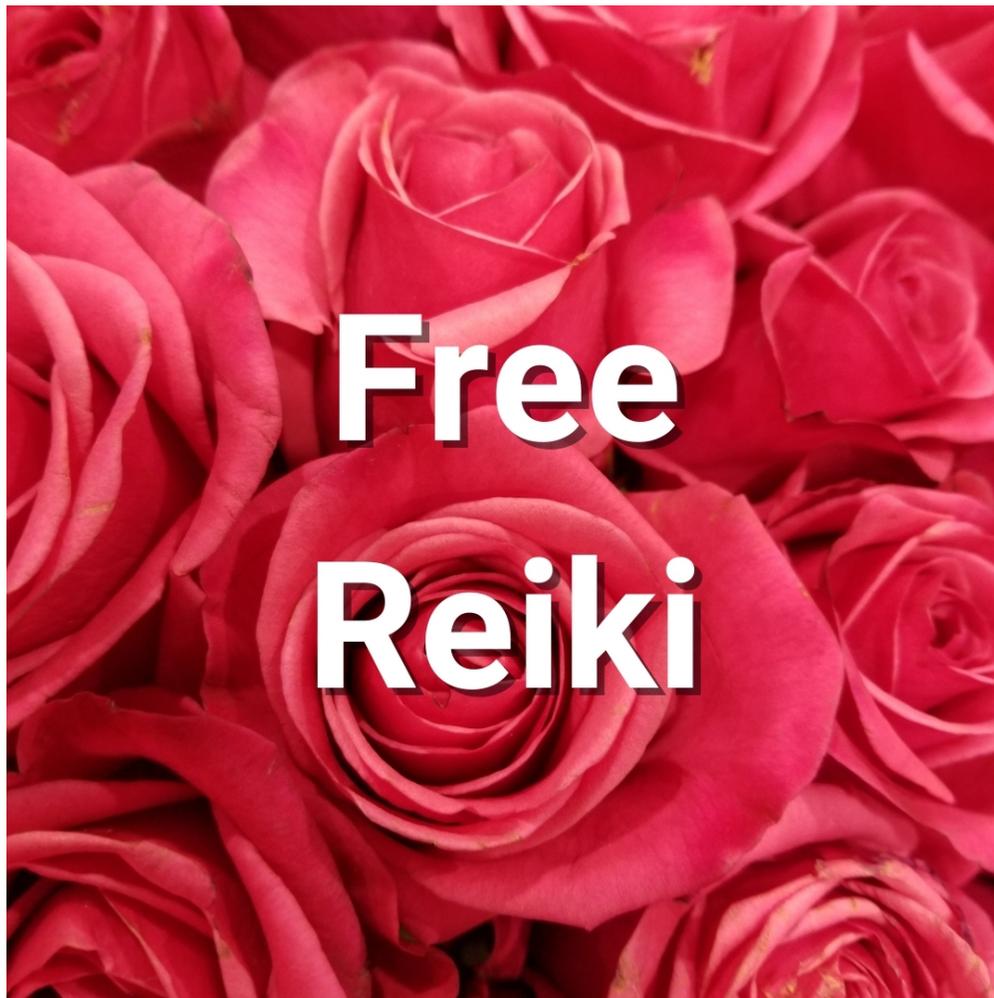
December Reiki Sunday Special

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On Sunday, December 20th, will send Reiki to everyone who purchases this special for 60 minutes at 8pm in the time zone of those who purchase it. **The intention is to bring in more prosperity.** Societies and our environment (including family) can keep us locked in limiting beliefs that prevent us from receiving abundance. Opening up to prosperity allows us to feel better and enjoy life more.

For more information, click on the button below.

[December Reiki Sunday Special](#)



Instructions to Receive Free Reiki

New Update to Free Reiki:

To receive the Reiki (on Saturday, December 12th, at 10pm EST), **only** send an email to the address below :

Please note that the ReikiLourdes2019@gmail is only used for the free Reiki group sessions.

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

Due to the amount of emails received, you may not receive a response to an email, but all be looked at. 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 about sessions, services, or general information.

The intention this month is Reiki for Joy. To accompany this energy try using the [Reiki for Joy](#) 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 this Reiki until 9:30pm, EST on Saturday, 12/12/20. After that, no one will not look at the emails. 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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