

December 2022 Reiki Newsletter

Hello,

Hope that everyone is doing well. When thinking about the holiday season in the US, I pondered how there is the message to buy and to give. The problem with that (besides making the holidays about profit) is that for many of us in this community, is that we give more than we should. The challenge is in receiving. We don't know how to receive. Whether it is help from someone or the universe, we do things ourselves, and often in detriment to our needs. Many of us can't even receive a complement well. We feel uncomfortable and try to diminish them.

This season, let us practice receiving. If someone complements you, say thank you and leave it at that. Let someone open the door for you, help you with packages, or even send a prayer/positive vibes for you. When you let others help you, you may be helping them with their karmic lesson. They may need to learn to give more help and if we do everything ourselves, they don't learn.

This season, try to let yourself receive and you can start by using the **Reiki to Be a Better Receiver Playlist**.

Thank you to everyone who has been showing up at the impromptu livestreams. My goal is to do one a week on **Rest, Relaxation, Reiki** and one on **Transformational Vibrations** when it reaches 1K subscribers. The livestreams are my way of connecting with all who can make it. Every week the energy is different and the energy channeled is specific to that time period.

Wishing everyone a love filled and peaceful holiday season!

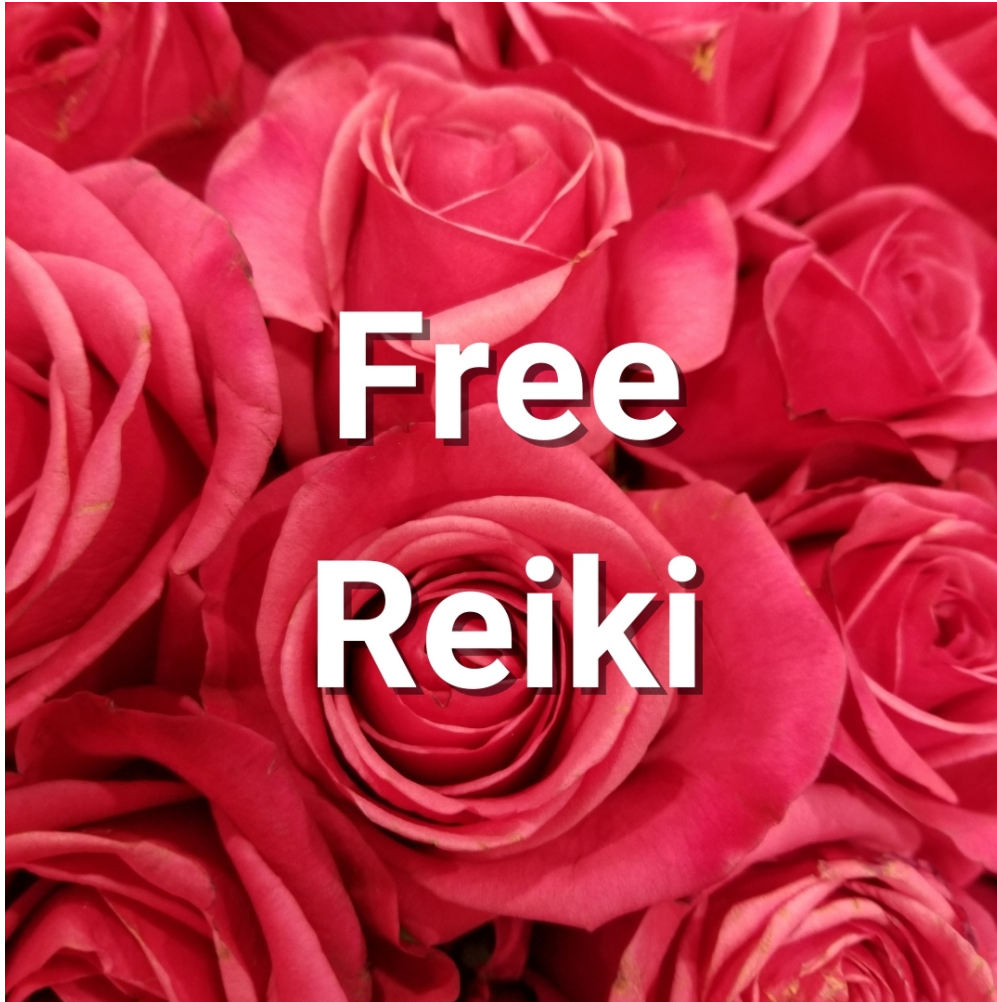
Blessings,



December 2022 Reiki Special

This month's intention is to bring in more blessings for the New Year. Included in this goal are love, health, peace, and prosperity. These specials are a great way to receive some TLC for yourself. For one hour you can let the energy wash over you and benefit from self-care. Besides the energy, there is Reiki infused photo included with the notes of the group session. To learn more about this hour special go to the link below.

[December Reiki Special](#)



Instructions to Receive Free Reiki

Please read the information below:

To receive the Reiki (on Saturday, December 17th, 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 7:30pm, EST on Saturday, December 17th After that, emails 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 finding moments of peace in your life.

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 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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