



Welcome to Rest,
Relaxation, and Reiki

I'm honored to share Reiki with you.

February 2019 Subscriber Newsletter



New Session Bundles

I'm very excited to announce that I now offer 2 different Energy Session Bundles on my website! Each bundle includes 3 energy sessions, and saves you money if you were to buy all 3 sessions separately.

The first bundle is for 3 Distance Reiki Sessions. The second bundle is an Energy Clearing Bundle that has an Energy Clearing Session, Past Life Session, and Birth Trauma Session. The bundled sessions can be taken together in one month, or spaced months apart. They can even be divided between different people!

Click the link below for more information on each bundle.

[**Energy Bundle Sessions**](#)

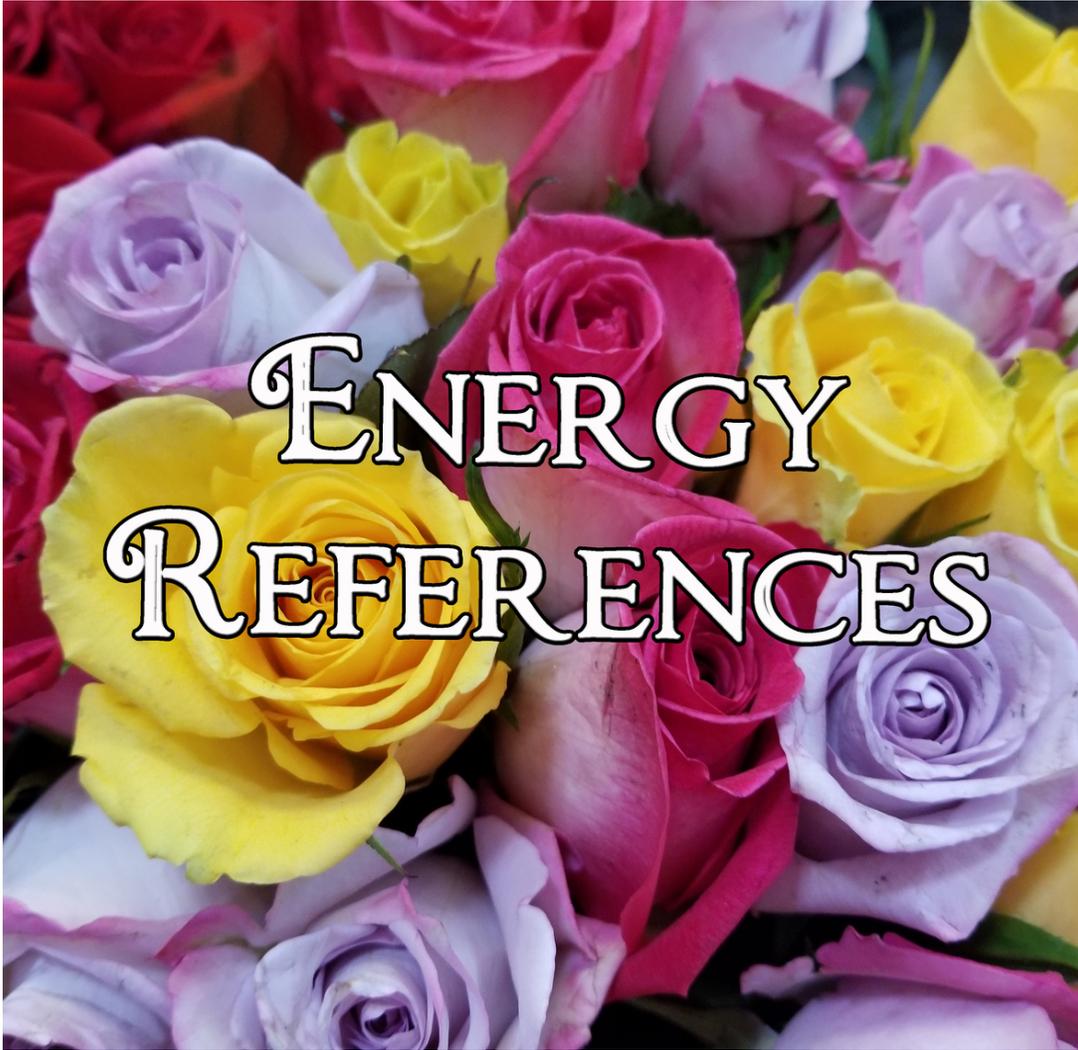


New Blog!

I was guided to create a blog where I can go and talk about the energy being felt around us at a given time. Usually when I hear from people, it never fails that many people are having the same challenges at the same time!

This week's blog post is about how mental/emotional challenges are manifesting physically in the home or work place. Of course as with anything I do, the blog is filled with Reiki :)

[Blog Post](#)



Energy References

When trying to learn about energy, it can be daunting to decide who to learn from; there are a large number of people teaching and numerous sources of information out there, but not everyone shares the same ethics. I would like to suggest some companies that I have bought from that are reputable:

MindValley

Hay House

Sounds True

Each of these companies offer different classes and products (some are even free!) that can help you lead a more fulfilling life.



Free Reiki*

The Reiki sent this month is for good luck :)

To receive the Reiki (on Saturday, 3/2/19 at 8:00pm EST), please send me an email with the subject line Free Reiki to **this address only:**
restrelaxationreiki@gmail.com.

You can sign up to receive it until 7:59pm, EST on Saturday 3/2/19.

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

The 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.

*Reiki is not a medical treatment, but is a complementary energy modality that works best when used with allopathic medicine.

Blessings,

Lourdes



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