



## Welcome to Rest, Relaxation, and Reiki

I'm honored to share Reiki with you.

### February 2021 Reiki Newsletter

Hello,

Hope that all of you are doing well.

This month, I am happy to announce that there are two different ways to receive free Reiki from me. The first is the usual free offering at the bottom of this email. The 2nd free offering is on my Instagram and Facebook pages (post from 2/15/21). I am doing a collaboration with other Reiki Masters which we are all excited about. Please go to either my [Facebook page](#) or [Instagram page](#) for all the details on my post dated 2/15/21.

Will be doing a livestream on my [Youtube channel](#) this Sunday, 2/21/21 at 1:00pm est. Questions will be answered, there will be some "Energy Crafts" for luck, as well as games to develop psychic senses. Looking forward to meeting any who can make it!

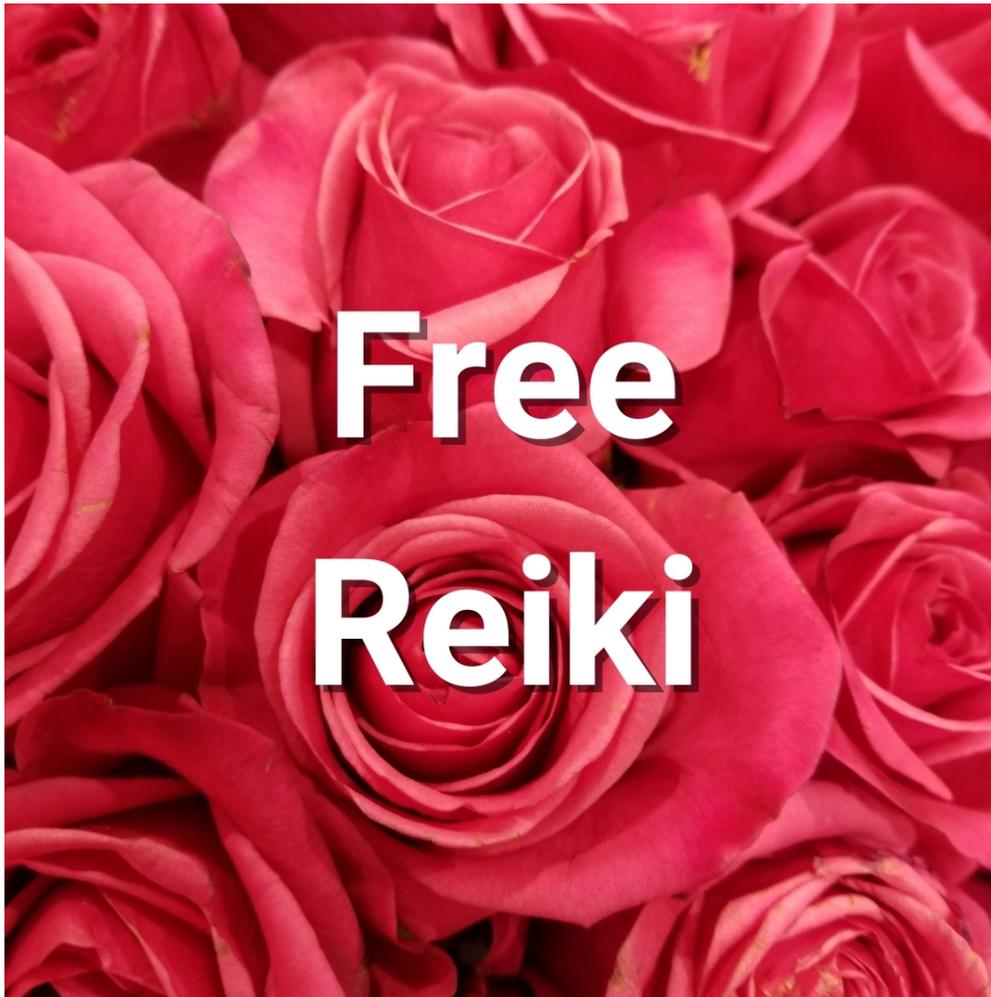
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This month's Reiki Sunday Special give you the choice of two intentions. You can pick Reiki for Your Highest Good or Reiki for Love. The energy will be sent on Sunday, 2/28/21 at 8pm your time. The session lasts 60 minutes and I send notes after the session. For more information click the button below.

**February Reiki Sunday Special**

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**Instructions to Receive Free Reiki, please read all the information.**

**New Update to Free Reiki Date:**

To receive the Reiki (on Saturday, Feb 27th, at 8:00pm EST), **only** send an email to the address below :

***ReikiLourdes2019@gmail.com***

**Please note that the ReikiLourdes2019@gmail is only used for the free Reiki from the Newsletter.**

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

**Due to the amount of emails received, I may not respond to emails, but will look at them.** After the free Reiki is sent, all emails will be deleted. The 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 the Reiki to love yourself.**

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 7:00pm, EST on Saturday, 2/27/21.**

After 7:00pm the emails in that address will not be looked at until the next newsletter.

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

Blessings, Lourdes

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\*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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