

February 2023 Reiki Newsletter

Hello,

Hope that everyone is doing well. In February, Valentines Day is a day where most people think about romantic love. The focus I like to put on this month is about self-love. Loving ourselves allows to feel better and attract more of the people we want in our lives. The challenge is that most of us put others first and ignore ourselves. One way to love ourselves is through self care. Simple things like drinking water is one way that we can do this. If possible going to sleep even 10 minutes earlier may help. Also using Reiki videos like those in the [Reiki for Self Healing](#) playlist is another. How do you love yourself?

Thanks to everyone who has been showing up at the impromptu livestreams on both channels. Been enjoying sharing Reiki and chatting with all of you who are able to make it. Been working on sharing different energy on each livestream so that it helps more people My goal is to do one a week on [Rest, Relaxation, Reiki](#) and one on [Transformational Vibrations](#). Still haven't set a schedule, but once I do, will announce it.

Am working on producing one new video each week for each channel. Thank you very much to all who are letting the ads play in the beginning and the end. That makes a big difference in the YouTube world to help get the Reiki videos out to more people.

Wishing everyone a love filled month!

Blessings,

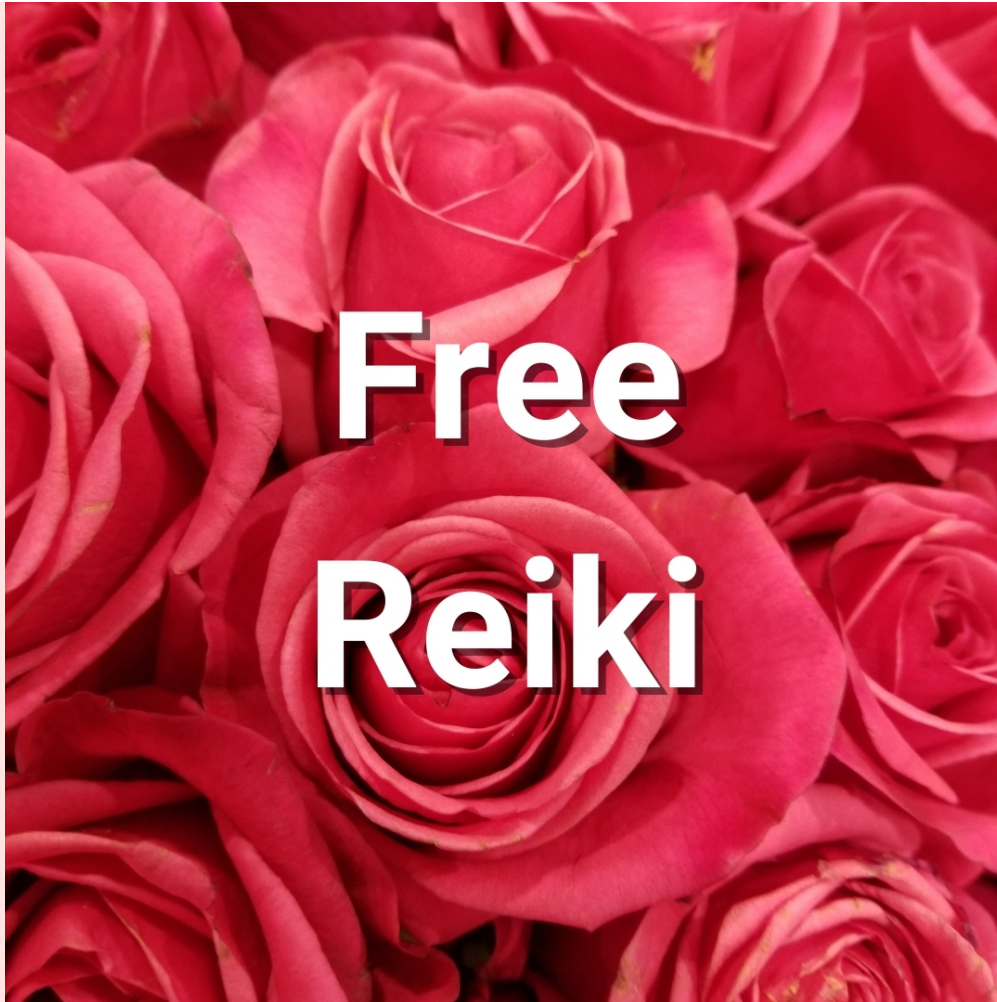


February 2023 Reiki Sunday Special

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The February Reiki Sunday Special is a 60 minute group Reiki session. This month's goal is to assist with not only loving yourself more, but in attracting people who will do the same. There is a private playlist for all who purchase this session. Once the session is done and notes are sent, there will also be a Reiki Infused photo for the group to help continue the energy throughout the year. The link below has more information.

[February Reiki Special](#)



Instructions to Receive Free Reiki

Please read the information below.

To receive the Reiki (on Saturday, February 18, 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 February 18* 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 achieving intentions and goals

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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