

## February 2024 Reiki Newsletter

Hello,

Hope that everyone is doing well.

First of all thank you to all who are becoming part of the Metaphysical Life Community. Each of my YouTube channels has its own vibration and this newest one is just as positive as the other two! All are like my children to me : ). **Rest, Relaxation, Reiki** is the foundation channel which has a little bit of everything, but mostly focuses on day to day issues we may have. **Transformational Vibrations** uses advanced energy techniques to assist with spiritual development and quality of life. **Metaphysical Life** is about using energetic tools with energy to feel better and be happier.

Thank you to all for your support of both of my channels. Letting the ads play, liking videos, subscribing, super thanks, superstickers, and donations are all appreciated. They make a big

difference and I am very grateful to be part of such a wonderful, kind, and loving community.

Am doing livestreams on Mondays on **Rest, Relaxation, Reiki** and on Fridays at **Transformational Vibrations** Usually have them both at 1:000pm, est. **Metaphysical Life** will be at 1:45pm est on Fridays at this time. Or you can check the Community Tab on all 3 channels (usually post about livestreams around 9am est the day of the livestream).

Am looking forward to sharing more with all of you!



*11 Dimensions Activation*

During this session I will go through your 11 dimensions to activate energetic healing codes, release blockages, and bring in light from source so that your soul and spirit feel renewed, rested, and yet rejuvenated. This remarkable session harnesses the

forces of 11 dimensions to activate your inner energy and elevate your spirit to new heights. Each dimension builds on the last until you engulfed in each dimension with the vibrant energy of Reiki and Absolute White Light. This is a wonderful way to enhance your spiritual growth as well as your psychic gifts. Click the link below for more information.

[11 Dimensions Activation](#)

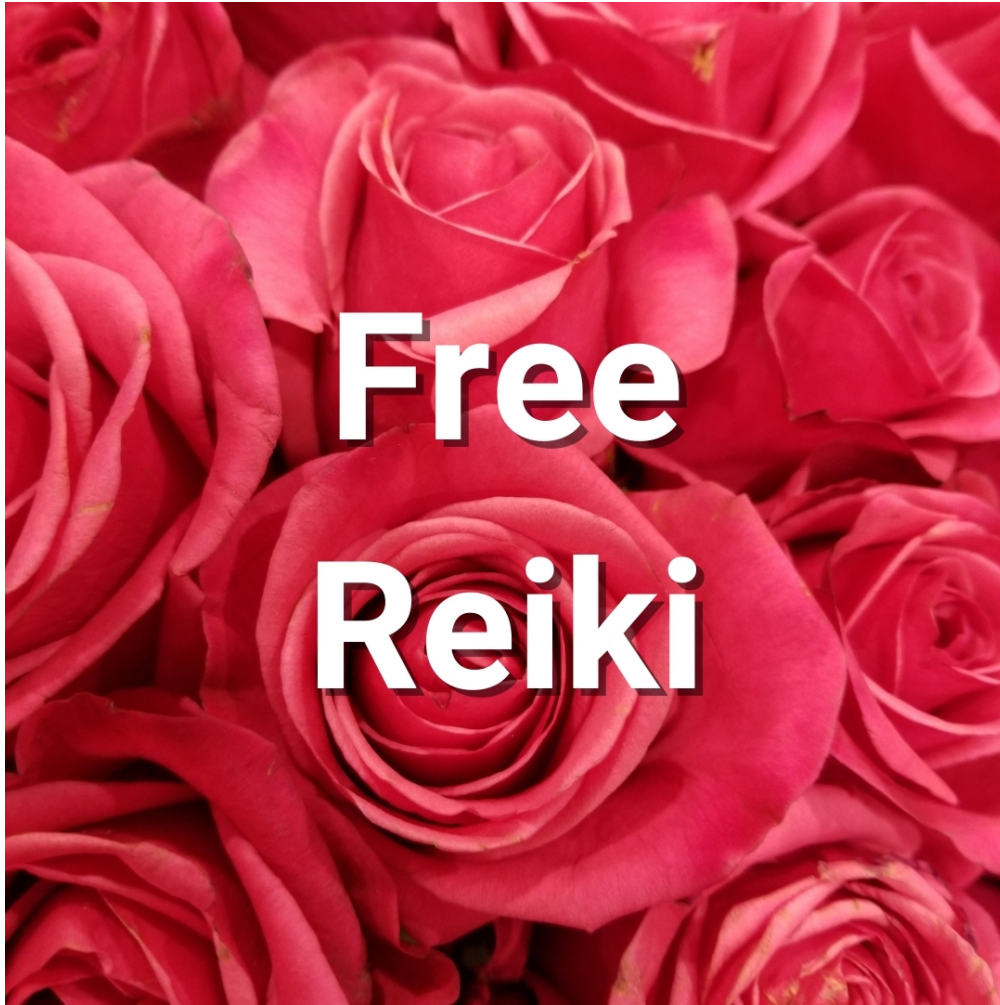


*February 2024 Reiki Sunday Special*

The February monthly special is focused on energy that will assist with finding love wherever you go. The goal is to assist you energetically in boosting your ability to find loving people and situations. The energy may come across as people being nicer/friendlier, you finding it easier to find helpful people and of course encountering more people (including family) that will deepen loving relationships. Click the link below for more information.



February 2024 Reiki Sunday Special



### **Instructions to Receive Free Reiki**

**Please read the information below. Check out dates and times to sign up. You can only sign up after this email has been read. Any emails received before this email goes out, will be disregarded.**

To receive the Reiki on Saturday (2/17/24, 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 6:00pm, EST on Saturday, 2/17/24 After that time, emails received 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 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.

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, psychological, emotional, or physical 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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