



Welcome to Rest, Relaxation, and Reiki

I'm honored to share Reiki with you.

January 2021 Reiki Newsletter

Hello,

Hope that all of you are doing well.

While writing this newsletter the message I received from the universe was to find ways to keep fear and anxiety at bay. Dr. Sanjay Gupta recommends learning something new to distract us. For me that means trying new exercise videos and checking out different books on new topics (soul shifting is my latest one :)

Energetically, you can use **Reiki to Transmute Fears into Positive Energy**
Try it with **Reiki for Calming Fears**.

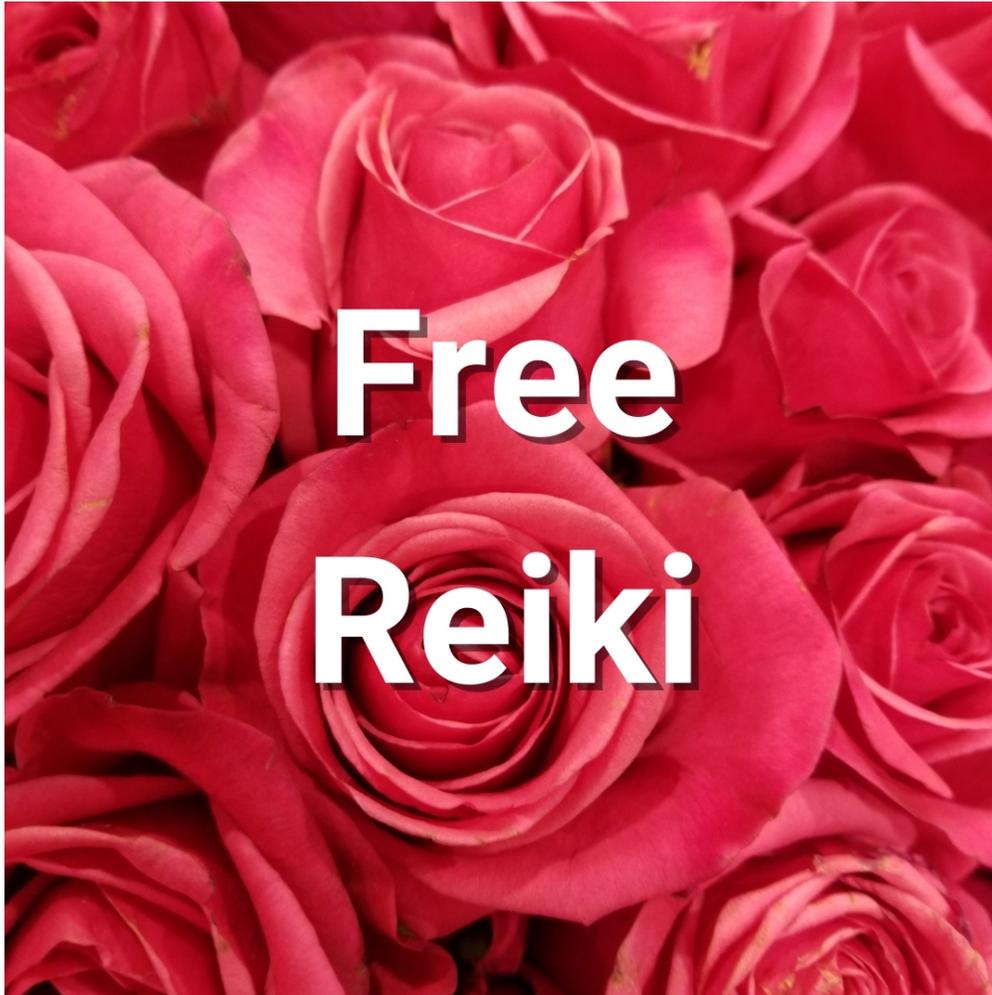
There will be a livestream this weekend (Sunday, 1/17/21) on my **Youtube** channel at 1:00pm est. Hope to have enough time to answer questions sent to me as well as play some energy games :)

In February will open up the opportunity to purchase personalized videos for a limited time. The start date will be announced on my social media pages.



This month's Reiki Sunday Special focuses on "Go/Releasing Anything Holding You Back". This can include, but not limited to, a limiting belief, energy from our environment, or even ties from our families. The energy will be sent on Sunday, 1/31/21 at 8pm your time. For more information click the button below.

[January 2021 Reiki Sunday Special](#)



Instructions to Receive Free Reiki

New Update to Free Reiki:

To receive the Reiki (on Saturday, 16th, 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 go to your highest good.

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, 1/16/21. 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

*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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