



Welcome to Rest, Relaxation, and Reiki

I'm honored to share Reiki with you.

January 2024 Reiki Newsletter

Hello,

Hope that everyone is doing well.

The New Year brings the opportunity to start over, try new things, and work on being our best. For me this usually means trying to find ways to accomplish more and yet find the time to stop and breathe. One way I try to breathe more is look out the window and look at the sky, trees, birds, clouds, and sun. Even if it just a moment, seeing everything, connects me to the energy of the universe in a very visceral way. What are your goals for this year? Is there anything you want to accomplish? Here is the [link](#) to the Energy for Manifesting Playlist to assist you with your goals.

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.

Right now, am doing livestreams on Mondays on **Rest, Relaxation, Reiki** and on Fridays at **Transformational Vibrations** Usually have

them both at 1:000pm. But the time may change (depending on appointments), and the best way to find out when they are happening is to subscribe to the channels, click on the notifications bell and then click on receive all notifications. Or you can check the Community Tab on both channels (usually post about livestreams around 9am est the day of the livestream).

Am looking forward to sharing more with all of you!

Wishing everyone a New Year filled with may wonderful and unexpected blessings!



Reiki Infused Items

Experience and extraordinary offering: Archangel Reiki Session. Embark on a transformative journey of healing and enlightenment with this specially crafted sessions. This Archangel Reiki Reiki Session aims to clear blockages, restore vitality, and promote overall well-being with the guidance of the Archangel of your choice. If you aren't

sure of which archangel would benefit you the most, choose the option where Lourdes picks for you. Experience the divine connection and profound healing potential with The Archangel Reiki Sessions today. Click the button below for more information.

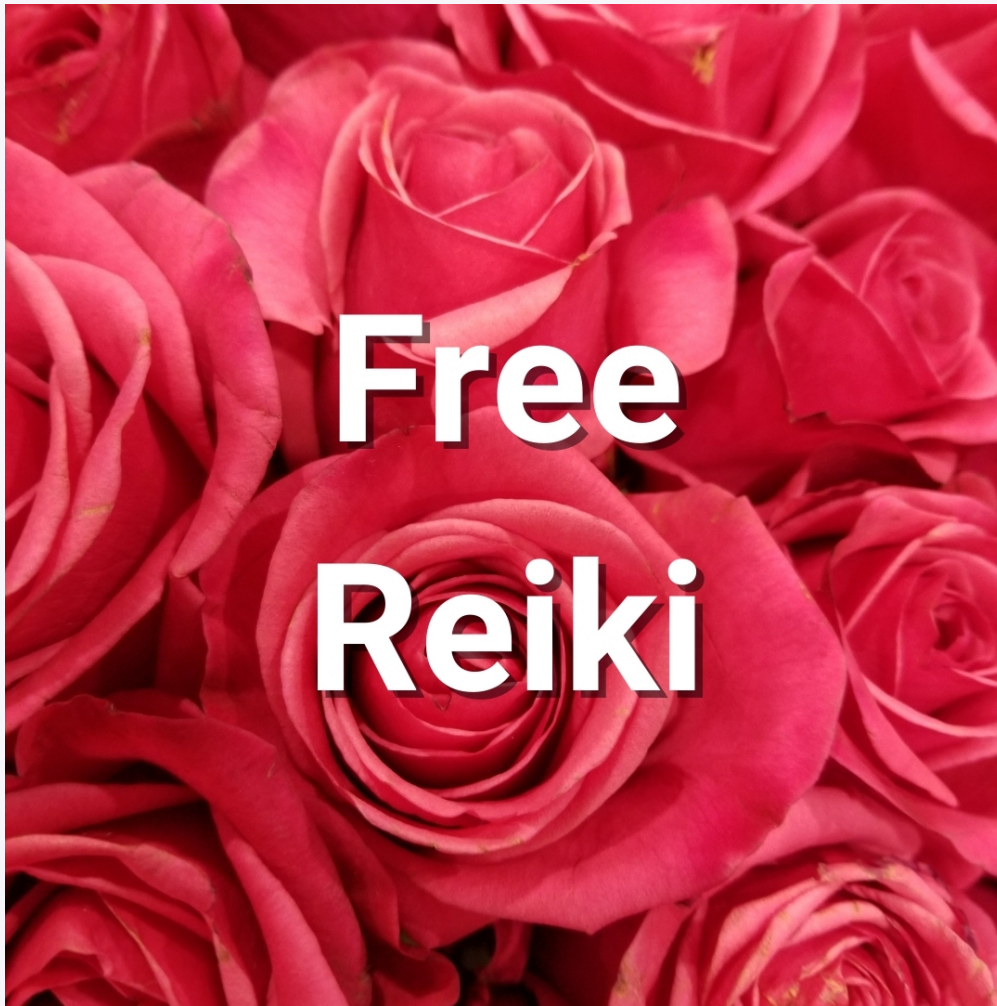
[Archangel Reiki Session](#)



January 2024 Reiki Sunday Special

Introducing the January Reiki Sunday Special, a unique monthly offering that will bring the energy of increased prosperity for the New Year, 2024 . Lourdes will assist you energetically from the comfort of your home in attracting more prosperity in your life. These wonderful vibrations start flowing to you the moment you purchase the session! Click the link below for more information.

[January 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 (1/20/24, 8pm EST), **only** send an email to the address below :

ReikiLourdes2019@gmail.com

Please note that the [ReikiLourdes2019@gmail](mailto:ReikiLourdes2019@gmail.com) 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, 1/20/24 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 for a positive outlook.

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, 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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