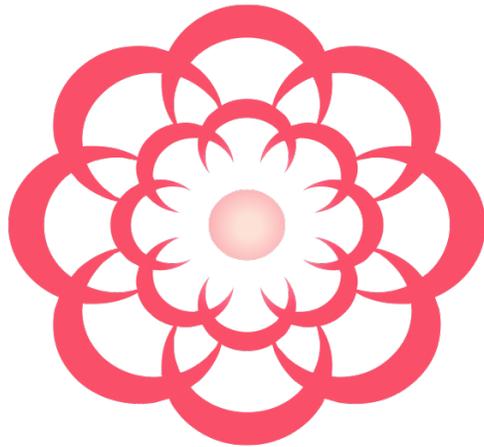




Welcome to Rest,
Relaxation, and Reiki

I'm honored to share Reiki with you.



July 2021 Reiki Newsletter

Hello,

Hope that all of you are doing well. Since it is very warm, I spend more time indoors which means more introspection and therefore more cleaning. Cleaning is my way way of not only clearing physical clutter, but also mental clutter as well. As I release things, I make energy for new things to come in including ideas. Do you find de-cluttering as therapeutic as I do? If you do, let me know during the livestream or leave a comment under a post on YouTube.

Speaking of YouTube, hope that everyone is enjoying the new video

compilations. If you have missed any, you can find them at this [playlist](#). There will be another new one posted this Thursday morning between 10am - 11am est.

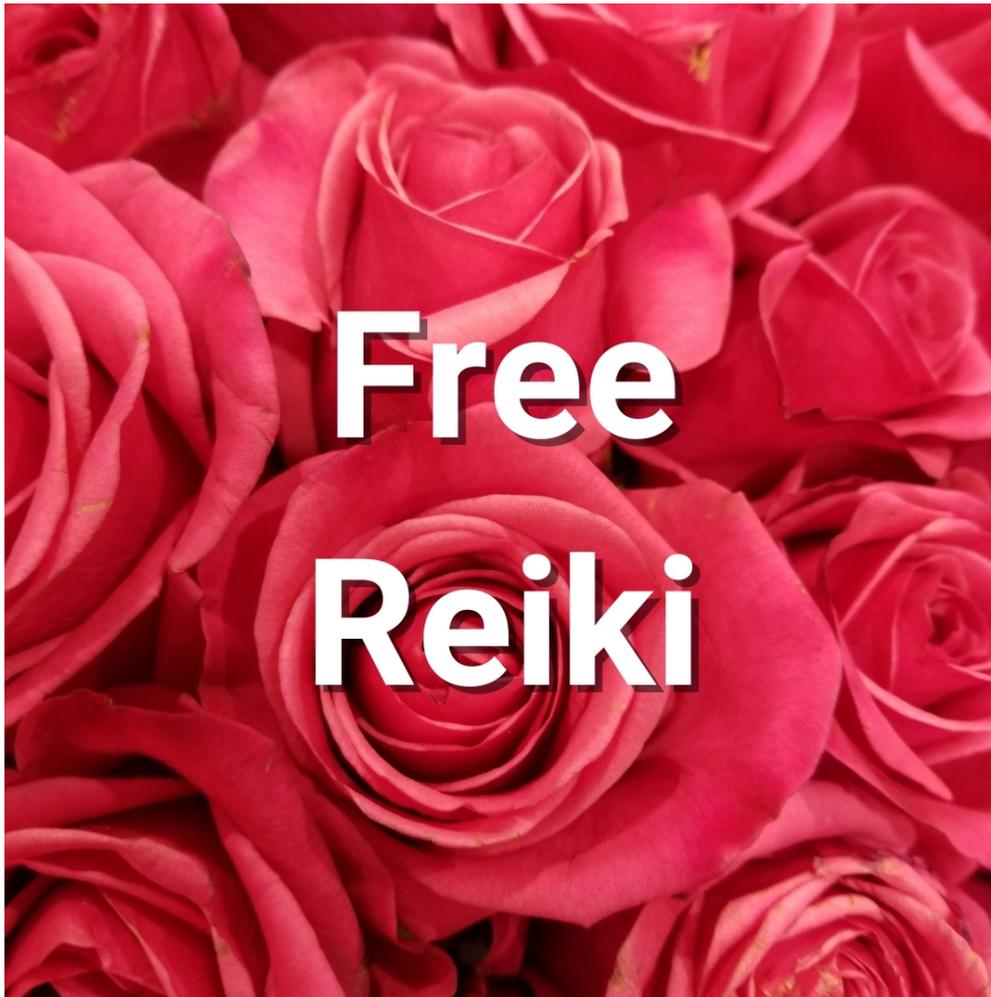
Will be doing a livestream on my [Youtube channel](#) Sunday, 7/25/21 at 1:00pm est. There will be an "Energy Craft" as well as new games to develop psychic senses. Looking forward to meeting any who can make it!



July 2021 Reiki Saturday Special

This month's Reiki Saturday Special's intention is to bring more miracles into our lives. This theme came in very strongly and I look forward to sharing this energy. The energy will be sent on Saturday, 7/31 at 8pm your time. The session lasts 60 minutes and I send notes after the session. For more information click the button below.

[July Reiki Saturday Special](#)



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

To receive the Reiki (on Saturday, 7/24/21 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 to experience more kindness.*

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, 7/24/21. 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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