

Welcome to Rest,  
Relaxation, and Reiki

I'm honored to share Reiki with you.

## July 2022 Reiki Newsletter

Hello,

Hope that everyone is doing well. Been working on new videos which come out on Tuesdays. Compilations take a lot of time and lately haven't had the time to produce them. That being the case, am producing the shorter ones on Tuesdays. Fridays are still the day for the 6 hour videos. Many of you are liking these longer videos and am hoping that they help with faster results.

This week's livestream will be on Saturday, 7/23/22 at 1:00pm est. They may be on Saturdays for the summer since my family is enjoying spending time with each other on Sundays. As usual hope to have psychic games and talk about energy work. Looking forward to chatting with all who can make it.

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*July 2022 Reiki Sunday Special*

This month's theme is Energy to Open Your Energy Fields to Receive More Good in Your Life. The energy starts flowing as soon as you purchase a session. Will channel the strongest energy possible for this intention. The special rate this month is \$35.00 for a one hour Reiki group session. It will take place on Sunday 7/31/22 at 8:00pm your time. It can be purchased till 7:00pm est on 7/31/22. For more information, click on the link below.

**July 2022 Reiki Sunday Special**

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*Sweetgrass Protection and Positivity Session*

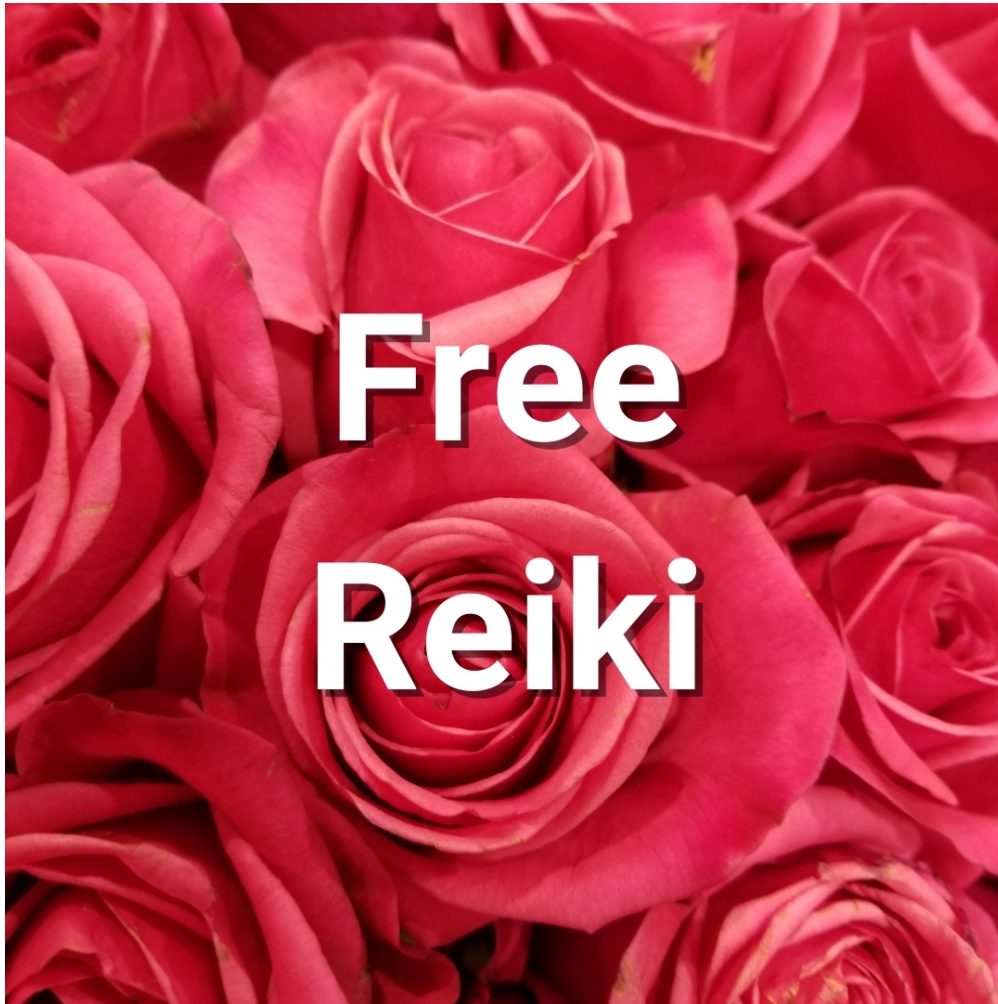
### **Sweetgrass Protection and Positivity Session**

Sweetgrass is not only used for clearing spaces/people/things, but to also bring in positive energy to people and places. This session is to help clear the negative "cobwebs" in your energy field and bring in positive energy in their place. For more information, click on the link below.

**Sweetgrass Protection and Positivity Session**

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## **Instructions to Receive Free Reiki**

**Please read the information below:**

To receive the Reiki (on Saturday, July 23, 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, July 23rd** 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](http://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 the Reiki for the brightest future**

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 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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