

Welcome to Rest, Relaxation, and Reiki

I'm honored to share Reiki with you.

June 2023 Reiki Newsletter

Hello,

Hope that everyone is doing well. The temperatures on the earth have been the warmest they have ever been, so for everyone who is experiencing the heat, please make sure to drink lots of water.

I have been previewing the energy of the weekly YouTube videos by going through the introduction in the previous livestream. That means that for the new videos on Rest, Relaxation, and Reiki (Thursdays) the livestream that Monday's will talk about the energy. The good thing about the livestreams is that I can also answer questions about the upcoming videos as well. The Friday livestreams on Transformational vibrations carries the energies of the following Tuesday's video. If you are enjoying this format, let me know. Am always trying to find new ways to help everyone.

Right now, am doing livestreams on Mondays on **Rest, Relaxation, Reiki** and on Fridays at ***Transformational Vibrations*** Since the time may change (depending on appointments), 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).

Am looking forward to sharing more with all of you!

Wishing everyone a month filled hope, love, and peace.

Blessings,



July 2023 Reiki Special

This month the special will focus on energy to improve your life. This can come across as a better job, improved relationships, more luck, and much more. As usual, have already started sending energy to those who have purchased the session. As with all group sessions (they are 60 minutes long), Reiki will start flowing for this intention as soon as the session is purchased. A link to a private playlist for this session will be sent to all who purchase it. To learn more about this session click on the link below.

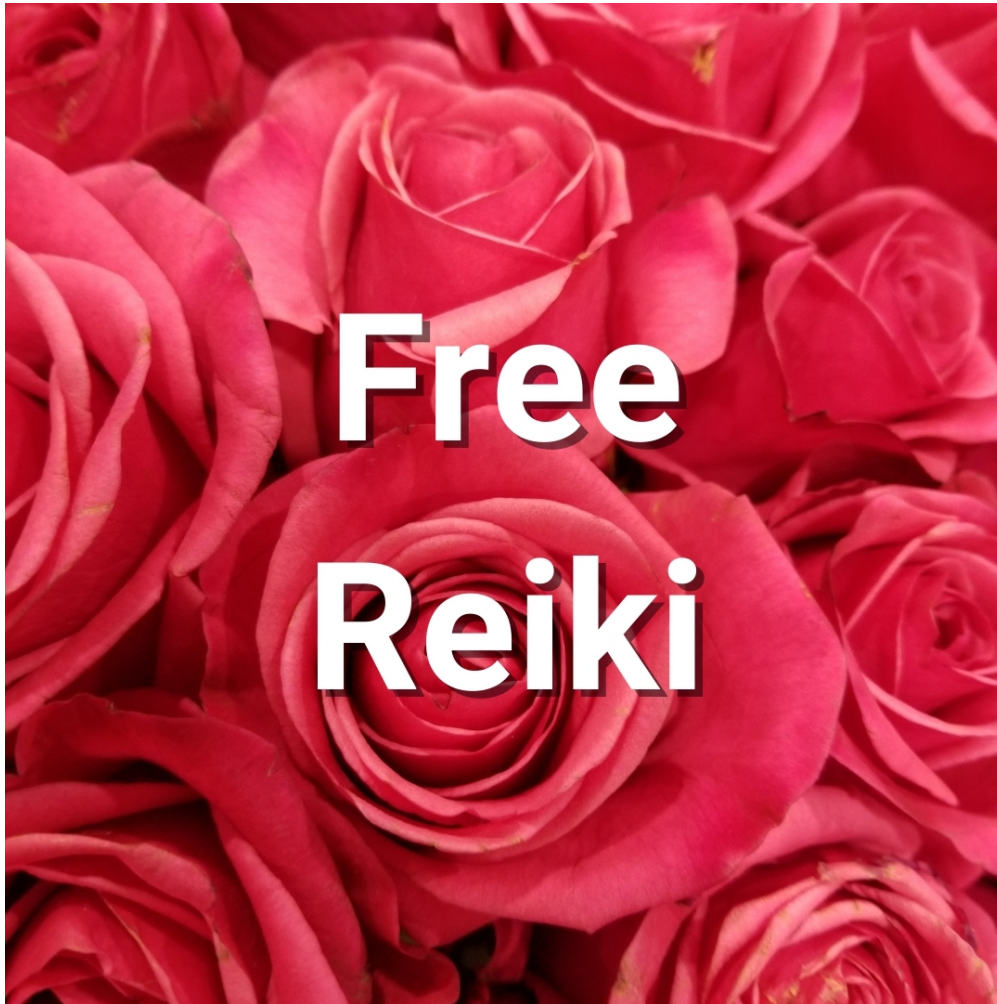
[**July Reiki Special**](#)

Archangel Barachiel Session

Pyramid Energy Infusion Session

Archangel Barachiel is known as "The Divine Facilitator of Miraculous Occurrences". "Barachiel can be asked to help with achieving success in all areas of your life.." As with all angels, AA Barachiel, wants to help us see the lighter side of life and often works through humor. To learn more, click on the link below.

[Archangel Barachiel Session](#)



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 (7/22/23, 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 6:00pm, EST on Sunday, Saturday, 7/22/23 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 help you relax.

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 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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