



July 2024 Reiki Newsletter

Hello,

Hope that everyone is doing well.

What do you want more of in your life? This is something my daughter and I discussed most of June. Many of us think of things when we think about this and that is normal. Things like money can make life easier. But I was thinking of emotions. I want to feel happier, more at peace, experience more joyful moments, and feel better about myself. This brought about the July 2024 Reiki Sunday Special (below), because many of us want to feel better about ourselves. So I ask again, what do you want more of in your life?

Am posting videos on Thursdays on **Rest, Relaxation, Reiki*** and on Tuesday's at **Transformational Vibrations***. videos will be coming out on Sundays. **Metaphysical Life** videos will be coming out on Sundays. You can check the Community Tab on all 3 channels see the new videos coming out. Am looking forward to sharing more with all of you!



July 2024 Reiki Sunday Special

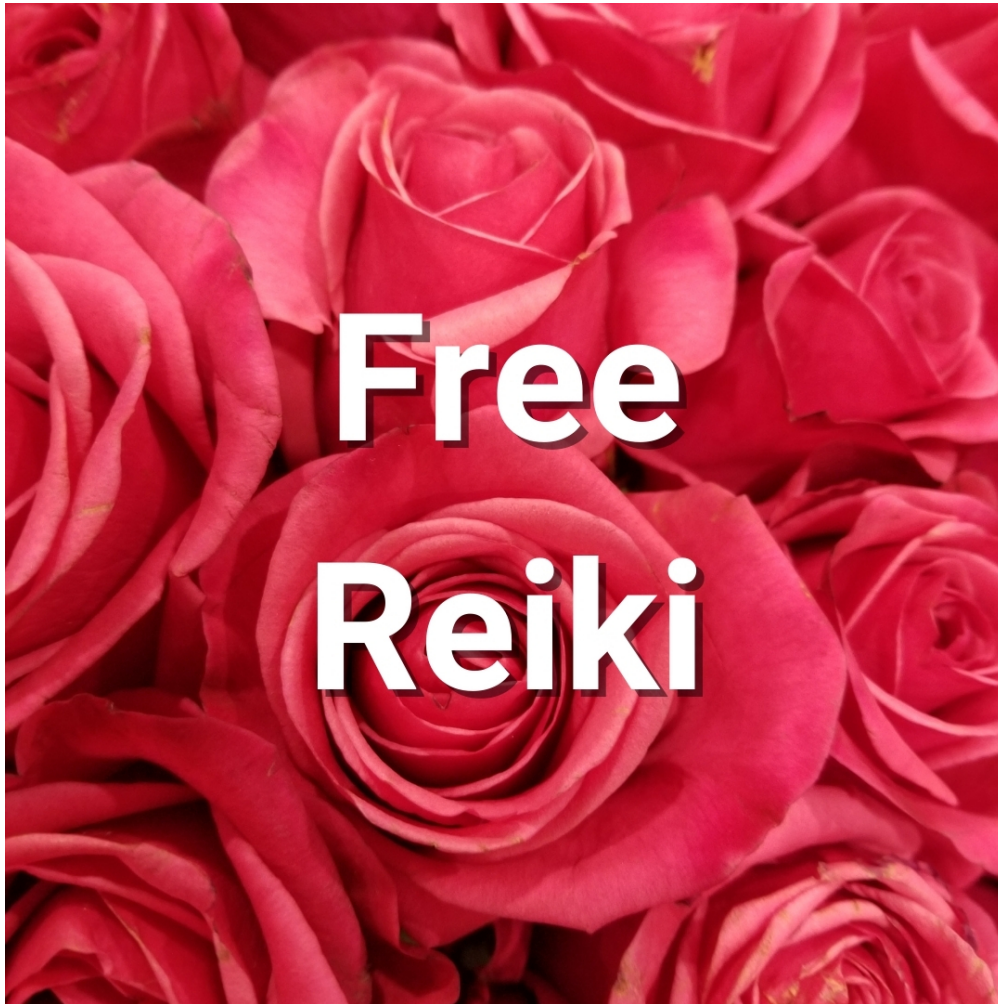
This limited-time offer provides a unique opportunity to relax, rejuvenate, and realign your mind, body, and spirit. This 60 minute group session will focus on Energy to Feel Better About Yourself. Many of us don't feel good about ourselves for many different reasons. We may not feel good physically, emotionally, or mentally. This session will focus on raising your vibrations to improve your outlook on yourself. My goal is to help you release negative energy and promote a more positive image of yourself. Click the button below for more information.

[July 2024 Reiki Sunday Special](#)



Experience the transformative power of Chintamani Distance Reiki Session for Manifesting. This session will use the energy of the Chintamani stone along with Reiki to assist you with the manifestation of your goals. Chintamani is a legendary stone that uses alchemical vibrations along with your higher self to bring you closer to your desires. Click the link below for more information.

[Chintamani Distance Session for Manifesting](#)



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 (7/20/24, 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 Saturday, 7/20/24*
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 peace of mind.

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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