



Welcome to Rest,
Relaxation, and Reiki

I'm honored to share Reiki with you.

June 2019 Reiki Newsletter



Contact Page

Although this page is usually for anyone who is new to my site and services, it can also be used by anyone else who is trying to reach me and can't. I try to answer everyone within 24 hours, but sometimes an email doesn't come through (regular emails sometimes get delayed or lost in cyberspace). If that happens to you, sending a message again through the Contact page is the perfect way to reach me since these emails always come through.

[Contact Page](#)



New Instructions

To receive the Reiki (on Saturday, 6/29/19 at 8:00pm EST), send an email to ReikiLourdes2019@gmail.com with your name. Any emails sent to any other email address will not be included.

Free Reiki*

The Reiki sent this month is open your heart to love. This is not only love for others, but love of the universe as well.

The 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 it until 7:59pm, EST on Saturday 6/29/19.

Here is a [link](#) to a time converter for those in other time zones.

*Reiki is not a medical treatment, but is a complementary energy modality that works best when used with allopathic medicine.

Blessings,

Lourdes



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