



June 2020 Reiki Newsletter

Hello,

Hope all of you are well.

There are so many words to describe everything that has been happening the past few weeks in this country/world and none of them can describe all of them adequately. I find myself on a roller coaster of emotions and at times worn out from the energy.

There have been instances of **feeling powerless**, yet today's message to me during meditation was that "one person can make a difference". Gandhi, Martin Luther King, and Mother Teresa all came to mind.

In another meditation this week the message was to create a video for **Peaceful Forward Movement** which I posted on Youtube today.

Reiki and Meditation are helping me find ways to help this situation and I hope that they can help you. Here are links to the **Reiki for World Peace Playlist** as well as **Reiki for Justice** video that can help not only you, but many others at the same time.

Will be doing another Livestream Saturday, June 13 at 12:00pm EST on my **YouTube** channel. Will be happy to take any general Reiki energy questions and to chat about the world and how we can improve it. Love the opportunity to meet all who can make it!

Thank you for letting me be part of your lives!



June Reiki Sunday Special - \$65.00

June Reiki Sunday Special

For a limited time I am offering the **June Reiki Sunday Special!** For 2 Sundays in June (6/14/20 and 6/21/20). Will send Reiki to everyone who purchases this special for one hour on both dates at 8pm in the time zone of those who purchase it. The special price is \$65.00 for both sessions. This energy is intense and is one of my favorite sessions to do.

The intention is for Reiki to go where it is needed most. The energy will flow to whatever challenge or situation is affecting you and needing

attention at this time.

For more information click on the link below.

June Reiki Sunday Special



Instructions to Receive Free Reiki

To receive the Reiki (on Sunday,6/7/20 8:00pm EST), send an email only to the email below:

ReikiLourdes2019@gmail.com

Please note that the **[ReikiLourdes2019@gmail](mailto:ReikiLourdes2019@gmail.com)** is only used for **free**

Reiki. Please direct all other inquiries/comments/questions to Lourdes via this [link](#). If you send an email to another one of my email addresses, you will **NOT** be included in the free Reiki session.

The intention this month is Reiki to move forward with ease.

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 between 2:00pm EST on Wednesday 6/3/20 - 7:59pm, EST on Sunday, 6/7/20. Here is a [link](#) to a time converter for those in other time zones.

Blessings, Lourdes

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



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