



Welcome to Rest,  
Relaxation, and Reiki

I'm honored to share Reiki with you.

## **March 2019 Subscriber Newsletter**



### Free Website Resources

My website has many free resources and information that people aren't aware of. To bring awareness to these resources I will be focusing on a different section of my website for the next couple of months. By the end I hope you'll feel more informed and confident in your ability to navigate my website. This month the About Tab has center stage. The About tab has 5 drop-down menu options:

***About Lourdes, Blog, Donations, FAQ, and Testimonials.***

***About Lourdes*** gives more information on me, my experiences, and how they have led to what I do today. The ***Blog*** is updated weekly with information I am being guided to share with you in more detail than a social media post. ***Donations*** is a page requested by many who wished to show their appreciation for the Reiki

videos and photos. The **FAQ** page gives more detailed information on what to expect during Reiki Sessions, Reiki Classes, Readings, and other services I offer. Last but not least, **Testimonials**, are quotes from clients on what they have experienced from my services.

As with my entire website, each page is filled with Reiki so that you can enjoy the energy while reading and perusing the site.

[About Lourdes](#)



### **New Energy Session Bundles**

I'm very excited to announce that I now offer 3 different Energy Session Bundles on my website! Each bundle includes 3 energy sessions, and saves you money if you were to buy all 3 sessions separately.

The first bundle is for **3 Distance Reiki Sessions**. The second bundle, an **Energy Clearing Bundle** includes an Energy Clearing Session, Past Life Session, and

Birth Trauma Session. The Third Bundle is the ***Choose Your Own Sessions Bundle***. For this bundle you can pick any of the 3 sessions listed in the description.

The bundled sessions can be taken together in one month, or spaced months apart. They can even be divided between different people! All of the sessions can be for you alone, or you can shared them with others (1 person per session).

Click on the button below for more information on each bundle.

**Energy Bundle Sessions**



**Free Reiki\***

The Reiki sent this month is for Self Esteem.

To receive the Reiki (on Saturday, 3/23/19 at 8:00pm EST), please send me an

email with the subject line Free Reiki to **this address only:**  
**restrelaxationreiki@gmail.com.**

You can sign up to receive it until 7:59pm, EST on Saturday 3/23/19.

Here is a **link** to a time converter for those in other time zones.

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.

\*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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