



Welcome to Rest,  
Relaxation, and Reiki

I'm honored to share Reiki with you.

## March 2020 Reiki Newsletter

Hello!

Hope all of you are well. This year has been more interesting than I anticipated. Besides the crazy weather, illnesses, we are also in the midst of a Mercury Retrograde which has been challenging to say the least. How are all of you dealing with this energy? For me, limiting the news, receiving more energy (Reiki videos), and asking for help from the universe are assisting me in my quest not to pull out my hair : )

The playlists I am using the most are **Reiki for Anxiety and Stress**, **Reiki for Well-Being** and **Reiki for the Effects of a Mercury Retrograde**.

One session that I offer that many people are not aware of, is the **Reiki Session Without Notes**. This is a wonderful way to experience Reiki from me at a very low price. (\$40.00 for 45 minutes). Hope to share it with more of you!

Will be doing another Livestream this Sunday, March 8th at 12:00pm est on my **Youtube** channel. The focus will be on Reiki with crystals for well-

being and luck, but of course will be happy to take any general Reiki energy questions. Love the opportunity to meet all who can make it!

Thank you for letting me be part of your lives!

**Reiki Session Without Notes**



*March Reiki Sunday Special - \$65.00*

### **March Reiki Sunday Special**

This month there is a choice of themes, just like last month! This month you can use either luck or well-being as the intention!

As usual, the energy of these sessions is intense. You get one hour of the strongest energy I can channel on the two Sundays listed.

For a limited time you can purchase the **March Reiki Sunday Special** for

the following Sundays in March (both included), 3/22/20 and 3/29/20. I will send Reiki to everyone who has purchased this special for an hour, with the intention that you select! The Reiki reaches you at 8pm your time. Since the sessions are strong it is recommended that prepare to rest or go to sleep afterwards!

In order to offer this, this Special will only be available for purchase until 3/22/20. The special price is \$65.00 which includes both sessions.

For more information click on the link below.

[March Reiki Sunday Special](#)



## New Instructions to Receive Free Reiki

To receive the Reiki (on Sunday, 3/8/20 8:00pm EST), send an email **only** to:

***ReikiLourdes2019@gmail.com***

**Please note that this email is only for free Reiki. Please direct all other emails to me 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 Reiki sent this month is for luck. If you would like to intensify the energy, try using my playlist, **Reiki for Luck** during the session. Of course you can also receive the energy from the **Reiki Booster Videos** as well.

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 it until 7:59pm, EST on Sunday, 3/8/20. 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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