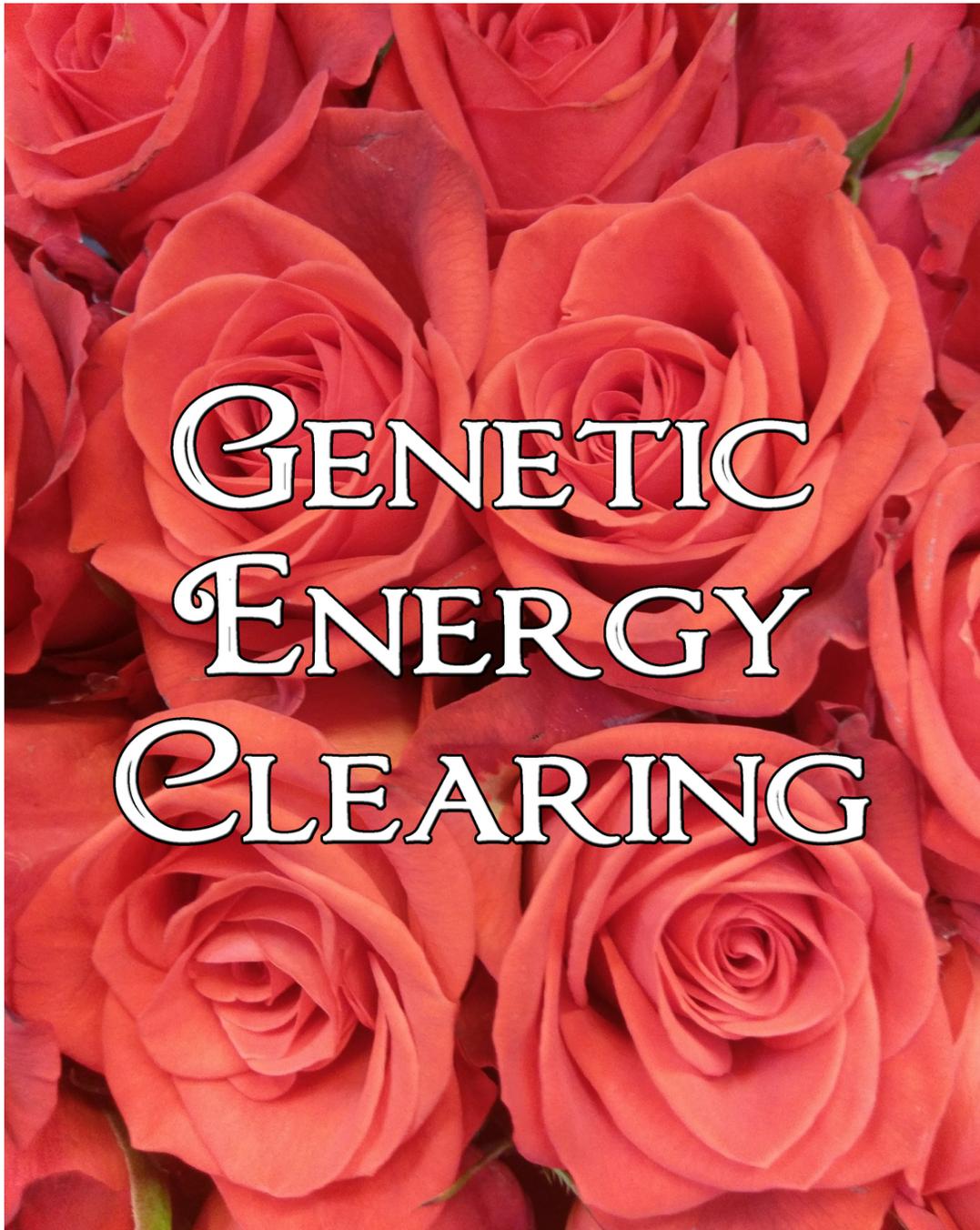


Welcome to Rest,
Relaxation, and Reiki

I'm honored to share Reiki with you.

May 2019 Reiki Newsletter

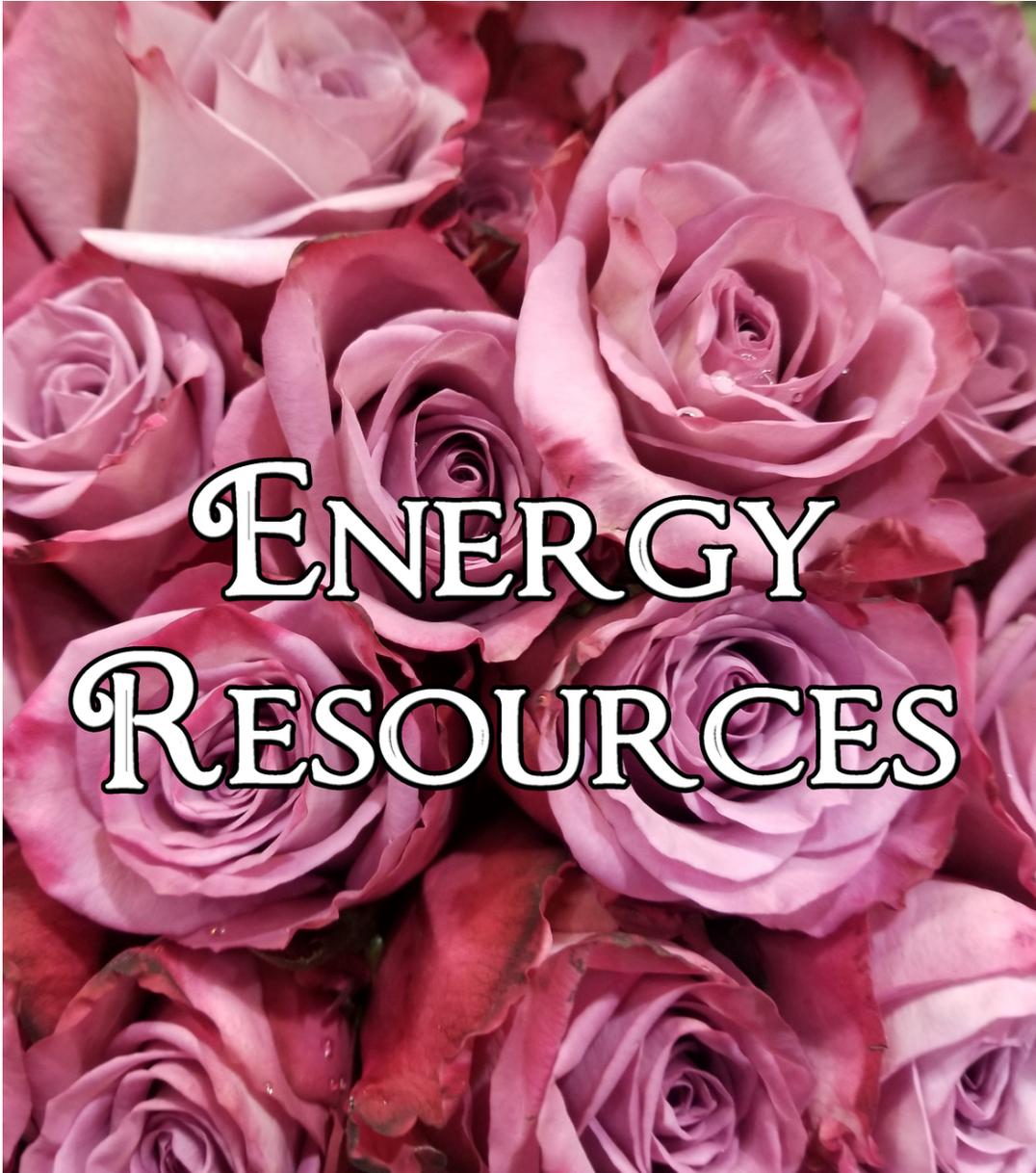


Genetic Energy Clearing

Energy patterns can be passed down from one generation to the next. These energy patterns can linger inside of your genes and energy field, affecting all areas of your life (health, love life, prosperity, and more).

This Reiki session focuses on releasing inherited energetic patterns that are affecting your energy field. By clearing these patterns on physical, mental, and emotional levels, your energy bodies will be able to repair themselves. Healthy energy fields are key towards manifesting the life of your dreams.

To learn more, please click on the button below.



Free Energy Resources

One of the most important sections of my website is Resources because it has free energy resources you can use to supplement your energy work: **Crystal Grids, Library, Recommendations, Reiki Infused Photos, Link to YouTube Videos**, and the **Newsletter Archive**.

Crystal Grids contains photos of crystal grids labeled by intention. Each photo

carries the energy of the crystals pictured. **Recommendations** are people/books/sites I suggest to anyone working with energy who wishes to learn more. There are 4 pages of the **Reiki Infused Photos** found on my social media pages; please check the drop down menu under Resources to see all of them. **Link to Youtube** gives quick access to my most popular videos and the link to my YouTube channel for anyone who wants to see the rest. The **Newsletter Archive** hold all of my public newsletters from October 2017 on.

[Vlog Video Playlist](#)



New Instructions

To receive the Reiki (on Saturday, 6/1/19 at 8:00pm EST), send an email to ReikiLourdes2019@gmail.com. Please state in the email one thing you are open to receiving. Any emails sent to any other email address will not be included

Free Reiki*

The Reiki sent this month is for becoming a better receiver. We are so used to giving that we don't allow ourselves to receive from others or the universe

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 6/1/19.

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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