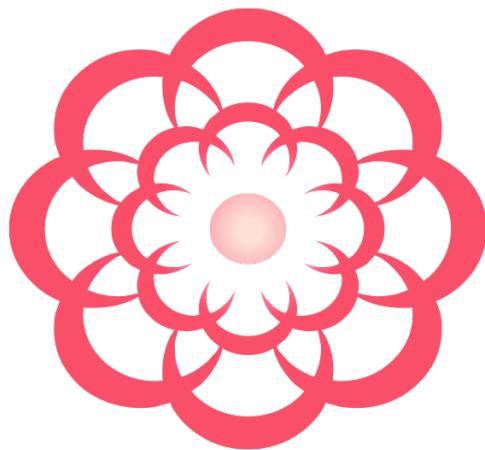




Welcome to Rest, Relaxation, and Reiki

I'm honored to share Reiki with you.



May 2021 Reiki Newsletter

Hello,

Hope that all of you are doing well.

Wanted to update all of you on what is happening on my Youtube Channel. All of my video thumbnails (photos) now have my logo (the rose above) to make them easier to spot. Been working on updating and creating new playlists as well. While Richard and I were going through the playlists (over 200) we noticed that they had old information and some were even blank. So we've been adding in information to them and are creating new shorter ones too.

The titles of videos are getting emojis to make them easier to spot. Some

of the videos already have them, but more will be coming in the next few months. Hope to add a flower to all of them (there is a theme here :).

Am going to be testing out compilation videos. Will be compiling all the chakra videos into several videos. For example Reiki for the 7 Major Chakras, Reiki for the Minor Chakras, and Reiki for all the Chakras. Look for them to come out in the future.

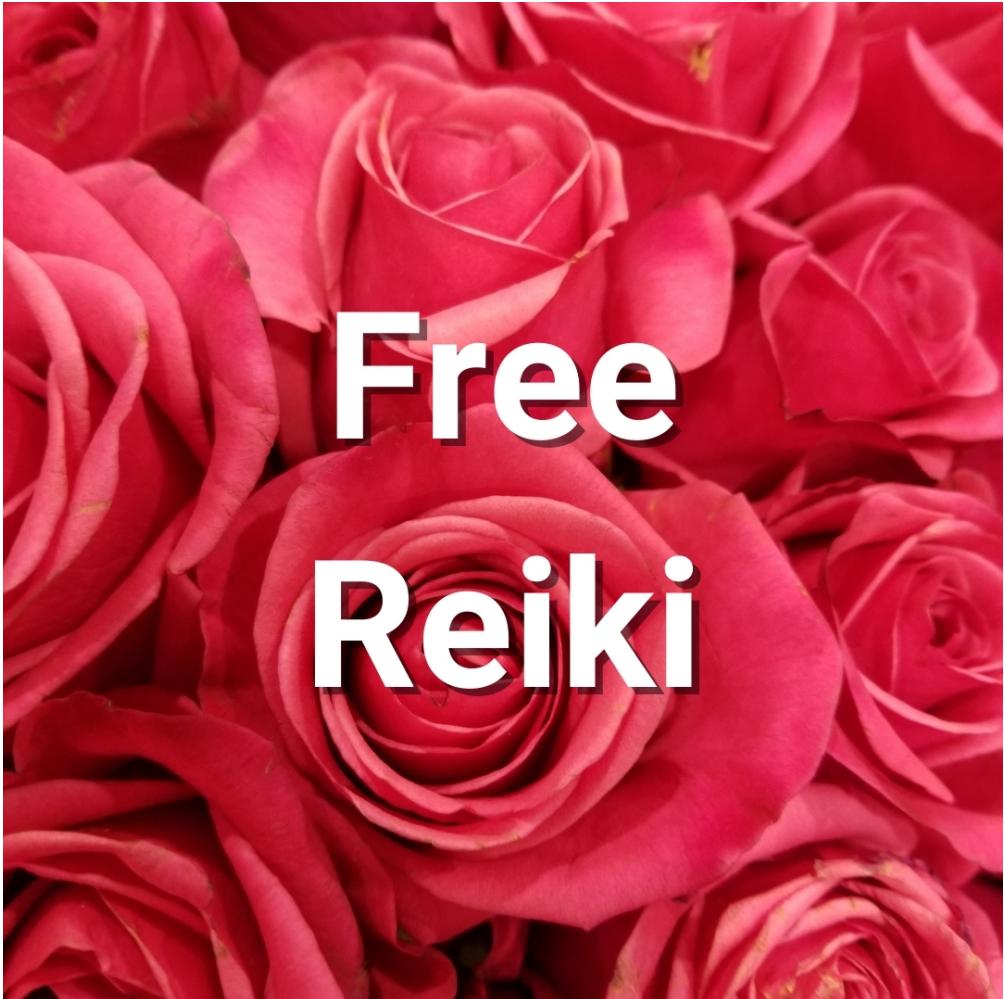
Will be doing a livestream on my [Youtube channel](#) this Sunday, 5/23/21 at 1:00pm est. Questions will be answered, there will be some "Energy Crafts" as well as games to develop psychic senses. This time we will be focusing on the planets. Looking forward to meeting any who can make it!



May 2021 Reiki Sunday Special

This month's Reiki Sunday Special is very special. Since we had mother's day this month, you can buy a session for two people for the same low price of \$65.00. Or you can buy one session for \$33.00. This special is to honor my aunt's passing and I know she is happy that I am offering it. The energy will be sent on Sunday, 5/23/21 at 8pm your time. The session lasts 60 minutes and I send notes after the session. For more information click the button below.

May Reiki Sunday Special



Free Reiki

**Instructions to Receive Free Reiki, please read all
the information.**

New Update to Free Reiki Date:

To receive the Reiki (on Saturday, May 22, at 8:00pm EST),**only** send an email to the address below :

ReikiLourdes2019@gmail.com

Please note that the ReikiLourdes2019@gmail is only used for the free Reiki from the Newsletter.

Please direct all other inquiries/comments/questions to ReikifromLourdes.com via this [link](#). If you send an email to another email address, you will **NOT** be included in the free Reiki session or receive a response.

Due to the amount of emails received, I may not respond to emails, but will look at them. After the free Reiki is sent, all emails will be deleted. The email, (ReikiLourdes2019@gmail.com) is not looked at again until the next free Reiki offering. Use the [Contact](#) page for any inquiries.

The intention this month is for self love.

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 until 7:00pm, EST on Saturday May 22nd. After 7:00pm the emails in that address will not be looked at until the next newsletter.

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

Blessings, Lourdes

*All services are done via Distance Reiki.

*DISCLAIMER: Reiki is a complementary energy modality and should not be used as a replacement for medical needs. The information provided does NOT constitute legal, psychological, medical, business, or financial advice. Always seek the advice of a medical profession for issues and challenges. Reiki videos should not be received while using machinery or driving. Since everyone's energy is different, results may vary and are not guaranteed.

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