

## Welcome to Rest, Relaxation, and Reiki

I'm honored to share Reiki with you.

### May 2024 Reiki Newsletter

Hello,

Hope that everyone is doing well.

This month's free Reiki is something I've been giving a lot of thought to since the month began. Some of us may be missing our mothers, some may have never felt this love, and others could use more of it. Motherly love can also come from the earth or the energies that represent that vibrations like Mother Mary. Whatever the case may be, we could all use this form of love. Check out the information to sign up for the Free Reiki for mother's love at the end of the newsletter.

Many thanks to Kelly who had originally suggested adding themes to the livestream titles. She is helping out as well with this and her work is a blessing. Feel very fortunate to have so many wonderful people on aiding these channels.

Am posting videos on Thursdays on **Rest, Relaxation, Reiki\*** and on Tuesday's at **Transformational Vibrations\***. videos will be coming out on Sundays. **Metaphysical Life** videos will be coming out on Sundays. You can check the Community Tab on all 3 channels see the new videos coming out. Am looking forward to sharing more with all of you!

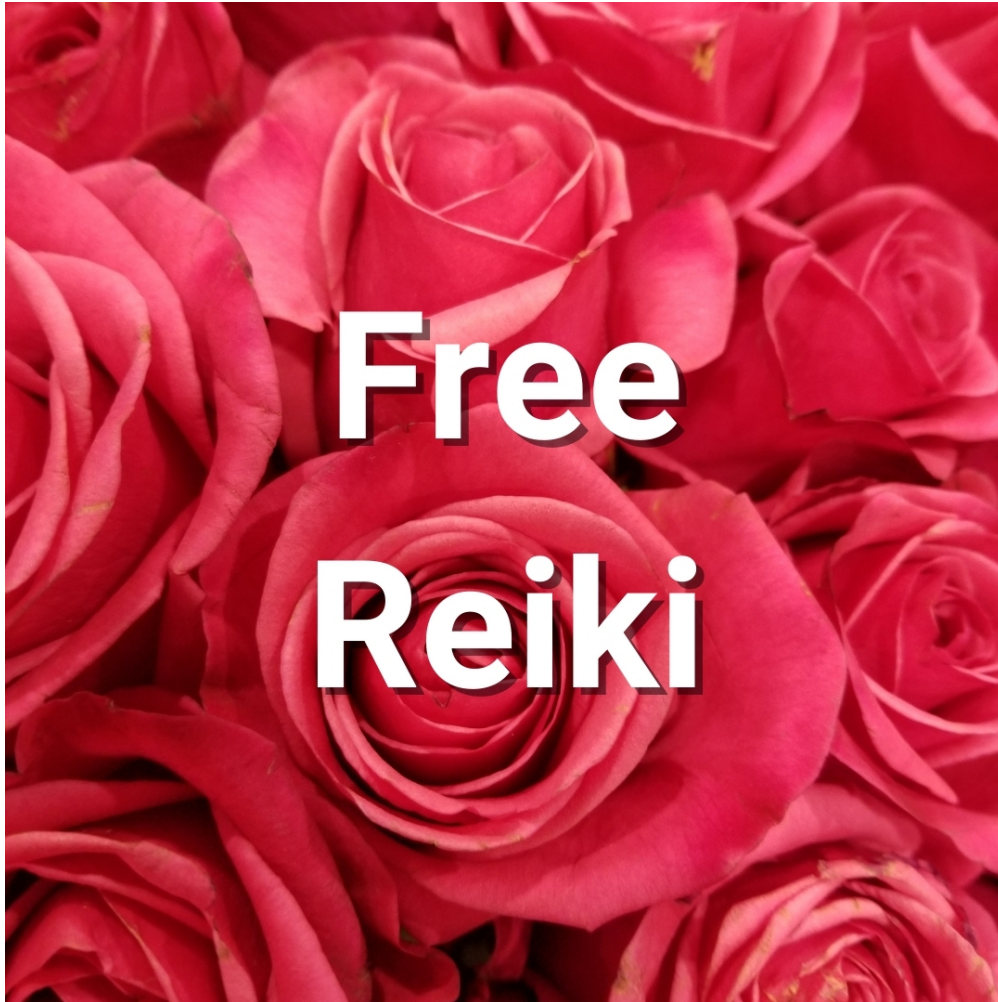


*May 2024 Reiki Sunday Special*

Experience the healing power of Reiki with our May 2024 Reiki Sunday Special. This limited-time offer is for anyone looking to experience more self-love. Self-love is one of the hardest things for us to experience. When you experience self-love you are able to handle life's challenges better. You feel better about yourself and have compassion for yourself. This is perfect for those looking to relax, rejuvenate, and realign their energy. Don't miss out on this opportunity to treat yourself to an hour of self-care and vibrational healing. Click the button below for more information.

[\*\*May 2024 Reiki Sunday Special\*\*](#)

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## **Instructions to Receive Free Reiki**

**Please read the information below. Check out dates and times to sign up. You can only sign up after this email has been read. Any emails received before this email goes out, will be disregarded.**

To receive the Reiki on Saturday (5/18/24, 8pm EST), **only** send an email to the address below :

***ReikiLourdes2019@gmail.com***

**Please note that the ReikiLourdes2019@gmail is only used for free Reiki. If you send an email to any other address, you will NOT be included in the free Reiki session or receive a response.**

*\*You can sign up to receive this Reiki until 6:00pm, EST on Saturday, 5/18/24*  
After that time, emails received will not be looked at and will be deleted. Here is a **link** to a time converter for those in other time zones.

Please direct all other inquiries/comments/questions to ReikifromLourdes.com via this [link](#).

**Due to the amount of emails received, emails may not be responded to, but will be looked at, if received on time.** After the free Reiki is sent, this 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 feeling a mother's 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.

Blessings, Lourdes

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\*All services are done via Distance Reiki.

\*DISCLAIMER: Reiki is a complementary energy modality and should not be used as a replacement for medical, psychological, emotional, or physical 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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