



## November 2020 Reiki Newsletter

Hello,

Hope that all of you are doing well.

To say that this year has been challenging is an understatement. Things are changing faster than we can blink. The one message I have received this month is that I need to focus on the positive. To me this means looking at what I have and who I have around me and being grateful for them. Even received a symbol to use in the **Joy Attunement** (for Reiki Masters) and the **Joy Reiki Session** (available to all). This session brings a more positive and uplifting energy for anyone who feels the blues or unable to see the bright side of things. The attunement gives Reiki Masters a symbol to use in bringing in joyful vibes.

There will be a livestream this weekend (Sunday, 11/22/20) on my **Youtube** channel at 1:00pm est. This is my opportunity to answer questions and talk about energy. Looking forward to meeting with everyone who can make it!



*Joy Reiki Session*

Joy Reiki Session



*October Reiki Sunday Special*

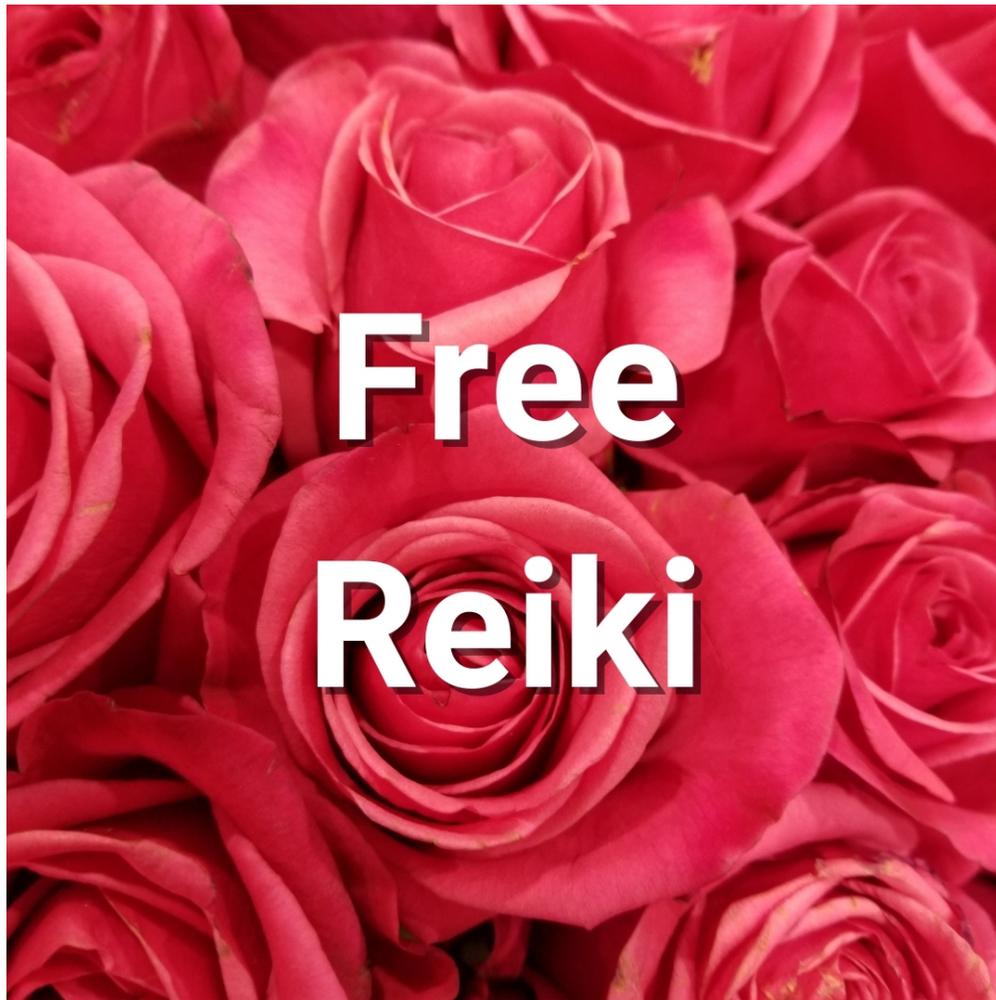
**November Reiki Sunday Special**

On Sunday, November 29th, will send Reiki to everyone who purchases this special for 60 minutes at 8pm in the time zone of those who purchase it. The intention is to

release stress. The stress in our lives is hurting not only us, but our future as well. When we are stressed we become tired, fatigued, and even negative in our thinking. Unfortunately that sets the tone for not only the present, but the future as well.

For more information, click on the button below.

**November Reiki Sunday Special**



## **Instructions to Receive Free Reiki**

### **New Update to Free Reiki:**

To receive the Reiki (on Saturday, November 21st, at 8:00pm EST), **only** send an email to the address below :

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

Please direct all other inquiries/comments/questions to ReikifromLourdes.com via this **link**. If you send an email to another one of the email addresses, 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, 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 Reiki for boosting the immune system.**

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 7:30pm, EST on Saturday, 11/21/20.**

After that, Lourdes will not look at the emails. Here is a **link** to a time converter for those in other time zones.

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 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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