

Welcome to Rest, Relaxation, and Reiki

I'm honored to share Reiki with you.

November 2023 Reiki Newsletter

Hello,

Hope that everyone is doing well.

One challenge many of us face often is worrying. Worrying not only wastes time, but it also attracts more of the same. It can create an avalanche of unwanted vibrations. One way to move forward when worrying is to limit the amount of time you are worrying. For example, you can allow yourself 20 minutes a day where all you do is worry. You can write about it, scream, rant and rave. At the end of the 20 minutes you stop and focus on something else. During the 20 minutes, it helps to hold a stone like Black Tourmaline, Obsidian, or Rose Quartz, to aid in the release of the energy. This may assist you with releasing worries faster and bringing more positive results to your challenge.

In the last email, I wrote down that it will 14 years that I am celebrating on YouTube. The exact date is 11/14/2009. It will be 14 years this November 14th! There will be a video on that date which is very cool. Many thanks to all who have followed me through the years, commented, donated, watched ads, and supported this channel with lovely energy! It is because of all of you that I continue to do what I do.

Right now, am doing livestreams on Mondays on **Rest, Relaxation, Reiki** and on Fridays at ***Transformational Vibrations*** Usually have them both

at 1:00pm. But the time may change (depending on appointments), and the best way to find out when they are happening is to subscribe to the channels, click on the notifications bell and then click on receive all notifications. Or you can check the Community Tab on both channels (usually post about livestreams around 9am).

Am looking forward to sharing more with all of you!

Wishing everyone a month filled hope, love, and peace.

Blessings,



November 2023 Reiki Sunday Special

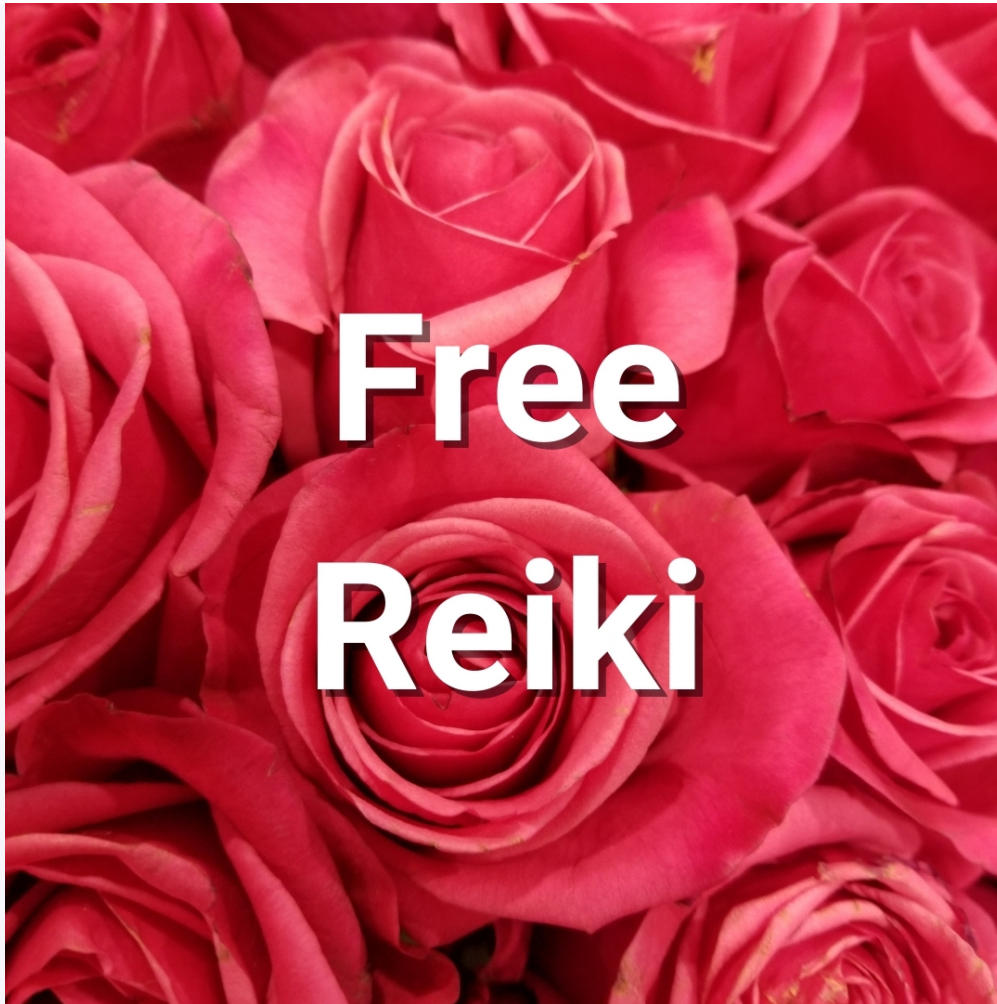
This month the special will focus on attracting abundance in all its many forms. This could be as love, food, home, job, and money to name a few. As with all group sessions, Reiki will start flowing for this intention as soon as the session is purchased. Click the button below for more information.



Celestial Healing Chamber Session

The Distance Reiki Session is the most popular session on my site, because you can customize it for your needs. If you have a challenge not listed as one of my sessions, you can use this session for your intention. For example, if you need to recover from grief, need energetic support for a job, are working through a physical challenge, or have any other personal goal, this is the session you would choose. Click the link below for more information.

[Distance Reiki Session](#)



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 (11/18/23, 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, 11/18/23 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 positive excitement

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

*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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