



Welcome to Rest,
Relaxation, and Reiki

I'm honored to share Reiki with you.

October 2019 Reiki Newsletter



Reiki October Sunday Special

Last month when I introduced the September Sunday Special I was just following guidance from the Universe and wasn't sure what to expect. I'm really happy to hear that it helped so many of you!! Because of that I'm bringing it back this month as the October Sunday Special! You can learn more about this special by reading the description and clicking on the red "Reiki October Sunday Special" button below.

Let's face it - we've all been in a position where we're struggling to get by and just need help to make it through the week, let alone the month. How reassuring would it be to know you would receive 2 pre-scheduled, hour long Reiki energy healing sessions where you could relax, recover, and prepare for the days ahead? If our experience is anything to go by, it's priceless.

That's why for a limited time I'm offering a Reiki October Sunday Special! For 2 Sundays in October(10/20/19 and 10/27/19) I will send Reiki to everyone who has purchased this special for an hour, with the intention that the Reiki reaches you at 8pm your time and goes towards your highest good. These sessions will be intense, so prepare to rest or go to sleep afterwards!

Reiki October Sunday Special



Some YouTube Videos May Be Taken Down

Starting immediately, YouTube is making changes to make sure they comply with the COPPA Law. This law is meant to protect children and I understand why we need it - the internet isn't always as safe for kids as it should be. These changes affect a lot of people, including me since I have some kids on my channel.

What changes will be happening?

As of January 1st 2020 each YouTuber needs to declare if their video content is geared towards adults or children. For me that declaration will be adult videos because Reiki and energy work are complex concepts that are geared more towards adults than children. The challenge is that some of my videos contain kids and may consequently be considered "targeted" at kids. Some of my videos are also specifically for children and those are considered problematic; the new changes are forcing channels to be adult or child oriented only, with no middle ground.

How will this affect Rest, Relaxation, and Reiki?

To avoid breaking updated YouTube user agreements, being fined by the government for targeting kids when my content is for adults, and/or possibly losing my YouTube channel, the two sponsored videos which are for children will have their titles changed so that they can stay online (**Reiki for Kids to Learn to Love Themselves** and **Reiki the the Energetic Protection of Children**)

Unfortunately, the ones with my nieces and nephews sending energy alongside me or other ones created specifically for children may not be as easy to "fix." Am going to wait until the last possible minute to see if I can keep them up as is. If I can't, I will recreate the ones that have my nieces and nephew in them, but they will only have me sending energy towards the video topic - they will no longer have the energy of my nieces and nephews supporting my Reiki. Any other videos I created specifically for children may be taken down permanently.

Below is a list of videos that may be taken down because of the new YouTube changes. I highly encourage anyone who likes them as is to download them now while they can. If I learn I can leave them up on YouTube I will be more than happy to do so. I just can't risk all the other videos I have which help so many being taken down because of these few.

- Reiki
for
Pets
2
- Reiki
for
Sick
Pets
- Reiki
from
Lourdes
&
Friends

- Reiki
for
the
Inner
Child
- Reiki
for
Calming
Fears
- Reiki
for
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Confidence/Self-
Esteem
- Reiki
for
Reflux
- Reiki
for
Babies
with
Colic

As I learn more I will keep you updated so you know what to expect and what changes will or won't be happening on my channel. Thank you for your patience, understanding, and support with this.



New Instructions to Receive Free Reiki*

To receive the Reiki (on Sunday 10/13/19 at 8:00pm EST), send an email to:

ReikiLourdes2019@gmail.com

Please note that this email is only for contest use. Please direct all other emails to me via this link. **If you send an email to another one of my email addresses, you will NOT be included in the free Reiki session.**

The Reiki sent this month is to allow financial miracles into your life.

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 it until 7:59pm, EST on Sunday, 10/13/19. Here is a [link](#) to a time converter for those in other time zones.

Blessings, Lourdes

*Reiki is not a medical treatment, but is a complementary energy modality that works best when used with allopathic medicine.



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