

September 2022 Reiki Newsletter

Hello,

Hope that everyone is doing well. Have been very excited and productive this fall! Many of you are aware that I created a new YouTube channel. **Transformational Vibrations** which will have videos for anyone who wants more advanced Energy Videos. These are to help you with advancing spiritually and psychically. There will be some new content as well as extended videos originally found on **Rest, Relaxation, and Reiki**. These videos will include, crystals, animal totems, angels, star systems, and much more!

To go along with these videos will try doing impromptu livestreams on **Rest, Relaxation, Reiki** and Transformational Vibrations to let you know about new videos and updates. These videos will include an update and live free Reiki or psychic games (depending on the channel and date). Will announce the new videos for **Transformational Vibrations** on **Rest, Relaxation, Reiki** until I reach the 1,000 subscribers on **Transformational Vibrations**. To receive information on any new videos on either channel, you can click the subscribe button and then the bell. If you don't click on the bell, you won't receive notifications about new videos.

For any general updates, the Rest, Relaxation, and Reiki Channel will have updates in the **Community tab** (as well as the usual Reiki infused photos).

To make things more exciting, hope to launch another channel in January! Am very

excited about this one as well. It will have a totally different focus.

This month there will be a livestream on Saturday, October 29th at 1:00pm on my **YouTube Channel**. As usual, Richard will be joining me when we play psychic games to improve our intuition.

Thank you for letting me share Reiki with you!



October 2022 Reiki Sunday Special

The intention this month is to release anything/anyone that no longer serves your best interest.

This month's Intention is to help you release any person, place, thing, experience, or memory that is keeping you from feeling and being your best. When we hold on to people, places, things, experiences, and even memories, this causes physical problems (like weight gain, for example) and mental challenges (like stress, anxiety, headaches, for example) This session also includes a Reiki Infused photo (exclusive to people purchasing this session). This photo will be sent to you with notes after the group session. The special rate this month is \$35.00 for a one hour Reiki group session. For more information, click on the link below.



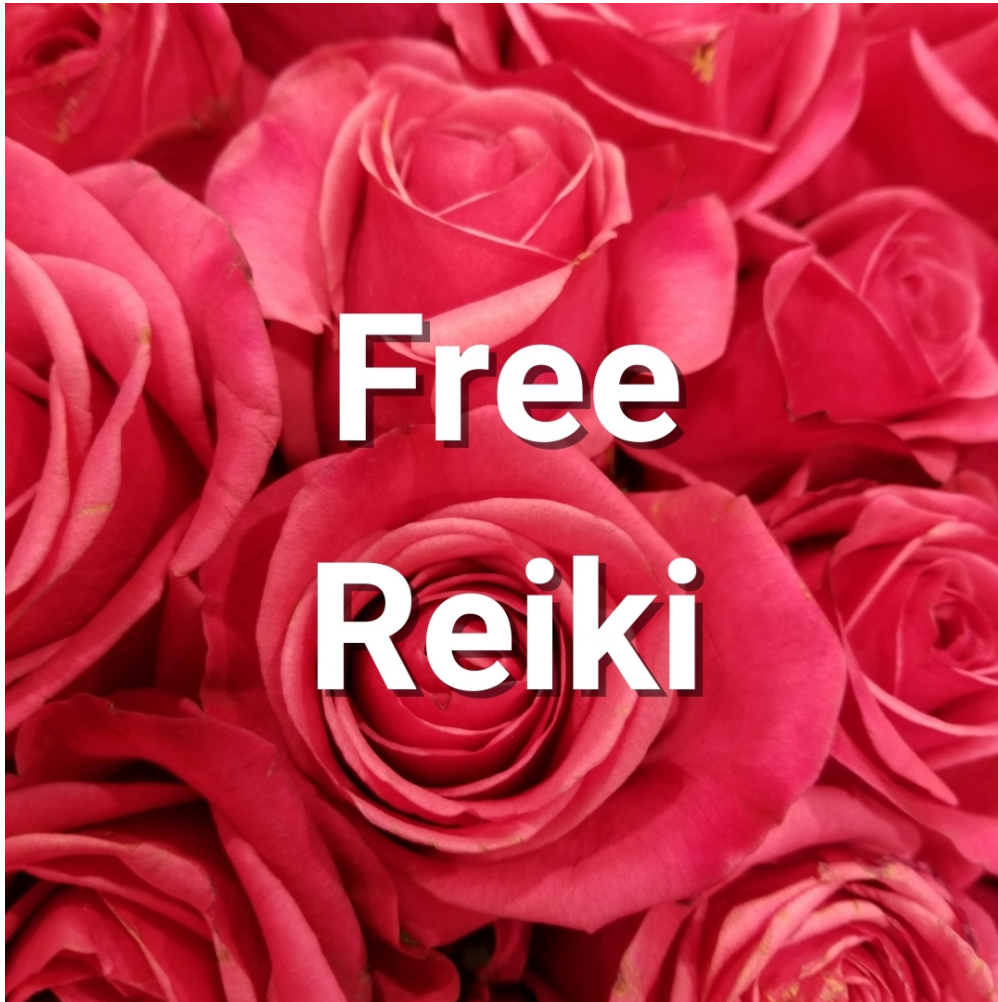
Reiki to Release Anxiety and Stress

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This session is to help you release the stress. Reiki may help you lose the weight of stress by helping you relax. For some there is an immediate sense of relaxation. Others may fall asleep during the session. Either way is normal. You can play relaxing music during the session or just receive the energy. This session may help you at the end of a busy, stressful day or a night when you can drift off to sleep. To many it feels as if you have had a 10lb loss of stress.

This 45 minute session will include a free bonus of a Reiki Infused photo to keep the energy of the session going. Plus, there will be suggestions to help you stay more relaxed.



Instructions to Receive Free Reiki

Please read the information below:

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

ReikiLourdes2019@gmail.com

Please note that the [ReikiLourdes2019@gmail](mailto:ReikiLourdes2019@gmail.com) 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 7:30pm, EST on Saturday, October

22nd After that, emails 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 Reiki for happiness.

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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