



Welcome to Rest,
Relaxation, and Reiki

I'm honored to share Reiki with you.

September 2019 Reiki Newsletter



SEPTEMBER UPDATES!

September Updates

This newsletter has been very exciting to create because the contents have all come from answers I received from the universe! In my latest videos, **Reiki Updates** and **Live Stream**, I mentioned how I've been asking the universe for help sharing Reiki with more people, especially in financially accessible and timely ways. The sessions offered in this special newsletter are part of the answers I received.

I'm happy to say these are just the beginning! Am looking into other ways that will ultimately reach more people who may not normally be able to receive Reiki.

Thank you all for your support during this process; I look forward to sharing more Reiki with you in the future.



Reiki September Sunday Special

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 September Sunday Special! For 2 Sundays in September (9/22/19 and 9/29/19) 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!

->You can learn more about this special by clicking on the red button below.

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Reiki September Sunday Special



Distance Reiki Session Without Notes

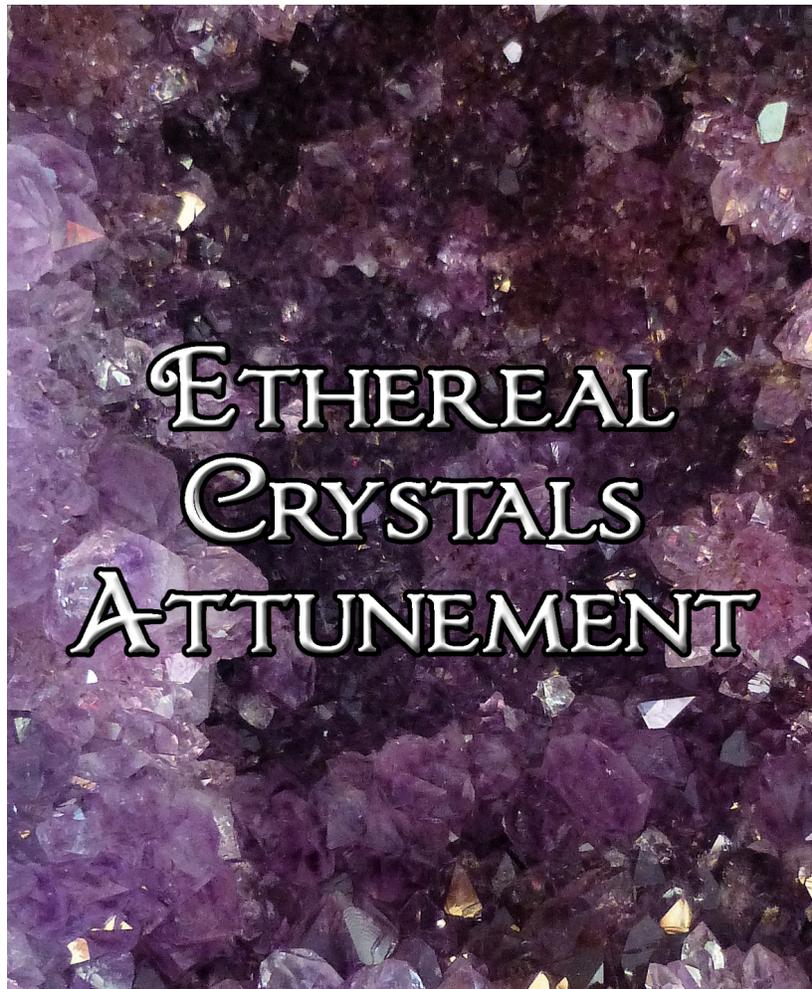
Do you feel "off" and need a quick, energetic boost to get back to normal? You may want to try a Distance Reiki Session without Notes! It acts as an energetic "pick-me-up" and may help you feel lighter, more at peace, and in balance.

In this session I channel Reiki to where you need it most at an **amazing price!** One of the best benefits is that this session (like all of my sessions) is done while you are in the comfort of your own home! Distance Reiki can be sent to a specified time, place, and/or person (as long as you have their permission), so you can customize the experience to fit in your morning routine or end the evening on a peaceful note.

->You can learn more details about this session by clicking on the red button below.

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[Distance Reiki Session Without Notes](#)



Ethereal Crystals Attunement

This is an advanced class for Reiki Masters.

The Ethereal Crystals Attunement was channeled by Stefan, who found a way to use the vibrations of crystals for energetic healing. These ethereal crystals exist in another dimension, but can be used in our dimension (the "physical" world) for healing people, places, and things--even if you don't physically own the ethereal crystal being used. This Ethereal Crystals Level 1 class teaches basic crystal

properties, how to use ethereal crystals, and how to pass on this Level 1 attunement.

For more information click on the red button below.

[Ethereal Crystals Attunement](#)



New Instructions

To receive the Reiki (on Saturday, 9/14/19 at 8:00pm EST), send an email to:

ReikiLourdes2019@gmail.com.

If you send an email to another one of my email addresses, you will NOT be included in the free Reiki session.

Free Reiki*

The Reiki sent this month is for assistance with the best possible future.

The 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 Saturday, 9/14/19. Here is a [link](#) to a time converter for those in other time zones.

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

Blessings,

Lourdes



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