



Welcome to the September Newsletter

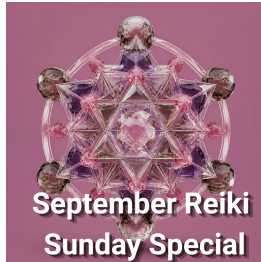
September brings new opportunities to release what no longer serves us, welcome supportive new energies, and explore new connections.

Last month, I shared the **clearing first, followed by bringing in supportive energy** approach that I was beginning to use more intentionally in my Reiki work. For now, I am continuing with this format in both my **Reiki sessions and weekly livestreams**. Depending on the intention, clearing and bringing in may take place together, or they may be offered separately so that more time can be devoted to each part of the process.

My previous sessions, videos, photos, and livestreams **continue to work as they always have**, and you can continue to receive their Reiki energy whenever you feel drawn to them. I may also return to previous formats and intentions whenever I am guided. This is simply the approach I am being guided to focus on at this time.

For those looking for more individualized support, **Personalized Distance Reiki Sessions** are focused specifically on your individual challenge or intention, with the clearing and supportive energies tailored to you.

I'm also excited to share some of the new Reiki work I've been creating this month, including opportunities for a **fresh start and exploration of galactic energies**.



Release the Past & Move Forward

Release energetic and emotional patterns connected with the past and create more space for positive movement and your next chapter.

During this one-hour distance group Reiki session, we will focus on clearing what no longer needs to follow you forward and bringing in supportive energies for greater freedom, confidence, new possibilities, and positive movement.

Sunday, September 27 • 8 PM Local Time

[Learn More / Reserve Your Spot](#)



Reiki Sunday Special for Pets

Give your animal companion a little extra Reiki support. This 10-minute distance group Reiki session is designed to provide gentle, supportive energy for your pet's overall well-being, comfort, balance, and relaxation.

Pets receive the Reiki wherever they are—no electronics or special setup are needed.

Saturday, September 26 • 8 PM Local Time

[Reserve Your Pet's Spot](#)

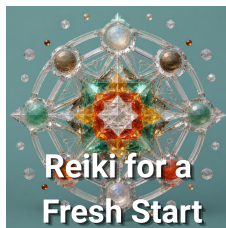


Personalized Galactic Connection Session

Explore your connection with galactic energies through a Reiki session created specifically for you.

The session begins by clearing energies that may interfere with a clear, balanced galactic connection. I then explore which galactic energies are most appropriate for you at this time and bring those energies in to support your individual intention, energetic development, integration, and connection with the greater cosmic field.

[Learn More / Schedule](#)



Reiki Clearing for a Fresh Start

Sometimes we simply feel ready to clear what has been weighing us down and begin again.

This personalized distance Reiki session focuses on releasing old, stagnant, or unwanted energies connected with experiences, emotions, relationships, patterns, and circumstances that no longer need to follow you forward.

After the clearing, supportive Reiki energies are brought in to encourage renewal, clarity, peace, confidence, positive movement, and the energies most appropriate for your fresh start.

[Learn More / Schedule](#)



Galactic Connection Attunement

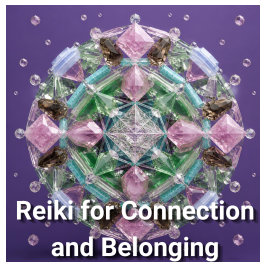
For Usui Reiki Level 3 Practitioners / Reiki Masters

Explore and work with the energies of well-known galaxies throughout the universe through this new attunement.

The Galactic Connection Attunement establishes and strengthens your energetic connection with galactic energies, allowing you to choose a galaxy you feel drawn to or be guided to the galaxy most appropriate for the intention.

Once attuned, Usui Reiki practitioners can work with these galactic energies for themselves or incorporate them into their Reiki practice with others.

[Learn More/Schedule](#)

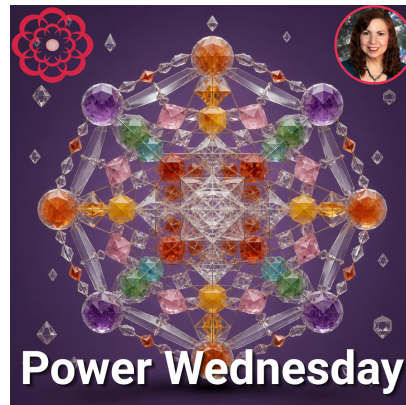


Reiki for Connection & Belonging

For times when you feel disconnected, isolated, or as though you simply don't belong. This Reiki session clears energies that may contribute to separation and disconnection while bringing in supportive energies for connection, belonging, acceptance, and feeling more at home within yourself and the world around you.

This session may also resonate with starseeds or those who feel a strong connection beyond Earth and sometimes struggle with feeling that they belong here.

[Learn More / Schedule](#)



Power Wednesday — Join Me Live Today!

Join me this afternoon for three livestreams continuing the Reiki and energy work from previous sessions.

Reiki for Deeper Trauma from the DNA — Continued Clearing

This week, we'll go deeper with Reiki to clear additional energetic patterns connected with trauma held at the DNA and cellular levels.

Receive the energy to support deeper release, greater freedom from the energetic effects of the past, and a more peaceful and balanced energetic state.

 **Watch here:**

youtube.com/@restrelaxationreiki • 12 PM ET

Milky Way Alignment

After connecting with the energy of the Milky Way Galaxy last week, we'll take the experience further by focusing on alignment with its expansive galactic energy.

Receive Reiki and Milky Way energy to encourage greater connection, alignment, expansion, coherence, and awareness of yourself as part of the greater cosmic field.

 **Watch here:**

youtube.com/@TransformationalVibrations • 1 PM ET

✨ Reiki to Restore Hope

This week, we'll continue working with the energy of hope, focusing on strengthening and restoring it when circumstances have left you feeling discouraged or uncertain about what comes next.

Receive Reiki to encourage renewed hope, optimism, inner strength, positive possibilities, and greater openness to a brighter path forward.

👤 **Watch here:**

youtube.com/@MetaphysicalLife-88 • 2 PM ET



Receive Free Reiki

Intention - Reiki for Life to Feel easier Sometimes life simply feels harder than it needs to. This month's Free Reiki is intended to help ease energies connected with struggle, overwhelm, pressure, and resistance while bringing in supportive energies for greater ease, flow, support, and helpful circumstances.

The Free Reiki will be sent on:

Saturday, September 19, 2026 at 8:00 PM ET

How to Sign Up

After receiving this newsletter, send an email **only** to:

ReikiLourdes2019@gmail.com

You do not need to write anything special in the email. Your email lets me know that

you would like to be included.

Please do not sign up before this newsletter is sent. Emails received before the newsletter goes out will be disregarded.

You may sign up until **6:00 PM ET on Saturday, September 19, 2026**. Emails received after the deadline will not be reviewed.

Please Note

ReikiLourdes2019@gmail.com is used only for the Free Reiki offering. Please do not send questions, comments, or other inquiries to this address. All other inquiries should be sent through the Contact page at ReikiFromLourdes.com.

Due to the number of emails received, individual responses may not be possible. After the Free Reiki is sent, this email account is not reviewed again until the next Free Reiki offering.

You do not need to be resting or doing anything special when the Reiki is sent. You can receive it while going about your normal activities.

You are welcome to share this Free Reiki opportunity with others. If you are signing up another person, please obtain their permission first.

All services are done via Distance Reiki.

DISCLAIMER: Reiki is a complementary energy modality and should not be used as a replacement for medical, psychological, emotional, or physical needs. The information provided does NOT constitute legal, psychological, medical, business, or financial advice. Always seek the advice of a medical professional for any health-related concerns. 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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