



August 2025 Reiki Newsletter

Welcome to This Month's Newsletter

I'm so glad you're here! Each month, I love sharing ways for you to experience Reiki in ways that fit your needs, whether you're looking for a gentle moment of support, a guided journey, or a full energetic immersion. Reiki is flexible, powerful, and deeply personal, and my goal is to make it accessible to you in the ways that resonate most.

Two Ways to Experience Reiki Trilogies

I offer Reiki in three unique formats that you can use individually, or combine for a deeper experience:

- Livestreams – Guided sessions where Reiki flows through both my voice and hands. The healing energy remains just as strong on the replay.
- Reiki Videos – Quiet, focused energy transmissions designed around a specific intention.
- Reiki-Infused Photos – Carry the energetic imprint of the session and support your healing just by being near them.

Together, they form a Reiki Healing Trilogy, each layer supporting your well-being in a different way.

There's also a second kind of trilogy I create each month: a shared healing theme explored across my three YouTube channels. Each session approaches the theme in its own way.

For example, in the recent Abundance DNA series:

Rest, Relaxation, Reiki: focused on clearing scarcity and inviting energetic flow

Transformational Vibrations: aligned your energy blueprint through sacred geometry

Metaphysical Life: boosted your prosperity codes with high-frequency Reiki.

Although each session stands alone, they're designed to work together, creating a fuller energetic experience when watched as a set. You're always welcome to tune into what calls to you, or explore **all three** to receive the complete flow of the week's theme.

However you engage, Reiki meets you with exactly what you need.



Starseed Origin Activation

Starseed Origin Activation

Starseed Origin Activation Session

Discover or deepen your connection to the star system your soul calls home.

This powerful distance Reiki session helps you connect with your primary (or secondary) star lineage, activating star codes, awakening soul gifts, and providing clarity about your cosmic origins.

Includes:

- Insight into your soul's star lineage
- A unique starseed sigil for connection & activation
- Reiki energy to awaken and integrate your starseed gifts

Perfect for anyone who feels drawn to the stars and wants to align more deeply with their cosmic purpose. Click the button below to learn more.

Starseed Soul Activation



Discover Your Starseed Lineage

Uncover your soul's original star connection and the gifts it brings into this lifetime. This session connects you with one of 26 main star systems aligned with Earth's evolution, offering insight into your traits, purpose, and spiritual heritage.

This is a more accessible option compared to the Starseed Origin Activation, as it focuses on providing your lineage details and a Reiki-infused sigil/photo for energetic support, without the deeper Reiki activation process included in the Activation session. Click the button below to learn more.

Starseed Soul Blueprint



August 2025 Reiki Sunday Special

August Reiki Sunday Special: Nourishment for the Soul

Feeling emotionally tired or spiritually drained? This month's Reiki Sunday Special offers a gentle space to be filled with Divine Love, comfort, and soul-level peace.

Rather than clearing, this session focuses on emotional and spiritual nourishment, restoring your light, soothing your heart, and reminding you that you are deeply loved and supported.

Sunday, August 31st at 8:00 PM your local time

Includes a Reiki-infused photo, personal session notes, and a private playlist.

Click the button below to learn more.

August 2025 Reiki Sunday Special



August 2025 Reiki Pet Special

August Monthly Reiki for Pets

Gentle energy support to help your pet feel their best all month long.

Our Monthly Pet Reiki Session offers ongoing healing energy to support your pet's physical health, emotional balance, and overall happiness. Whether your furry friend is healing, aging, or simply needs extra comfort, Reiki can bring calm, ease discomfort, and uplift their spirit.

What's Included:

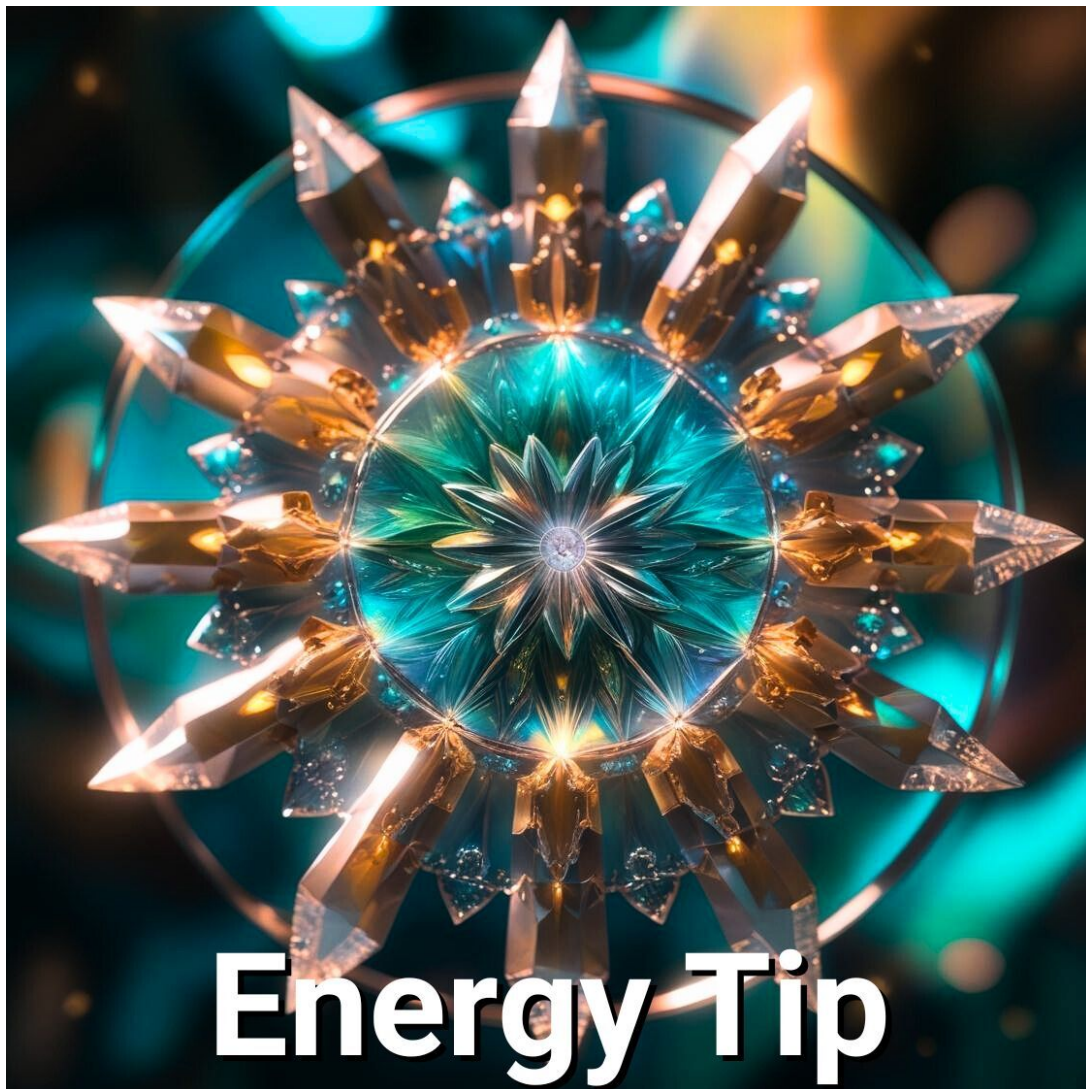
Reiki energy sent multiple times throughout the month

Support for physical, emotional, and energetic well-being

Gentle help with stress, healing, and vitality

Give your beloved companion the love and support they deserve.
Click the button below to learn more.

August 2025 Reiki Pet Special Session



Energy Tip

Energy Tip: Grounding with Breath

When life feels busy or scattered, your breath can be your anchor.
Pause for a moment and try this:

Inhale deeply through your nose for a count of 4, imagining roots growing from your feet into the Earth.

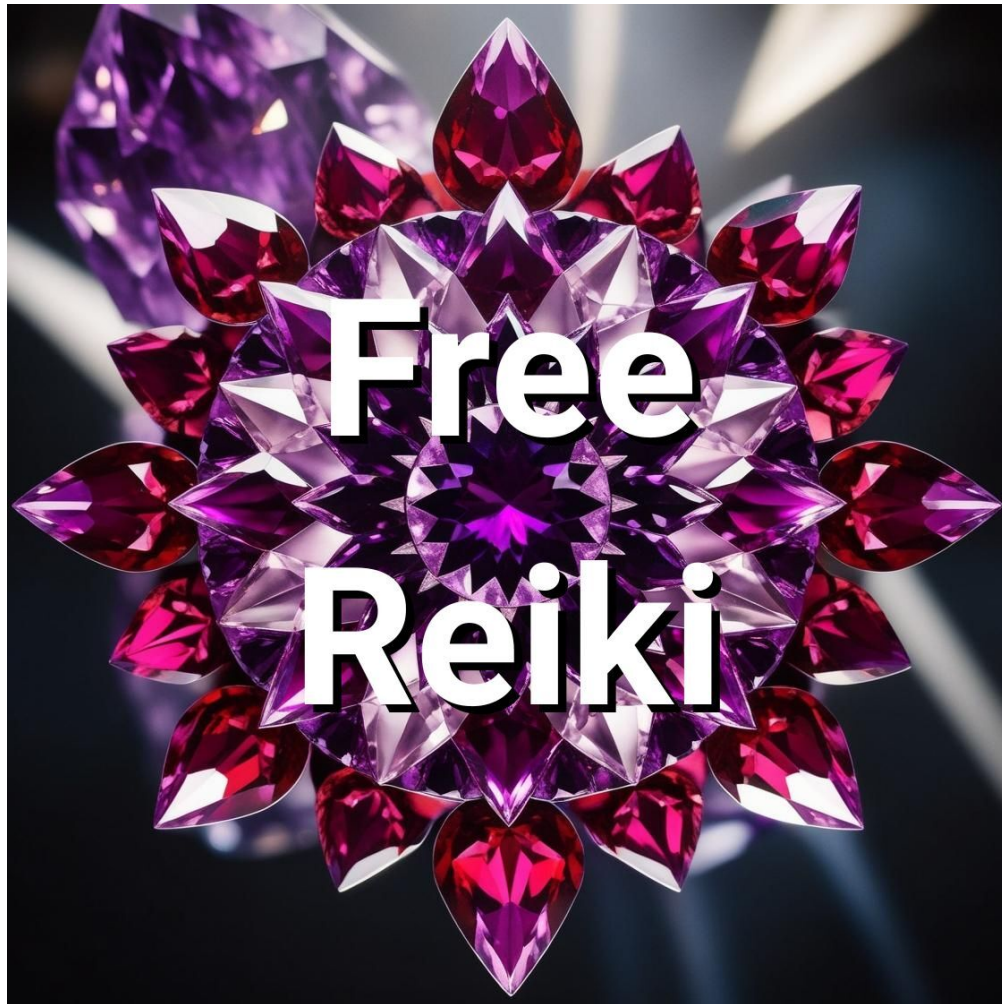
Hold gently for a count of 4, feeling that stability under you.

Exhale slowly through your mouth for a count of 6, releasing tension and mental

chatter.

Repeat 3–5 times, and notice how your mind quiets and your body feels more centered.

Grounded energy makes it easier to focus, make decisions, and move through your day with clarity.



Instructions to Receive Free Reiki This Month

August Free Reiki Offering

Free Reiki Theme – Grounding with Mother Earth

This month's free Reiki is lovingly intended to anchor you in a calm, steady foundation of earth energy. If you've been feeling stressed, overwhelmed, or scattered, this session offers gentle, stabilizing energy to help you feel centered and supported.

SESSION DETAILS

Date: Saturday, Saturday August 24, 2025

Time: 9:00 PM EST

Sign-Up Deadline: 6:00 PM EST on Saturday, August 24

HOW TO SIGN UP

If you would like to receive this session, please read the instructions carefully.

Emails that do not follow these guidelines will not be included.

After reading this message in full, send one email only to:

ReikiLourdes2019@gmail.com

(This email address is used exclusively for free Reiki sessions.)

IMPORTANT GUIDELINES

Do not send emails to other addresses, they will not be processed.

Emails received before this message was sent or after the deadline will be deleted.

If signing someone else up, please get their permission first.

The Reiki will reach you whether you are asleep or awake.

Due to volume, you may not receive a reply, but your request will be honored if received correctly and on time.

After the session is sent, this inbox is not monitored again until the next offering.

For all other inquiries, please visit:

ReikifromLourdes.com

All services are offered via Distance Reiki.



Stay Connected

For more updates, offerings, and healing energy:

[Visit Our Website](#)

[Follow on Instagram](#)

[Follow on Facebook](#)

Watch my YouTube Channels:

[Rest, Relaxation, and Reiki](#)

[Transformational Vibrations](#)

[Metaphysical Life](#)

Wishing you a peaceful, grounded, and energetically uplifting month.

Warmly,
Lourdes
Rest, Relaxation, and Reiki

*All services are done via Distance Reiki.

Important Disclaimer

All sessions, attunements, and services offered through Rest, Relaxation, and Reiki are provided as complementary energy support tools and are not a substitute for professional medical, psychological, or veterinary care. Reiki is a gentle, non-invasive modality that complements but does not replace, licensed healthcare services or professional legal advice.

By purchasing or participating in any session, attunement, service, program, book, or video, you acknowledge and agree to the information provided in our Terms of Service, Disclaimer, and FAQ page. Individual results may vary, and no specific outcomes are guaranteed.

[Terms of Service](#) [Privacy](#) [FAQ](#) [Page](#)



©2025 REIKI FROM LOURDES | 88 Crystal St. North Arlington, NJ 07031

[Web Version](#)

[Forward](#)

[Unsubscribe](#)

Powered by
GoDaddy Email Marketing ®