

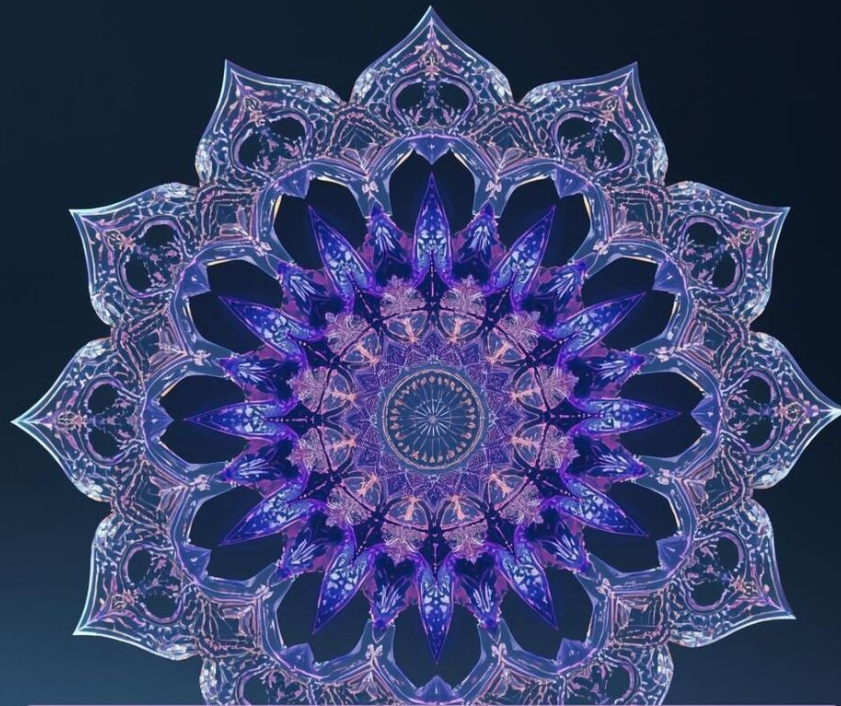


September 2025 Reiki Newsletter

Welcome to This Month's Newsletter

September's Autumn Equinox reminds us of balance. light and dark, endings and beginnings. This theme is reflected in the latest Reiki videos: [Energy for Deep Emotional Release](#) helps us gently let go, while [Energy to Open Doors to Miracles](#) invites in new blessings. Even the [Archangel Jophiel Reiki for Beauty](#) session supports this balance, reminding us to see the light and beauty within ourselves as we move through change. Reiki is here to help us honor what has been, release what is ready to go, and open to the miracles ahead.

This month I'm also offering the new [Emotional Wound Release](#) session to support deep inner healing, along with the [Golden Rivers of Abundance](#), a special, limited offering available through mid-October to help align your energy with flow and prosperity. And of course, the [September Reiki Sunday Special](#) is focused on resetting your wealth frequency, a beautiful way to clear old patterns and open your energy to receive.



Emotional Wound Release Session

Emotional Wound Release

**Emotional Wound Release Session*

This deeply supportive session is designed to gently uncover and release old emotional wounds that may still be shaping your present life. Using Reiki and multidimensional healing energies, the session helps soften layers of pain, dissolve lingering energetic imprints, and create space for compassion and peace to take root. It's a beautiful way to free yourself from past burdens, restore emotional balance, and feel lighter as you step into new possibilities. Click the button below to learn more.

Emotional Wound Release Session



Golden River of Abundance Session

Golden River of Abundance

Flow with Prosperity, Clarity, and Divine Support

The Golden River of Abundance Reiki Session channels the sacred current of golden light to help you reconnect with the infinite flow of prosperity. This session clears scarcity patterns, dissolves fear-based blocks, and restores your natural ability to receive blessings in all forms, wealth, health, joy, and opportunity.

Note - This session is available through mid-October

Golden River of Abundance



September 2025 Reiki Sunday Special

Clear money stress, dissolve scarcity patterns, and realign your energy to flow with prosperity.

This month's Reiki Sunday Special is a powerful vibrational reset to release old financial stress and bring your energy into alignment with wealth. Designed to support those who feel blocked, weighed down by scarcity, or uncertain about their financial flow, this distance Reiki session helps you reconnect with the frequency of abundance and possibility.

Sunday, September 28th 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.

September 2025 Reiki Sunday Special



September 2025 Reiki Pet Special

September 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

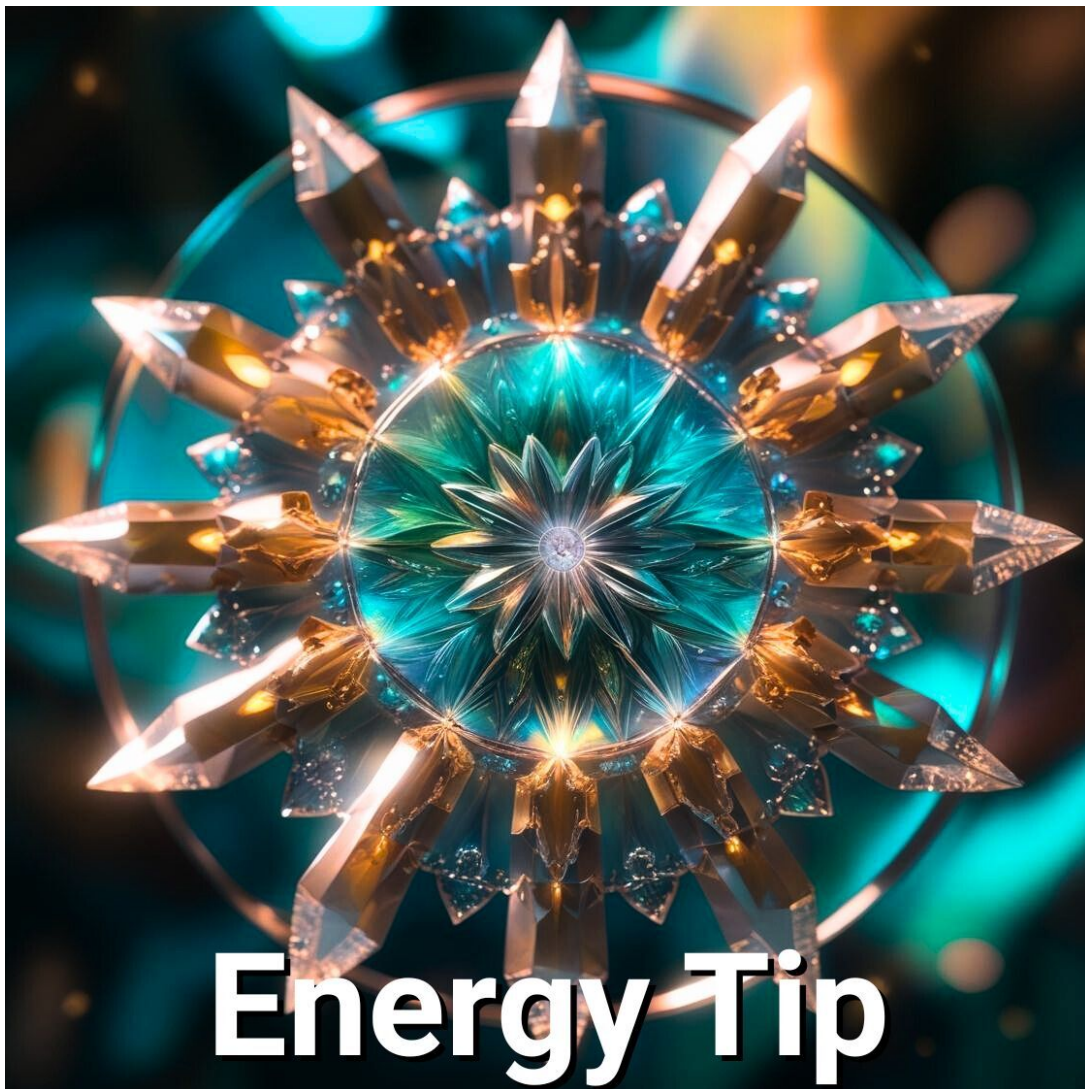
Support for physical, emotional, and energetic well-being

Gentle help with stress, healing, and vitality

A session on 9/20/25 to support the energy work from the month

Give your beloved companion the love and support they deserve.

Click the button below to learn more.

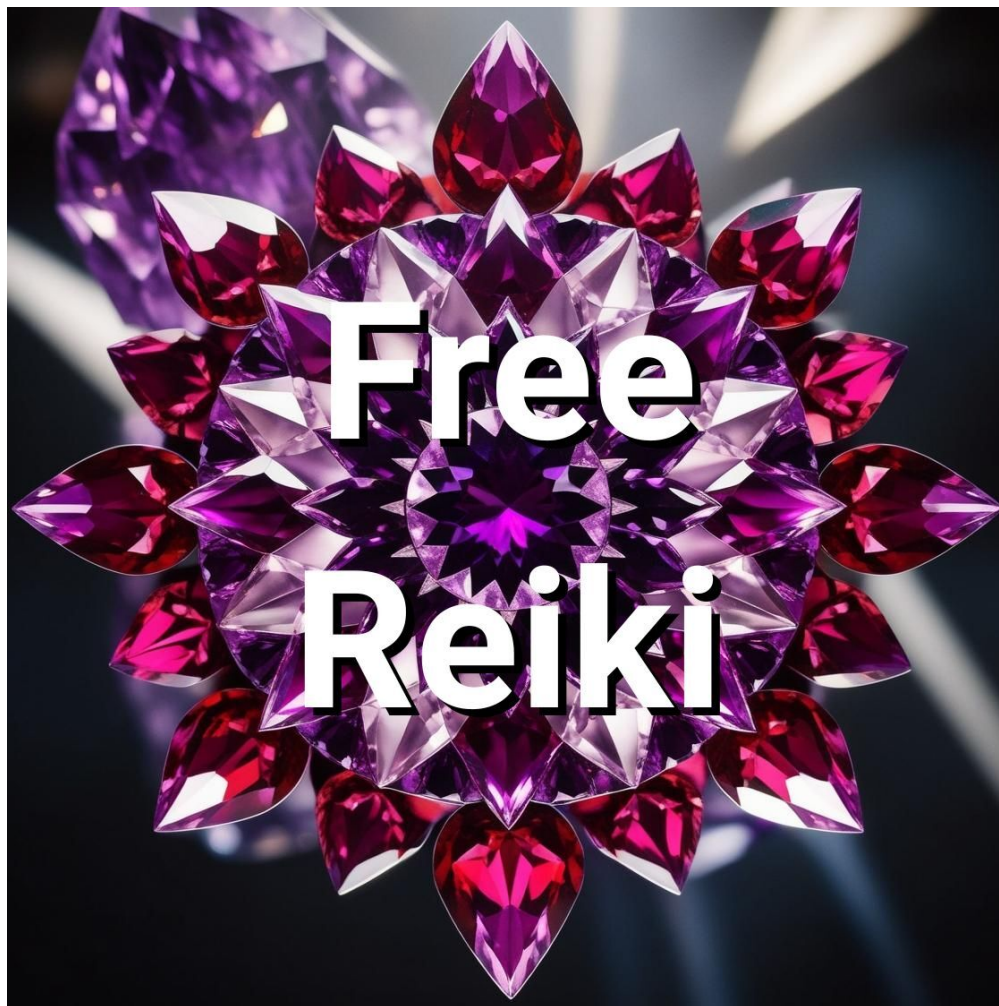


Energy Tip

Energy Tip: Revitalizing with the Equinox

Energy Tip of the Month

The Autumn Equinox arrives on September 22, a sacred time of balance when day and night are nearly equal across the Earth. On this day, take a quiet moment at sunrise or sunset. Place one hand over your heart and the other over your solar plexus, then breathe in golden light as if it were filling your entire body. As you exhale, imagine releasing heaviness, fear, or old patterns. This simple practice helps restore balance, strengthens your inner light, and aligns your energy with abundance and peace.



Instructions to Receive Free Reiki This Month

Free Reiki Offering: Emotional Strength

This month's free Reiki flow is dedicated to building emotional strength. The energy will support you in feeling more grounded, steady, and resilient, especially during times of stress or change. Whether you're moving through challenges or simply wish to strengthen your inner foundation, this Reiki energy is here to help you feel supported, centered, and empowered from within.

SESSION DETAILS

Date: Saturday, Saturday September 20, 2025

Time: 9:00 PM EST

Sign-Up Deadline: 6:00 PM EST on Saturday, September 20th

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.



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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.

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