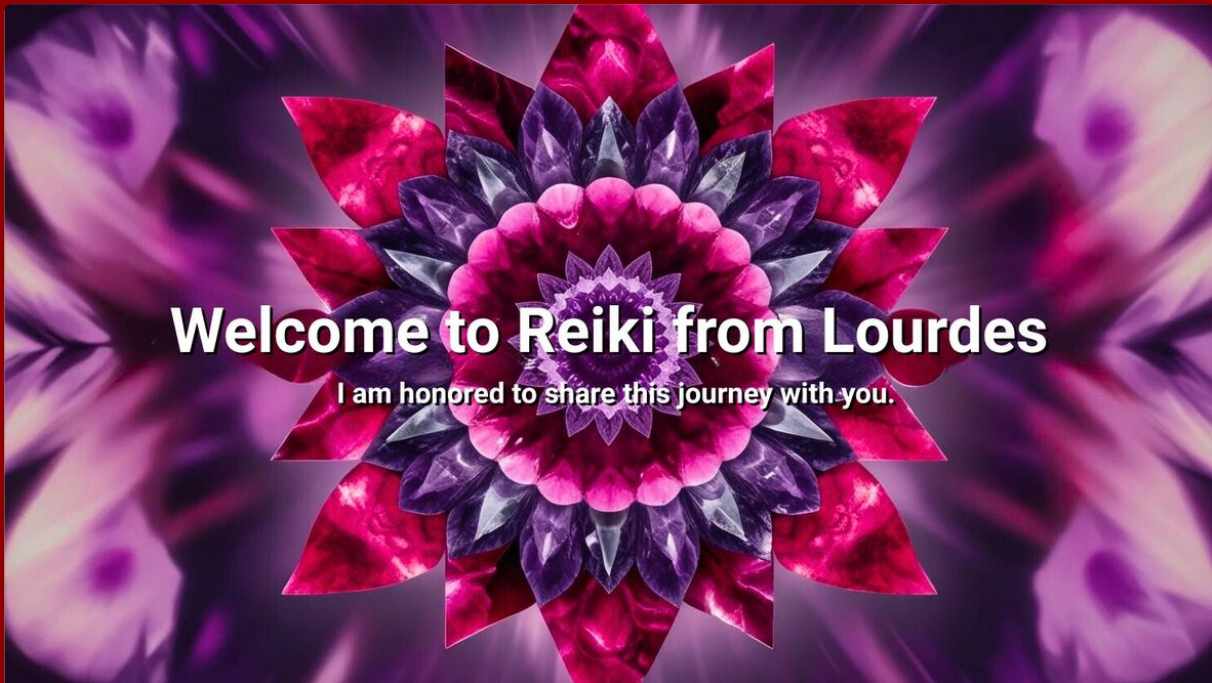




Novmeber 2025 Reiki Newsletter

Welcome to This Month's Newsletter

As we move through November's calming and reflective energies, this is a wonderful time to slow down, realign, and deepen your energetic connection. Each week, I share three complementary energy experiences, one video, one Reiki infused photo, and one livestream, that form a complete weekly energy trilogy designed to support your healing journey on multiple levels.

The livestreams offer dynamic, real-time transmissions that respond to the collective energy of everyone participating. Even if you can't attend live, you can watch the replay at any time, the energy remains active and flowing, yet it will always feel different from the frequencies in the pre-recorded videos. The livestream energy is spontaneous and expansive, while the videos carry stabilizing and harmonizing vibrations that help anchor and integrate what was received.

Together, they form a beautiful rhythm of release, renewal, and integration, supporting you all week long.

Wishing all who celebrate a warm, peaceful, and joy-filled Thanksgiving to all who celebrate. May your heart and home be surrounded by gratitude and gentle light.



Business/Career Success Session

Business/Career Success Session

This distance Reiki session supports your career and business path by harmonizing your energy with clarity, motivation, and abundance. Through Reiki's intelligent and compassionate flow, layers of resistance and limitation are gently released, allowing you to move forward with confidence, purpose, and self-assurance.

As energy realigns within your system, you may begin to feel more balanced, capable, and receptive to new possibilities. This session helps strengthen the connection between your personal energy field and your professional goals, aligning your inner inspiration with outer success.

To learn more click the button below:

Business Career Success Session



November 2025 Reiki Sunday Special

November 2025 Reiki Sunday Special

November Reiki Sunday Special

Reiki for Prosperity Alignment is a grounding and practical distance Reiki session designed to help you restore energetic harmony with the flow of money, security, and self-value. When financial stress builds up, it can create energetic blockages in the root, solar plexus, and heart chakras, causing worry, fatigue, and feelings of disempowerment.

Sunday, November 30th 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.

November Reiki Sunday Special



November 2025 Reiki Pet Special

November 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

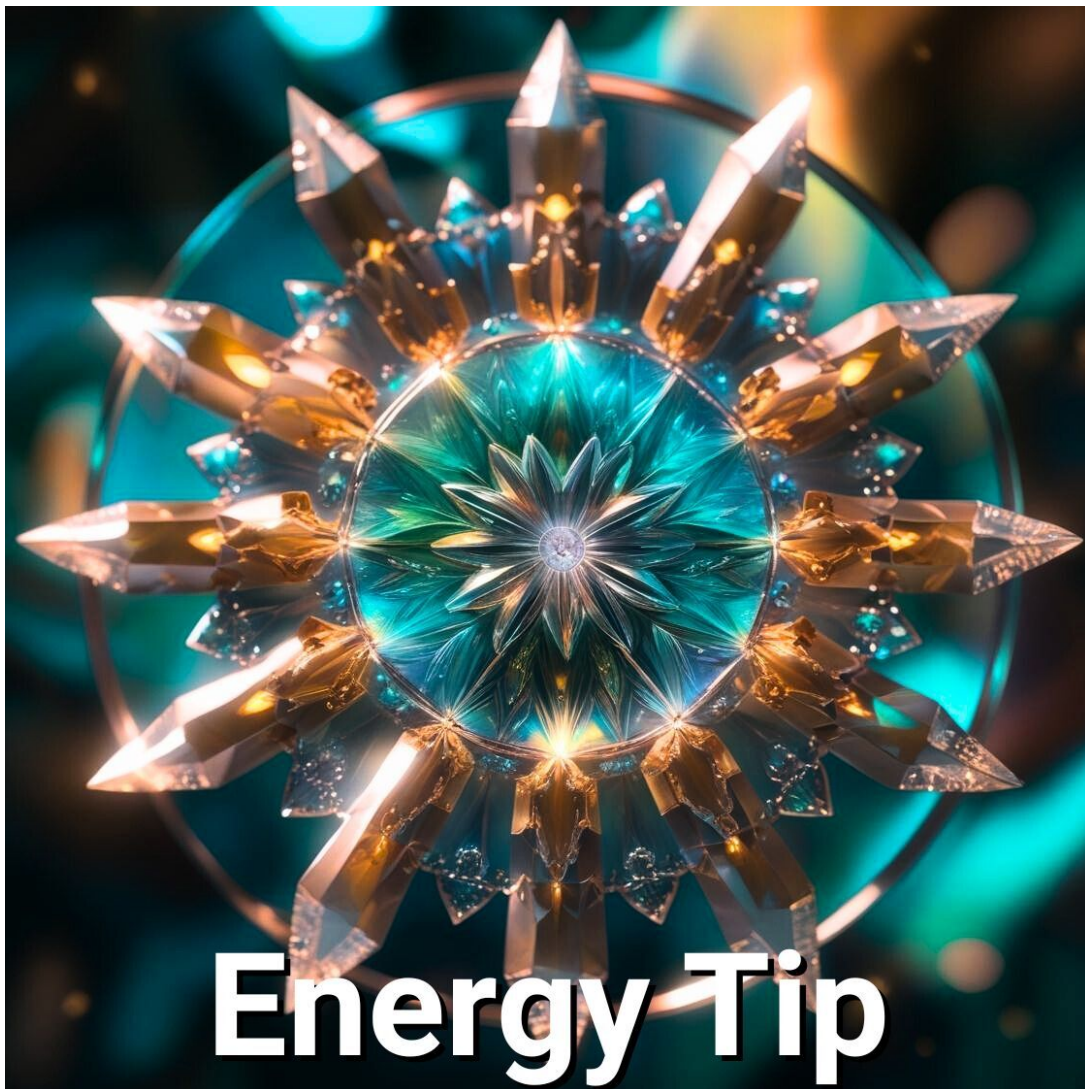
Gentle help with stress, healing, and vitality

A session on November 22nd at 8:00pm (pet's time) 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.

November 2025 Reiki Pet Special Session



Energy Tip

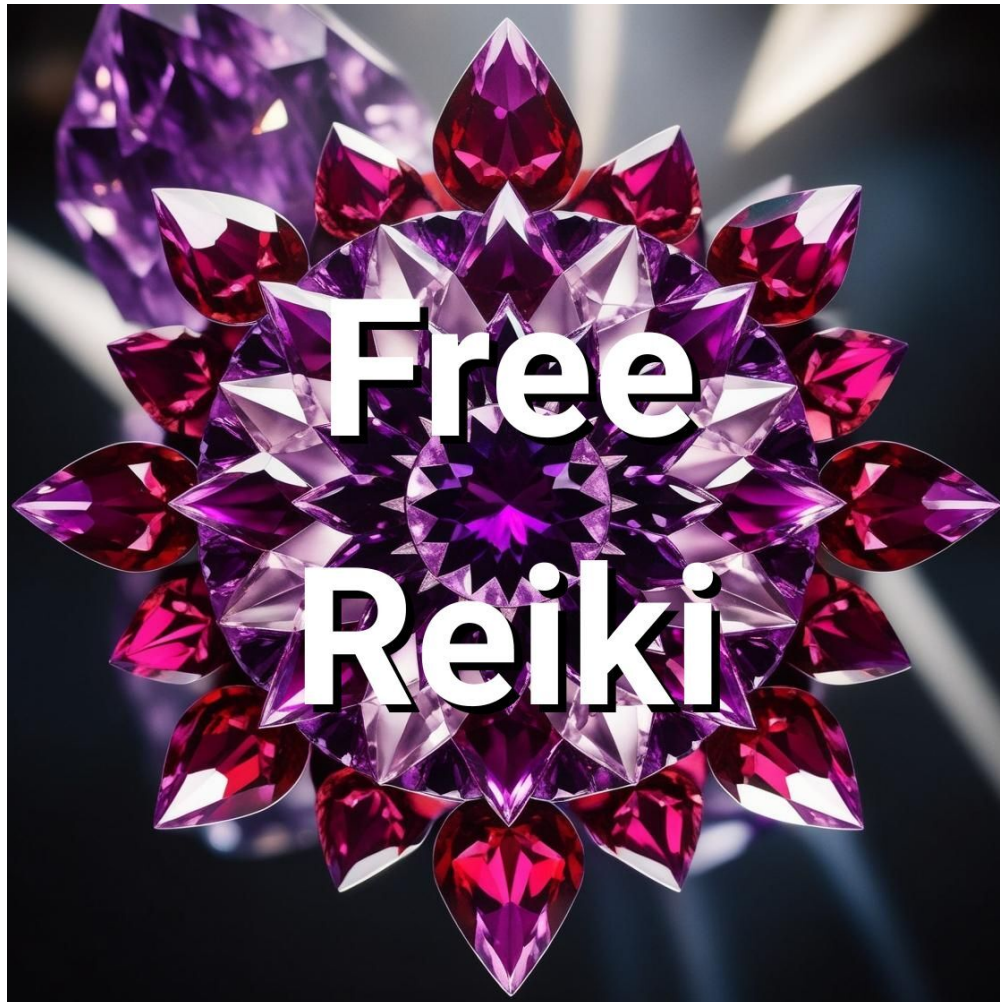
Energy Tip of the Month: Grounding Through Sound and Texture

Grounding doesn't always have to mean visualizing roots or sitting still, it can also happen through multi-sensory connection. Try this practice once a day for the next week:

Gently hum or tone a low sound (like “mmm” or “oh”) while running your fingers along a textured surface, a piece of fabric, a stone, or a leaf. Let your awareness follow the vibration of your voice and the texture beneath your fingertips. As the sound travels through your body, feel it merging with the sensation of touch. This creates a subtle grounding circuit between your body and the Earth through vibration, texture, and awareness.

This simple yet powerful method harmonizes your energy field with your physical

body, helping you stay centered as higher frequencies continue to integrate.



Instructions to Receive Free Reiki This Month

This month's free Reiki session focuses on bringing harmony to your relationships, with others and with yourself. Flowing through the chakras, the energy clears tension, misunderstandings, and emotional residue. It restores clarity, compassion, and ease, helping you communicate with authenticity and connect from a place of calm understanding.

Reiki supports empathy and emotional balance while strengthening healthy energetic boundaries and the vibration of unconditional love that nurtures peaceful, supportive connections.

SESSION DETAILS

Date: Saturday, November 22, 2025

Time: 9:00 PM EST

Sign-Up Deadline: 6:00 PM EST on Saturday, November 22, 2025

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 group 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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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.

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