

Welcome to Rest, Relaxation, and Reiki

I'm honored to share Reiki with you.

January 2025 Reiki Newsletter

Hello,

Wishing everyone a wonderful New Year. The New Year is a time of new beginnings and goal setting. Do you have any goals? My goal is to spend more time on self-care.

Want to thank everyone who watches the livestreams! It is wonderful to come together as a community to receive energy. I try to do a livestream on my 3 YouTube channels every week. Each livestream has energy work that is a preview of that week's video. This energy is different than the one on the focused video. Both the livestream and video complement each other. Monday the livestream is on Rest Relaxation Reiki. Friday has livestreams on Transformational Vibrations and on Metaphysical Life. The times are listed on the YouTube Community Tab for each channel. There are replays for those who can't make it live.

Am posting energy videos on Thursdays on **Rest, Relaxation, Reiki*** and on Tuesday's at **Transformational Vibrations***, videos will be coming out on Sundays for **Metaphysical Life**. You can check the Community Tab on all 3 channels see the new videos coming out. Am looking forward to sharing more with all of you!



January 2025 Reiki Sunday Special

Introducing the January 2025 Reiki Sunday Special, a unique monthly offering that will bring energy for the best possible future. I will assist you energetically from the comfort of your home in attracting more blessings in all areas of your life. These wonderful vibrations start flowing to you the moment you purchase the session! Experience the energy of Reiki to bring you the best energy for what is to come. This energy may work on many different areas of your life including relationships, prosperity, and health. Click the link below for more information.

January 2025 Reiki Sunday Special



Ancestor Light Code Activation Attunement

Ancestor Light Codes Activation is an attunement for Reiki Practitioners levels 3 and

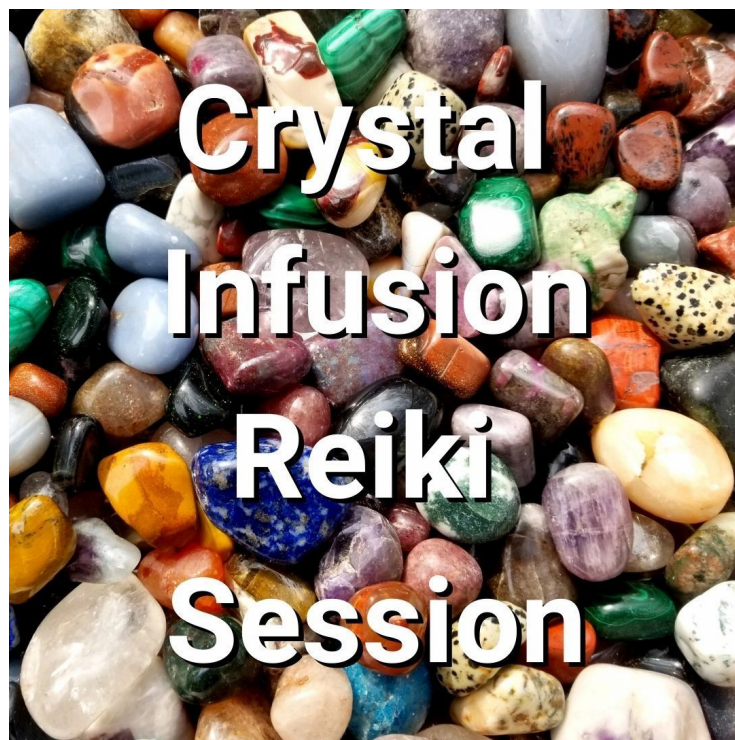
above. "These particular codes are very special because they will literally put you in direct connection with your own ancestors. Those who are your own line have a vested interest in both your ongoing wellbeing as well as your contuse success. These Light Codes know no boundaries and it does not matter whether you are aware of your family ancestry or whether you are an orphan with no family record to speak of.

These powerful light vibrations will cut through time and space and deliver directly to your own auric field an alignment which will bring to bear an activation.

Before purchasing, if you have any questions, feel free to contact us through this link.

Twin Flame

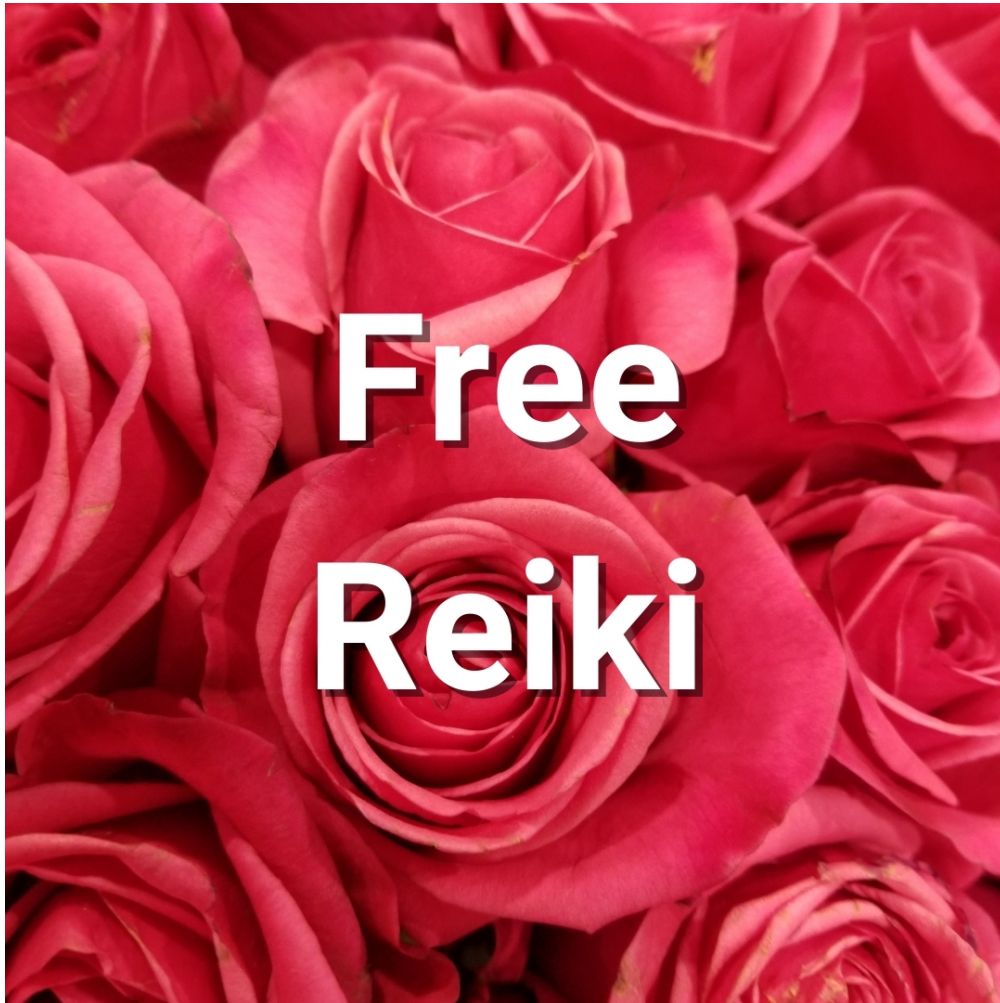
Ancestor Light Codes Activation



Back for a limited time is the Crystal Infusion Session. This session infuses your chakras, aura, and meridians with the energy of one specific crystal/mineral. I will send energy combining Reiki with the energy of your chosen crystal to promote balance and harmony in your mind, body, and spirit. You can choose a crystal from the Earth to one from your home planet/star system. Each crystal (chosen by you or Lourdes can choose for you) is carefully selected to enhance the healing properties

of the session, providing you with a unique and transformative experience. Those who are very sensitive to energy may be able to feel the crystal/mineral in their energy systems. This infusion will allow you to invoke the properties of the specific crystal more easily and completely. For more information, click the link below.

Crystal Infusion Reiki Session



Instructions to Receive Free Reiki

Please read the information below. Check out dates and times to sign up. You can only sign up after this email has been read. Any emails received before this email goes out, will be disregarded.

To receive the Reiki on Saturday (1/18/25, 8pm EST), **only** send an email to the address below :

ReikiLourdes2019@gmail.com

Please note that the ReikiLourdes2019@gmail is only used for free Reiki. If you send an email to any other address, you will NOT be included in the free Reiki session or receive a response.

**You can sign up to receive this Reiki until 6:00pm, EST on Saturday, 1/18/25 After that time, emails received will not be looked at and will be deleted. Here is a [link](#) to a time converter for those in other time zones.*

Please direct all other inquiries/comments/questions to ReikifromLourdes.com via this [link](#).

Due to the amount of emails received, emails may not be responded to, but will be looked at, if received on time. After the free Reiki is sent, this email (ReikiLourdes2019@gmail.com) is not looked at again until the next free Reiki offering. Use the [Contact](#) page for any inquiries.

The intention this month is to feel serenity.

This 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.

Blessings, Lourdes

*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 profession for issues and challenges. 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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