



# Welcome to Reiki from Lourdes

I am honored to share this journey with you.

## January 2026 Reiki Newsletter

### Welcome to This Month's Newsletter

Hello,

As we step into a brand new year, we are also entering the Year of the Horse, a time associated with forward movement, inner strength, and following the path that feels true to your soul. The Horse energy invites us to reconnect with our personal freedom, trust our intuition, and move through life with both grace and determination.

January is a beautiful time to pause, listen inward, and gently set intentions for the year ahead. Rather than pushing or striving, allow your goals to unfold in alignment with your energy and your heart. This year is about momentum that comes from balance, self-care, and clarity.

While moving through this new year, may you honor your own rhythm, trust where you are being guided, and allow the energy of the Horse to carry you forward with ease, confidence, and grace.



# Deep Nourishment Session

*Deep Nourishment Session*

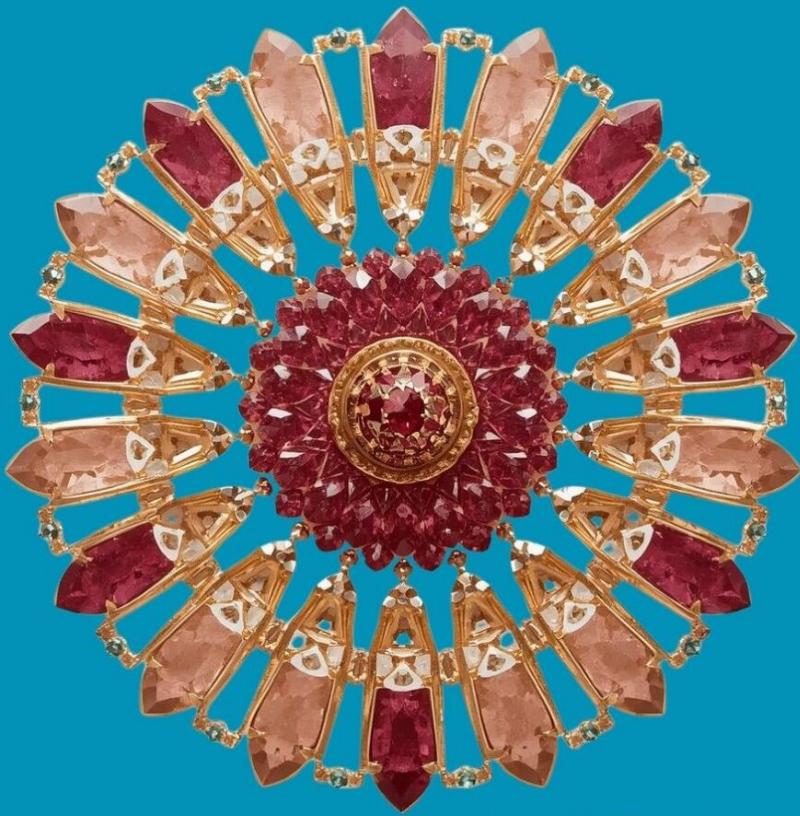
This distance Reiki session is designed to support deep energetic nourishment, restoration, and replenishment for those who feel depleted, exhausted, or energetically drained. Through Reiki's gentle and intelligent flow, your energy system is supported in receiving exactly what it needs to restore balance, vitality, and inner steadiness, without force or intensity.

Rather than focusing on clearing or activation, this session brings in nurturing, restorative energy that helps refill your reserves on a subtle and profound level.

It's a focused, powerful clearing for anyone who feels they've been carrying weight that doesn't feel like their own, or who senses a persistent "held back" energy in their family line.

To learn more click the button below:

Deep Nourishment Session



# January 2026 Reiki Sunday Special

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## January 2026 Reiki Sunday Special

This is a gentle yet powerful distance Reiki session designed to help you clear stagnant energy, release old emotional patterns, and consciously align your energy with the life you are ready to create. As we enter a new cycle of beginnings, this session supports you in stepping out of past limitations and into a fresh energetic timeline.

In Chinese Astrology, the Year of the Horse represents movement, independence, and forward momentum. Horse energy encourages

progress, confidence, and trusting your inner direction rather than remaining stuck in old patterns. This makes it an ideal energetic backdrop for manifestation, especially when supported by Reiki's calming, stabilizing intelligence.

Click the button below to learn more.

**January 2026 Reiki Sunday Special**



### **January 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

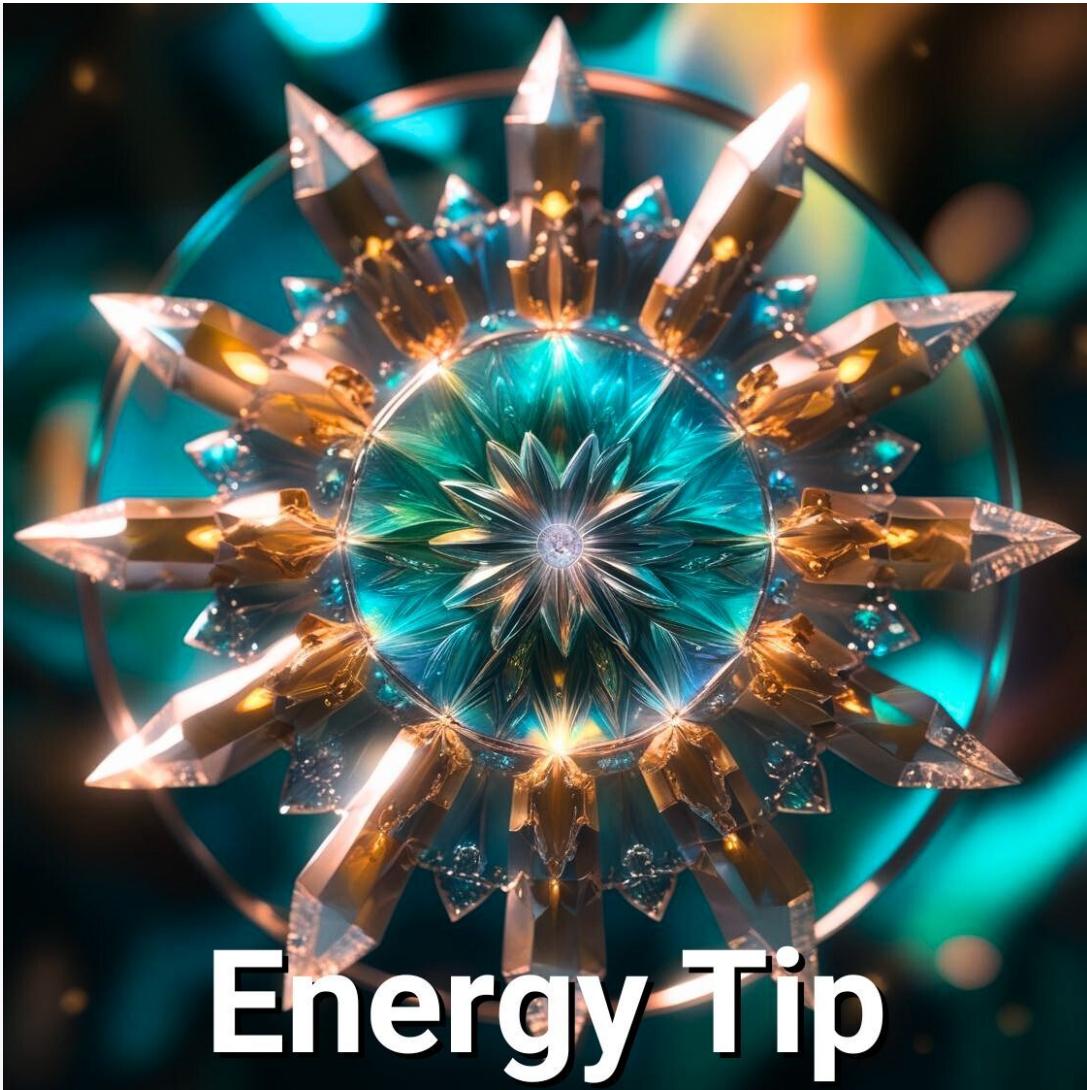
Gentle help with stress, healing, and vitality

A session on December 20th 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.

**December 2025 Reiki Pet Special Session**



# Energy Tip

## Free Energy Tip – Using Reiki Videos Throughout Your Day

You may choose to work with Reiki videos at different points during your day, depending on what feels supportive for you.

### Morning / Start of the Day

Reiki for Motivation and Inspired Action

(Can be played as you are getting ready or at the start of your workday)

### During the Workday / Workplace Support

Reiki for Helpful People

(May be played while at work to support cooperation, harmony, and smoother interactions with others)

### Before Travel or Commuting

## Reiki for Safer Travels

(Can be played before driving, traveling, or any form of commuting)

## Before Cooking or Preparing Meals

### Cooking with Reiki

(May be played before or during food preparation)

## Evening / Wind-Down Time

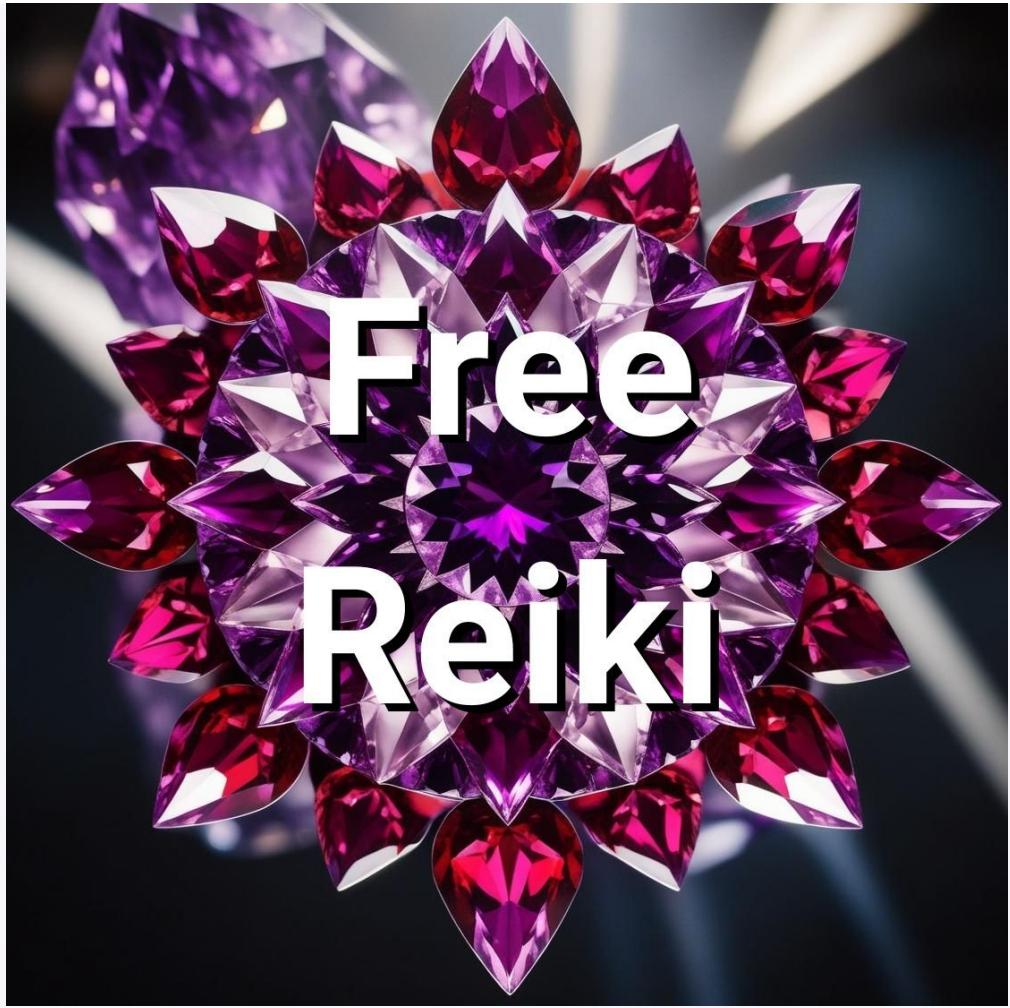
### Sleep Reiki

(Can be played as you go to bed or while resting)

You may choose to play one video at a time, or if your energy allows, explore more. Videos can always be muted so sound does not interrupt your rest or daily activities.

How many videos you use, and how often, will depend on how much energy your system can comfortably handle. Always listen to your body and your energy, and trust what feels right for you.

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## Instructions to Receive Free Reiki This Month

This month's free Reiki is focused on Calm Forward Movement, supporting gentle progress without pressure. The energy encourages balance, clarity, and trust in your own timing as you move forward.

### SESSION DETAILS

Date: Saturday, January 17th, 2026

Time: 9:00 PM EST

Sign-Up Deadline: 6:00 PM EST on Saturday, 1/17/26

### 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](http://ReikifromLourdes.com)

All services are offered via Distance Reiki.

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## Stay Connected

For more updates, offerings, and healing energy:

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## Metaphysical Life

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

Warmly,  
Lourdes  
Rest, Relaxation, and Reiki

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\*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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