

## | Testimonial from Maria Brown

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“During a time of grief and uncertainty, Reiki cleared my mind and helped me heal my spirit. Elizabeth Valsala’s treatments were empowering and uplifting. Repressed feelings such as terror, anger and worry were acknowledged and turned into feelings of acceptance and peace. I am now able to face the future with a clear mind and optimism. I feel stronger, more at peace, and am able to deal with life’s challenges and uncertainties.”

~Maria Brown