

## | Testimonial from Rachel Heisler

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<https://reikiabq.com/2010/09/rachel-heisler/>

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"With Reiki treatments with Elizabeth, I instantly began sleeping better, and I'm also able to sleep less because I'm sleeping deeper each night. I'm also dreaming again. Finally, I am able to handle stressful days and situations with much more ease.

~Rachel Heisler