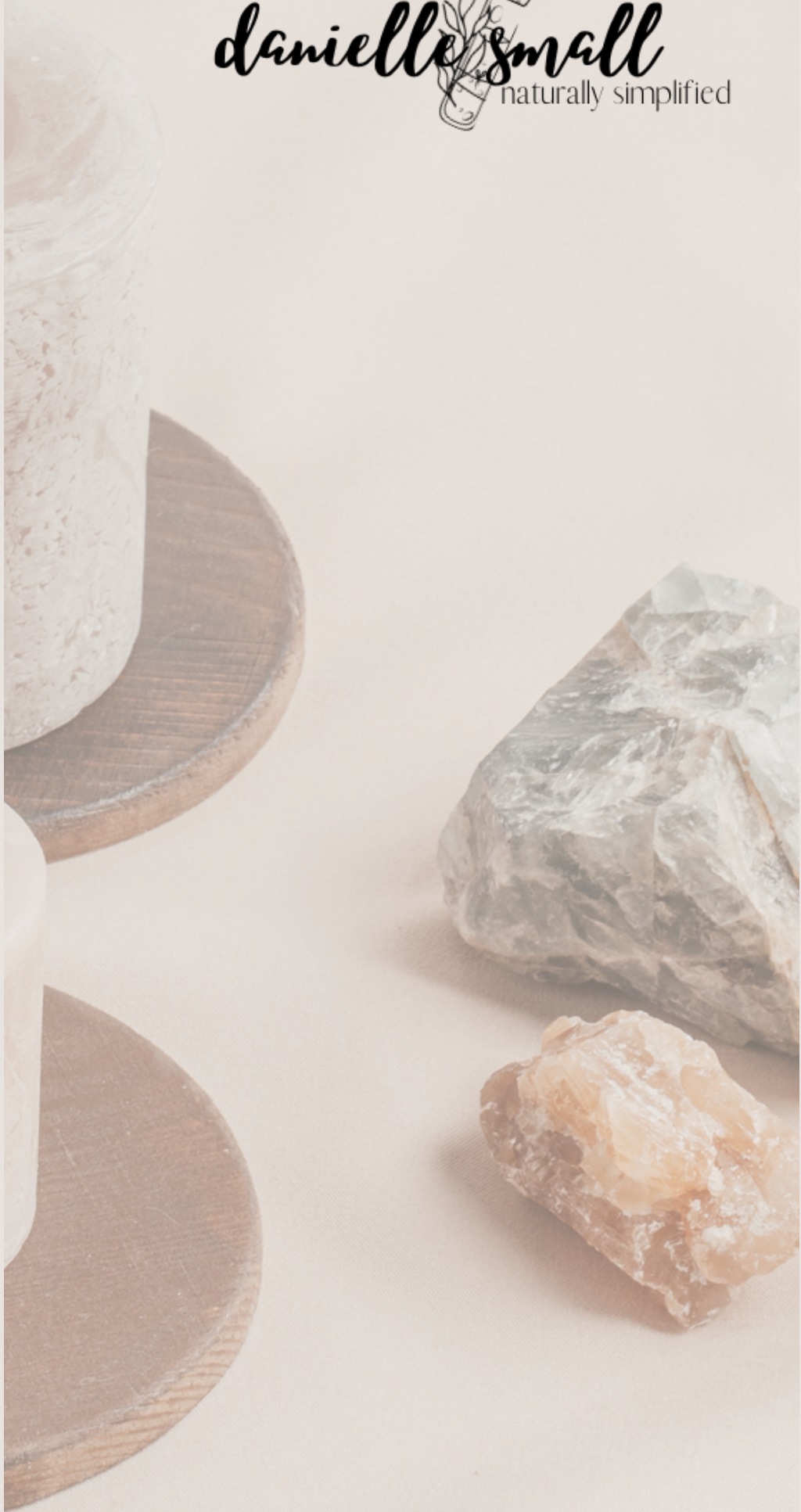


WELCOME PACKET

danielle small
naturally simplified



Welcome



ABOUT DANIELLE SMALL

As Certified Aromatherapist that has been working with essential oils for over 8 years, a Reiki Master and currently learning frequency and vibration for bioenergetic delivery, natural wellness has become a huge part of my everyday life. Always having a bit of a hippie soul and a gypsy heart I find great enthusiasm in using nature's gifts to mend our mind, body and soul. You'll often hear me say I "nerd out" when reading and researching natural wellness. I've grow to love sharing my knowledge with others and spread the love for a cleaner, happier environment inside and out. I'm excited for us to connect and find what modalities speak to you!

Danielle Small

REI
(ray)

靈

*Spiritual
Wisdom*

KI
(kee)

氣

*Life
Energy*

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REIKI

The Art of Healing

Through Universal
Life Force
Energy

Reiki is a Japanese healing technique used to reduce stress and promote relaxation, balance energy and heal physical and emotional ailments.

What is Reiki?

Practiced with love

Reiki is an ancient energy healing practice that originated in Japan. It is a natural healing technique that can be used to reduce stress and promote relaxation. Through the practice of Reiki, I help channel energy to promote physical, emotional, and spiritual wellbeing.

Reiki is a non-invasive treatment, and I do not need to touch you in order to do the healing. Instead, I use my hands to channel the energy to your body. Reiki can be used in many different contexts, from helping ease physical pain to helping with emotional and mental health. It is a wonderfully accessible and effective way us all to explore alternative healing methods and promote our overall wellbeing.



Benefits of Reiki

Reiki helps to reduce stress and promote relaxation, balance the body's energy, and promote healing.

Relieves Pain Through Relaxation

Enhance Healing Effect

Reduces Healing Time

Awaken Intuition & Self-Awareness

Enhance Blood Flow & Circulation

Strengthen Self-Confidence

Clear Suppressed Emotions

Reduce Stress & Anxiety

Boost Immune System

Relieve Depression

Soothe Digestion

Release Toxins

Improve Sleep



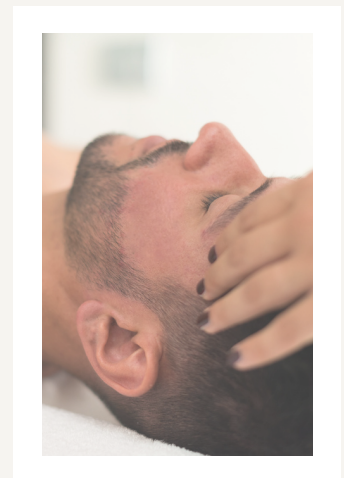
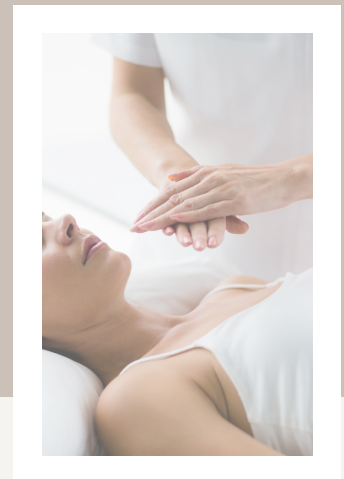
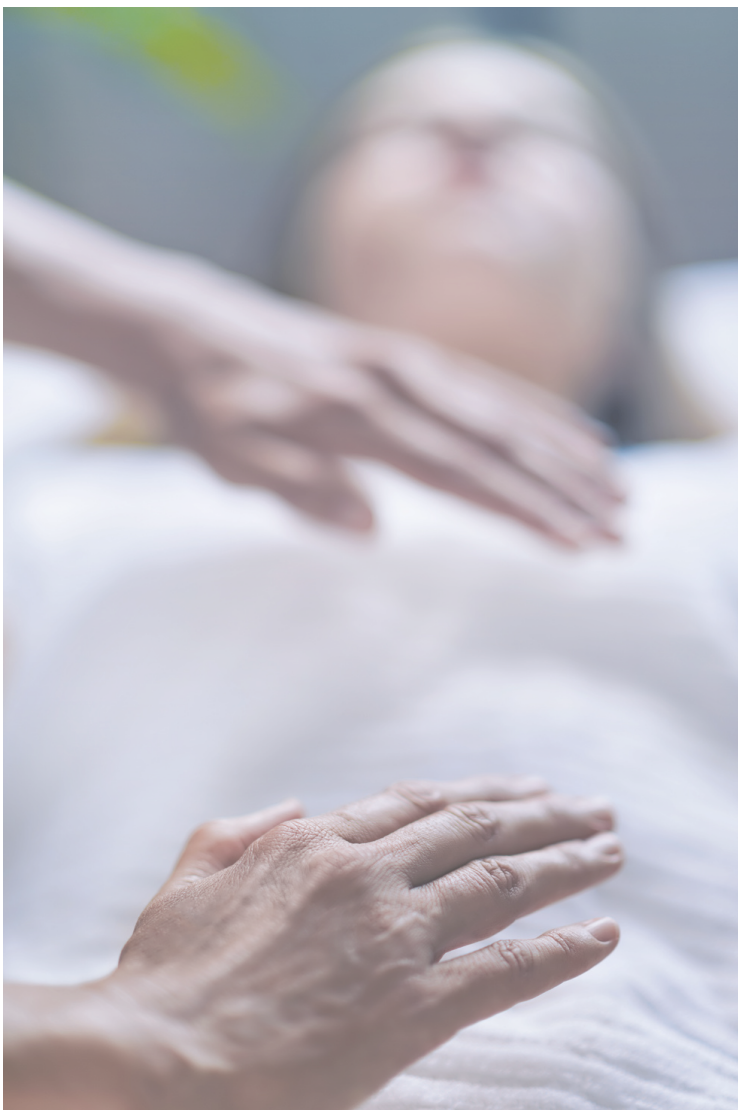
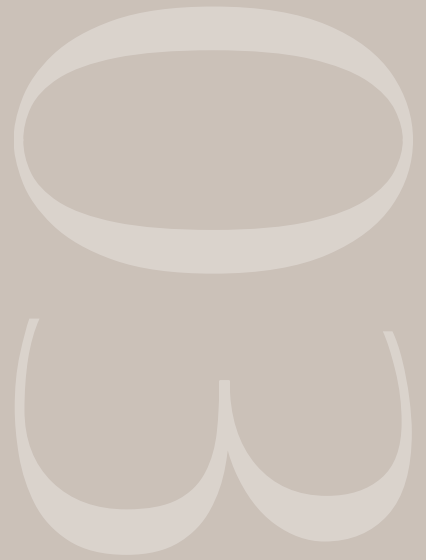


IT'S ALL ABOUT YOUR HEALING PROCESS

There is nothing more important than your health and well-being. This is a journey and I am honored to be a part of it. I am here to guide you, and respect your boundaries. Let me know what you need and together we'll work to create your program.

What to Expect

If this is your first Reiki experience, there are some sensations that you may experience which are perfectly normal.



Physical & Emotional Sensations

The range of sensations experienced during a Reiki session can vary from person to person. Common sensations include warmth, tingling, a sense of relaxation, a feeling of lightness, and a feeling of energy flowing through the body.

Some people also report a sense of clarity and peace, as well as a sense of balance and harmony. In some cases, the recipient may also experience emotions such as sadness or joy. Depending on the individual and the practitioner, the sensations can range from mild to intense.

No matter what you experience, it is all perfectly normal. I am here to guide you through those experiences so that you can understand what they mean and symbolize in your healing process.

WHAT TO EXPECT



04

How To Prepare

Being prepared for your first Reiki experience will enhance the healing capabilities and ensure that you are able to fully embrace the energy received.



BEFORE

Reiki



In the morning

- Eat a light breakfast
 - Try to Relax - Set Your Intentions
 - Wear light clothing which is non restrictive and comfortable
 - Drink adequate water to remain hydrated.
 - If you have time, today is a good day to meditate
 - Be grateful, today you will take steps to heal yourself
-

AFTERCARE



In the first hour after

- Drink Plenty of Water
- Try to Relax - Your Body Needs Time to Heal



In the four hours after

- Eat Fresh, Light Meals
- Take a Relaxing Bath
- Avoid Alcohol, Smoking & Drugs



In the week after

- Reduce Caffeine Intake
- Try Get A Relaxation Massage
- Do Yoga or Stretch Exercises
- Do Daily Deep Breathing
- Practice Mindfulness & Meditation

REIKI

Principles

Just for today, I will not worry.

Just for today, I will not anger.

Just for today, I will do my work honestly.

Just for today, I will give thanks for my
many blessings.

Just for today, I will be kind to my neighbor
and every living thing.

REIKI

& Chakras



Crown CHAKRA

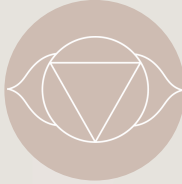
IMBALANCES MAY MANIFEST AS

Depression
Inability to Learn
Rigid Thoughts on Religion
Constant Confusion
Fear of Alienation
Recurring Headaches

Third Eye CHAKRA

IMBALANCES MAY MANIFEST AS

Lack of Clarity
Sinusitis
Poor Vision
Feelings Stuck
Excessive Daydreaming
Consistently in Denial



Throat CHAKRA

IMBALANCES MAY MANIFEST AS

Stuttering
Inability to Listen
Tendency to Interrupt
Fear of Public Speaking
Shyness
Suppressed Emotions

Heart CHAKRA

IMBALANCES MAY MANIFEST AS

Fear of Getting Hurt
Overly Empathetic
Self-Sacrificing
Possessive
Judgmental
Jealous



Solar Plexus CHAKRA

IMBALANCES MAY MANIFEST AS

Low Self-Esteem
Limited Self-Trust
Digestion Issues
Aggressive
Overly Competitive
Victim Mentality

Sacral CHAKRA

IMBALANCES MAY MANIFEST AS

Hypersensitive
Excessive Sex Drive
Compulsive Behaviors
Inability to Share
Excessively Moody
Lacking in Social Skills



Root CHAKRA

IMBALANCES MAY MANIFEST AS

Paranoia
Adrenaline Addiction
Hoarding
Self Neglect
Depression
Fear of Change



01 REIKI HEALING

Reiki is a Japanese form of energy healing that aims to promote well-being by channeling universal life force energy



03 DISTANCE REIKI

Distance Reiki is performed over distance without being in the presence of the person receiving the treatment



02 SOUND HEALING

Sound healing makes use of frequencies in order to align our own energy fields to healing frequencies



04 PET REIKI

Pet Reiki is performed on pets and animals in a similar fashion to humans and has the same healing effects.



05 CHAKRA HEALING

Chakras are our natural energy vortices that can become blocked causing to manifest in ailments.



06 BREATHWORK

Breathwork harnesses the natural power of our own breath to enhance our physical well-being along with helping us to heal ourselves.



07 SPACE CLEARING

Space clearing assists in removing dormant, stagnant or negative energies from our bodies and our environment, facilitating growth and healing.



08 CRYSTAL HEALING

Crystals vibrate with their own frequencies which influence our own helping us to achieve our aims. Various crystals are used to heal all aspect of our being.



09 ENERGY HEALING

Everything is energy. Even though we perceive our physical world as solid matter, when we break down to atomic level we realize every atom is 99% energy.



11 AURA SCAN

Measurement of the direct flow within the 7 main Chakras.



10 FREQUENCY SCAN

By sending specific frequency into the bodyweight initiate the natural internal process of regeneration and repair. Cells out of alignment will return to optimal function.



12 COACH ANALYSIS

Setting a specific goal or area of focus to send direct and specific frequency for manifestation.

Sessions

DISTANT REIKI

Crystal & Chakra Healing

1 Hour

\$120

IN PERSON REIKI

Crystal & Chakra Healing

1 Hour

\$100

PACKAGES

4 - Reiki 1 hour Sessions \$360

6 - Reiki 1 hour Sessions \$520

6 - Healy Frequency Scans \$250

HEALY

Healy Frequency Scan 1 hr \$50

ADD ONS

Healy Frequency Scan \$25

Essential Oils \$15

Healy Vibration \$25

Q

\$

A

How often should I have Reiki?

?

!

Reiki is safe to do anytime you feel the need to recharge, need to relax, or feel that your body requires some healing energy. Up to twice a week will benefit anyone.

Is Reiki safe during pregnancy

?

!

Reiki is safe and healthy for your unborn child. The healing energy not only facilitates your healing and well-being but is a wonderful aid in the development of your baby.

Is Reiki good for Children

?

!

Children of any age can benefit from the life force energy that is channeled during Reiki. Our children experience the same tensions and fears that we do and Reiki is a wonderful tool that they can use to enhance their understanding of themselves and their own energy.

Client TESTIMONIALS

”

THIS WAS AN AMAZING EXPERIENCE, I FELT SO CALM AND RELAXED DURING AND AFTER MY SESSION AND I FEEL MORE OPEN TO OPPORTUNITIES

Susan Smith

10

The Process

Pre-session discussion at which time we can complete all forms needed. All forms and notes will be emailed to you within 48 hours of your session.

We will discuss your requirements and expectations

At your first session, we will complete a pre and post chakra and energy assessment. I will guide you through the session

After your session, we will discuss your experience along with what my experience was of your energy. We can then discuss your future energy healing needs..



WHAT I NEED FROM YOU

For the Best Experience



Be open to accepting healing energy

While Reiki will benefit you irrelevant of your beliefs, it is always helpful to experience it with an open mind and heart.



Communicate clearly and openly

Please try to be open and clear about your needs and expectations. Reiki is no replacement for medical treatment but should be used as an additional tool to improving health and well-being.



Be open to changes in your program

Reiki can have dramatic effects on clients and as we work together to improve your health, there may be some adjustments to the structure of your Reiki sessions. I will work intuitively to understand what your body & spirit require and may make adjustments and changes accordingly.

ASSESSING YOUR PROGRESS

Over the course of your Reiki session, it may be helpful to assess your own progress and see if your expectations have been met. Knowing what you wish you achieve and then being able to assess your progress will give you much clarity and is an excellent addition to your healing process.

Why do I feel I need Reiki?

What areas do I want the Reiki to be focused on?

How do I feel after each Reiki session?

Have I noticed any improvement in my health & well-being?

What additional information should I be providing?



SPECIAL OFFERS

To cherish our relationship I would like to provide you with all the tools to heal yourself and enjoy a life of abundance. Should you be interested in complimentary healing services, I offer discounts on all additional healing modalities added to your Reiki session today.

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Reach Out
LET'S CONNECT



The energy healing Studio is
located at

Address

426 Clinton Street
Defiance, Ohio 4341

Telephone

(419) 980-4926

Email

naturallysimplified@gmail.com

@naturallysimplified

Opening Hours

By appointment