



COSMOVISION

— COLLECTIVE —



PARTNERING FOR HEALTHIER COMMUNITIES

A Community Wellness Partnership Portfolio



FOUNDATION EDITION



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WELCOME



Thank you for considering a partnership with CosmoVision Collective.
We are honored by your interest in our mission and our work.

CosmoVision Collective is a nonprofit organization dedicated to creating spaces of healing, unity, and transformation through sound, movement, education, and holistic wellness. Our programs uplift individuals of all ages while strengthening the communities we serve.

This portfolio offers an overview of our initiatives, impact, and the ways we can collaborate to bring wellness, connection, and hope to more people.

*Together, we can create healthier communities
and a brighter future for all.*





HOW WE HEAL TOGETHER

Creating spaces for healing, connection, and transformation.

At CosmoVision Collective, we believe that *healing is a birthright, not a luxury.*
We create accessible, heart centered experiences that support the whole being
mind, body, spirit, and community.

Through sound healing, energy work, education, and outreach,
we hold space for individuals and communities to slow down,
reconnect, and remember their inherent wholeness.



*This is more than what we do.
It's how we live, love, and serve.*

Founded by Violet Fae Lyra, CosmoVision Collective was born
from a deep calling to unite the healing arts with community care.
Together, we are awakening the cosmic collective of humanity
one sacred space, one heart, one connection at a time.



OUR PROMISE

We lead with love. We serve with integrity.

We honor diversity. We believe in community.

We cultivate transformation for ourselves and for generations to come.



OUR MISSION

Bringing the Healing Power of Sound to *Every Community*

CosmoVision Collective exists to make holistic wellness and the healing power of sound accessible to all.

We partner with hospitals, schools, recovery centers, senior living communities, nonprofit organizations, festivals, and public spaces to create environments where healing is available to everyone, regardless of circumstance.

Through sound healing, education, outreach, and community partnerships, we build sustainable wellness programs that support the mind, body, spirit, and the collective.

Our vision extends beyond individual sessions. We are creating permanent opportunities for healing through community programming, educational initiatives, and the Sound Healing Room Initiative, helping organizations integrate sound therapy into the places people already live, learn, recover, and gather.

*We are not simply offering healing.
We are helping communities make healing
part of everyday life.*



OUR VISION

We dream of communities
*where healing is woven
into everyday life.*

We see a world where the healing power of sound is accessible to every community. Where it is embraced in schools, hospitals, recovery centers, senior living facilities, and places of gathering. Where it becomes a bridge that connects people to themselves, to one another, and to something greater than the struggles they face alone.

We believe sound has the extraordinary ability to calm the body, quiet the mind, and open the heart. It creates space for release, restoration, and real connection.

Our vision is to partner with organizations that share our belief in whole person wellness and community care. Together, we are bringing the power of sound therapy and holistic healing experiences to the people who need them most.

When individuals heal, families grow stronger.
When families grow stronger, communities thrive.
When communities thrive, the world is transformed.



*Together, we are bringing the healing
power of sound to communities everywhere.*



WHY COMMUNITY MATTERS

Healing Becomes Powerful *When We Do It Together.*

We are not meant to heal in isolation. From the beginning of time, community has been the foundation of human survival and the cradle of human thriving.

When people gather in safe and supportive spaces, something shifts. Walls soften. Hearts open. The nervous system relaxes enough for change to occur. In community, we remember that we are not alone in our struggles, and we are not alone in our capacity to heal.

Shared experiences create shared strength. Collective practices build resilience that lasts far beyond the moment. And when we witness someone else begin to heal, it gives us permission to believe in our own healing too.

This is why our work extends beyond the individual. We are here to help create ripples of healing that touch families, schools, workplaces, and entire communities. Because when one person heals, it inspires another. When many heal together, culture transforms.

*We rise together.
We heal together.
We create a better world together.*



THE RIPPLE EFFECT



Healing in Community *Creates Ripples That Last.*

When one person chooses to heal, it impacts more than just their own life. It touches families, friendships, and workplaces. It creates a ripple of change that moves through our communities and beyond.

Healing in community amplifies this effect. Shared experiences build empathy. Compassion grows. Barriers dissolve. Together, we create environments where people feel safe to be vulnerable, supported in their journey, and empowered to thrive.

These ripples extend outward into schools, recovery centers, hospitals, businesses, and neighborhoods. They strengthen our collective wellbeing and inspire future generations to value connection, balance, and inner peace.

This is the vision of CosmoVision Collective. Healing is not just personal; it is collective. And when we come together with intention, our ripples create waves of transformation that can change the world.

*One person heals.
Many rise.
The ripple becomes the wave.*



THE HEALING POWER OF SOUND

Sound is More Than Something We Hear. *It's Something We Feel.*

From the first heartbeat in the womb to the rhythm of our breath, sound has always been with us. It is one of the most ancient and accessible ways for the body and mind to return to balance.

Sound therapy uses vibration and frequency to support the body's natural ability to relax, restore, and heal. It can help calm anxiety, reduce stress, ease pain, improve sleep, and support emotional wellbeing. It also opens the heart, quiets the inner noise, and creates space for clarity, connection, and peace.

Whether it is a sound bath, guided meditation, chanting, drumming, or gentle frequencies, these experiences invite the nervous system to shift from survival mode into a state of safety and presence.
That is where true healing begins.

At CosmoVision Collective, we believe sound is a doorway.
A doorway back to ourselves and to one another.
And when we come back into harmony, we remember
the power we have to create a better world together.

*Sound reminds us who we are.
Connection reminds us why we are here.*





THE SCIENCE OF SOUND

The Science Behind Healing.

Proven. Powerful. Transformative.

Sound is vibration, and vibration is energy. Research shows that therapeutic sound frequencies create measurable changes in the body and brain, supporting physical, mental, and emotional well-being.

SCIENCE BACKED BENEFITS OF SOUND THERAPY



CALMS THE NERVOUS SYSTEM

Sound lowers cortisol levels and activates the parasympathetic nervous system, reducing stress and promoting relaxation.



ENHANCES FOCUS & CLARITY

Sound balances brainwave activity, improving concentration, memory, learning, and cognitive performance.



IMPROVES SLEEP QUALITY

Sound helps increase melatonin production and encourages slower brainwave states (alpha and theta) associated with deep, restorative sleep.



SUPPORTS EMOTIONAL BALANCE

Sound helps process and release stored emotions, reduces symptoms of anxiety and depression, and fosters greater emotional resilience.



SUPPORTS HEART HEALTH

Sound has been shown to help lower blood pressure, improve heart rate variability and support overall cardiovascular function.



STRENGTHENS IMMUNE FUNCTION

Studies suggest sound therapy can increase immune cell activity and support the body's natural defense mechanisms.



ENHANCES BREATH & OXYGENATION

Vibrational sound encourages deeper, more efficient breathing and improves oxygen flow throughout the body.



REGULATES BRAINWAVE STATES

Specific frequencies promote beneficial brainwave states (delta, theta, alpha) linked to relaxation, creativity, insight, and healing.



AIDS DIGESTION

Sound stimulation of the vagus nerve supports healthy digestion, reduces inflammation and promotes gut balance.



PROMOTES SPIRITUAL CONNECTION

Sound quiets the mind, opens the heart, and creates a sense of unity, purpose, and connection to something greater than ourselves.



RELIEVES PAIN & TENSION

Research shows sound can decrease perceived pain, reduce muscle tension, and support the body's natural pain modulation systems.



SUPPORTS CELLULAR HEALTH

Sound vibration at the cellular level may support DNA repair, increase mitochondrial function, and promote healthy cellular communication.

From ancient wisdom to modern science, the evidence is clear:
Sound therapy is a powerful tool for healing, prevention, and transformation.

*When vibration is in harmony, the body heals.
When we listen deeply, we remember who we are.*

At CosmoVision Collective, we use the science and the soul of sound to co-create spaces where healing is possible and transformation is real.



WHAT TO EXPECT

A GUIDED EXPERIENCE FROM ARRIVAL TO INTEGRATION

Every CosmoVision Collective experience is thoughtfully designed to help participants feel welcomed, supported, and at ease. There is nothing to achieve and no previous experience is required. Simply arrive as you are.

- 1



WARM WELCOME
Arrive, settle in, and get comfortable.
We begin by welcoming everyone into a calm and supportive environment while offering a brief introduction to the experience ahead.
- 2



GENTLE GROUNDING
Transition from the busyness of the day.
Simple awareness practices invite participants to become present, settle into the space, and prepare for a restorative experience.
- 3



COMFORT & RELAXATION
Allow the body and mind to unwind.
Participants are invited to get comfortable while calming guidance and a peaceful atmosphere encourage relaxation.
- 4



IMMERSIVE SOUND JOURNEY
Experience healing sounds and restorative frequencies.
A carefully curated sound experience encourages deep rest, stillness, and nervous system relaxation while participants simply listen and receive.
- 5



QUIET REFLECTION
Give moments to simply be.
Participants are given time to rest quietly and notice how they feel before returning their attention to the room.
- 6



OPTIONAL SHARING
Connect if you feel called.
Those who wish may share reflections while others are welcome to simply listen or enjoy the peaceful atmosphere.
- 7



CARRYING IT FORWARD
Take the experience with you.
Participants leave feeling refreshed with a renewed sense of calm that can continue supporting them long after the session has ended.



EVERY EXPERIENCE IS CREATED WITH CARE

Our intention is to hold a space where people feel safe, supported, and free to slow down. Whether in a group setting or one on one, each experience is customized to meet the unique needs of individuals and communities we serve.

- ✦ SUITABLE FOR ALL EXPERIENCE LEVELS
- ✦ NO PRIOR MEDITATION EXPERIENCE REQUIRED
- ✦ ACCESSIBLE & INCLUSIVE

"The journey within is the most meaningful one we can take."

COSMOVISION COLLECTIVE



EXPERIENCE THE DIFFERENCE

THE MOST MEANINGFUL WAY TO UNDERSTAND THIS WORK
IS TO EXPERIENCE IT FIRSTHAND.

We believe wellness is best understood through participation rather than description.
The atmosphere, the sense of calm, the feeling of connection, and the moments of
quiet reflection are experiences that cannot be fully captured on paper.



COMPLIMENTARY INTRODUCTORY WELLNESS EXPERIENCE

CosmoVision Collective is pleased to offer a complimentary introductory wellness experience for organizations interested in exploring a partnership. This welcoming session allows your team to experience the environment your participants would enjoy.

Following the session, we will gladly answer questions, learn more about your goals, and explore how a customized partnership can support your staff, the people you serve, and the unique mission of your organization.



EXPERIENCE IT.

FEEL IT.

KNOW IT.

WHAT PARTICIPANTS OFTEN SHARE

BEFORE

FEELING OVERWHELMED, DISCONNECTED, OR DRAINED



High stress and mental overload



Trouble sleeping or staying rested



Emotional tension or anxiety



Low energy and burnout



Feeling disconnected from self or others



BEFORE & AFTER A COSMOVISION EXPERIENCE

AFTER

FEELING CALMER, CLEARER, AND MORE CONNECTED



Reduced stress and calm nervous system



Improved sleep and deeper rest



Emotional balance and greater clarity



Renewed energy and natural vitality



Stronger connection to self and community

MEASURABLE OUTCOMES

- ✓ Reduced stress, anxiety, and overwhelm
- ✓ Improved sleep and overall well-being
- ✓ Greater emotional balance and resilience
- ✓ Enhanced focus and cognitive function

- ✓ Increased feelings of connection and belonging
- ✓ Support for trauma recovery and regulation
- ✓ Stronger community engagement
- ✓ Lasting positive impact on quality of life

Healing is not a luxury.
It is a necessity.

TOGETHER,
WE CREATE CHANGE
THAT LASTS.

Every session plants a seed of healing that grows far beyond the moment.

★ *Together, we change lives. Together, we build healthier communities.* ★



PARTNERING WITH PURPOSE

We believe meaningful partnerships create lasting change.

CosmoVision Collective collaborates with organizations who share our commitment to holistic well being and community empowerment. Together, we create spaces and experiences that inspire healing, connection, and transformation.

★ WE PARTNER WITH: ★



EDUCATIONAL INSTITUTIONS

We support students, educators, and families through wellness assemblies, workshops, and stress reduction programs that foster focus, resilience, and emotional well being.



NONPROFITS & SOCIAL SERVICE AGENCIES

We partner on initiatives that uplift communities, strengthen families, and provide accessible wellness resources to those who need them most.



HEALTHCARE & WELLNESS CENTERS

We collaborate with hospitals, clinics, and wellness centers to offer integrative healing experiences that complement traditional care and support whole person health.



RECOVERY & COMMUNITY ORGANIZATIONS

We provide sound healing, energy therapies, and educational programs that support recovery, personal growth, and long term well being.



EVENTS & CULTURAL ORGANIZATIONS

We bring healing experiences to festivals, conferences, and community gatherings creating memorable moments of connection and renewal.



Together, we create spaces of healing, empowerment, and transformation that make a lasting impact on individuals and communities.

★ A PARTNERSHIP DESIGNED AROUND YOUR COMMUNITY ★

Every partnership is unique. We listen, collaborate, and co create experiences that align with your goals, values, and the needs of the people you serve.

TOGETHER, WE CAN CREATE A HEALTHIER, MORE CONNECTED FUTURE.



A SPACE FOR STILLNESS

— THE SOUND HEALING ROOM INITIATIVE —

Imagine a dedicated space where patients, residents, students, staff members, or community guests can step away from the demands of the day and experience a moment of calm. The Sound Healing Room Initiative is CosmoVision Collective's vision for creating lasting wellness spaces that encourage rest, reflection, and renewal.

A LASTING INVESTMENT IN WELLBEING

A dedicated wellness room supports not only the people your organization serves, but also the professionals who care for them. These intentional spaces encourage moments of restoration that can strengthen resilience, connection, and a culture of compassion throughout the year.

DESIGNED AROUND YOUR COMMUNITY

Every Sound Healing Room is thoughtfully adapted to the goals of each organization. Whether serving a recovery center, hospital, school, senior community, or nonprofit, programming can be tailored to complement existing services and create meaningful opportunities for wellbeing.

FLEXIBLE AND ADAPTABLE

Rooms may host weekly sound journeys, mindfulness sessions, staff renewal experiences, recovery support programming, educational workshops, youth offerings, seasonal events, and community gatherings. Whether used monthly or every day, the room becomes a welcoming place where people know they can pause and restore.

★ POSSIBILITIES INCLUDE ★

- ★ Community Sound Journeys
- ★ Staff Wellness Experiences
- ★ Recovery Support Programming
- ★ Mindfulness Sessions
- ★ Youth and Family Wellness



- ★ Educational Workshops
- ★ Seasonal Community Gatherings
- ★ Volunteer Appreciation Events
- ★ Caregiver Renewal Sessions

Together, we can create spaces where healing feels welcome every day.



How We Serve

HEALING THAT MEETS PEOPLE WHERE THEY ARE



We create accessible, heart-centered experiences and partnerships that support transformation on every level.

Our work reaches individuals, families, and entire communities.



COMMUNITY WELLNESS PROGRAMS

We offer sound healing experiences, workshops, and wellness offerings that promote relaxation, resilience, and personal growth.



RECOVERY & HEALING SUPPORT

Our programs provide compassionate, trauma-informed support for individuals on their path to recovery and renewal.



YOUTH & EDUCATIONAL INITIATIVES

We empower young people through mindfulness, sound, and creative expression, helping them build confidence, focus, and emotional well-being.



HOSPITALS & HEALTHCARE COLLABORATIONS

We bring sound and energy healing into healthcare settings to support patients, families, and caregivers through comfort, stress relief, and whole-person care.



EVENTS & OUTREACH

From Festivals and Parks to Schools and Hospitals,

We show up in the community through events, pop-up activations, and partnerships that make healing accessible and visible.



TRAINING & CAPACITY BUILDING

We equip facilitators, organizations, and healing practitioners with tools, education, and resources to expand their impact and sustain their mission.



*Wherever we go, we create spaces for healing,
connection, and transformation.
This is how we serve.*





OUR IMPACT

— TRANSFORMING LIVES. STRENGTHENING COMMUNITIES. —



Through our programs and partnerships, we create opportunities for healing, connection, and growth. Our work supports individuals and organizations in building healthier, more compassionate environments.



EMOTIONAL WELLBEING

Our sound experiences and wellness offerings help reduce stress, promote relaxation, and support emotional balance and resilience.



NERVOUS SYSTEM SUPPORT

Sound and vibration therapies encourage regulation, calm and a deeper sense of safety and stability.



INCLUSIVE ACCESS

We bring holistic wellness experiences to the places where they are needed most, ensuring care and healing are accessible to all.



CONNECTION AND BELONGING

Our gatherings and partnerships foster meaningful connection, reduce isolation and build a stronger sense of togetherness.



SUSTAINABLE CHANGE

Through the Sound Healing Room Initiative and long term partnerships, we create lasting spaces and opportunities for ongoing wellness.



EMPOWERED ORGANIZATIONS

By equipping organizations with tools for wellness, we help cultivate environments where people can thrive.



*When we heal together, we rise together.
This is the impact we create together.*





INVESTING IN HEALTHIER COMMUNITIES

A COMMUNITY PARTNERSHIP PHILOSOPHY

EVERY PARTNERSHIP
IS AN INVESTMENT IN

*healthier
communities.*



At CosmoVision Collective, we believe every partnership is an investment in people. Our mission is to cultivate long term partnerships that strengthen staff, clients, students, patients, and the communities they serve.

Our Community Partnership model was thoughtfully created to make high-quality wellness programming more accessible while cultivating meaningful, long-term relationships with organizations committed to the well-being of their communities.

★ HOW PARTNERSHIP INVESTMENTS ARE STRUCTURED ★

The average value of a private wellness experience is approximately \$44 per guest.

Using a group of twenty guests as an example, the individual value is approximately \$880. Our \$440 Community Partnership Investment reflects our nonprofit commitment to making high quality wellness experiences more accessible.

Using a group of twenty guests as an example, a private wellness experience represents approximately \$880 in individual value. Our **\$440 Community Partnership Investment** reflects approximately a **50% nonprofit-supported investment**, allowing organizations to maximize their impact while expanding access to healing experiences.

Community Partnership investments shown below are based on groups of twenty guests. Larger groups, recurring programs, specialized experiences, grant-funded initiatives, and long-term collaborations are thoughtfully tailored to support each organization's unique goals while remaining aligned with our mission of accessible healing.

COMMUNITY PARTNERSHIP INVESTMENTS

COMMUNITY PARTNERSHIP EXPERIENCE	PARTNERSHIP INVESTMENT
Community Partnership Experience (Based on a Group of 20 Guests)	\$440
Monthly Community Partner	Starting at \$415 per session
Biweekly Community Partner	Starting at \$395 per session
Weekly Community Partner	Starting at \$375 per session
School & Educational Partnerships	Typically \$750 – \$1,500
Recovery Center Partnerships	Typically \$850 – \$1,800
Hospital & Healthcare Partnerships	Typically \$1,000 – \$2,500
Corporate Wellness Partnerships	Typically \$1,200 – \$3,000
Community Events & Outreach	Typically \$750 – \$2,000
Festival & Conference Partnerships	Typically \$1,000 – \$5,000+

Festival partnerships vary based on event size, programming, travel, duration, and collaboration opportunities. We are always happy to create a partnership that reflects your vision, your community, and the impact we hope to create together.

EVERY PARTNERSHIP IS DESIGNED TO INCLUDE

- ✓ Collaborative Planning
- ✓ Customized Programming
- ✓ Professional Facilitation
- ✓ Therapeutic Sound Instruments
- ✓ Gentle Grounding Practices
- ✓ Flexible Experiences
- ✓ Ongoing Partnership Support

COMMITTED TO ACCESSIBLE HEALING

We recognize that every organization has unique goals, attendance, funding opportunities, and budget considerations.

Whenever possible, we explore grants, sponsorships, fundraising partnerships, charitable support, and customized programming to help make wellness experiences accessible to every community.

Festival partnerships vary based on event size, programming, travel, duration, and collaboration opportunities. We are always happy to create a partnership that reflects your vision, your community, and the impact we hope to create together.

OUR FIRST CONVERSATION IS NEVER ABOUT COST.
IT IS ABOUT POSSIBILITY.

Together, we will explore how to create meaningful wellness experiences that reflect your vision, strengthen your community, and cultivate lasting impact.



OUR PROGRAMS

SACRED EXPERIENCES FOR HEALING AND TRANSFORMATION

Our programs are designed to support mind, body, and spirit.

Each experience is a doorway to deeper connection,
inner peace, and collective well-being.



SOUND HEALING JOURNEYS

Immersive sound experiences that invite deep relaxation,
nervous system support, and vibrational restoration.



INSTITUTIONAL PARTNERSHIPS

Bringing sound healing programs to hospitals, recovery centers,
schools, and other partner organizations through grants
and collaborative funding.



SACRED CEREMONIES

Intentionally held gatherings including Inner Child Healing,
Sister Circles, cacao and tea ceremonies, seasonal celebrations,
and shamanic healing circles.



THE SOUND HEALING ROOM INITIATIVE

Creating permanent healing spaces with sound healing equipment
and vibroacoustic beds that continue serving organizations
every day.



ECSTATIC DANCE EXPERIENCES

Guided movement journeys that encourage somatic release,
authentic expression, and joyful connection through
music and movement.



RETREATS & SPECIAL GATHERINGS

Custom healing experiences for nonprofits, festivals, organizations,
and community events that weave together sound, ceremony,
movement, and connection.



*We create spaces where healing is possible,
connection is nurtured, and transformation
ripples out to our communities and the world.*





SCIENTIFIC & CLINICAL SOURCES II

SOUND MEDITATION, HOSPITALS, ANXIETY, PAIN, AND CLINICAL SETTINGS



EVIDENCE FROM CLINICAL STUDIES AND HEALTHCARE ENVIRONMENTS



Goldsby TL, et al. Effects of singing bowl sound meditation on mood, tension, and well being: an observational study. *Journal of Evidence Based Complementary & Alternative Medicine*. 2017;22(3):401–406. PubMed PMID: 27694559.

Sixty two adults reported significantly less tension, anger, fatigue, and depressed mood after a sound meditation session.



Rio Alamos C, et al. Acute relaxation response induced by Tibetan singing bowl treatment: a randomized crossover study. *PLOS ONE*. 2023. PubMed PMID: 36826208.

Found a stronger acute psychological and physiological relaxation response than progressive muscle relaxation or quiet waiting.



Stanhope J, Weinstein P. The human health effects of singing bowls: a systematic review. *Complementary Therapies in Medicine*. 2020;51:102412. PubMed PMID: 32507249.

Reported promising findings across mood, anxiety, fatigue, blood pressure, heart rate, respiration, oxygen saturation, and brain activity, but highlighted small and heterogeneous studies.



Lin FW, et al. Effects of Tibetan singing bowl interventions on psychological and physiological outcomes: a systematic review. 2025. PubMed PMID: 40888617.

Most included studies reported improvements in anxiety, depressive symptoms, wellbeing, quality of life, heart rate variability, or heart rate. Authors called for stronger trials.



Lee HY, et al. Benefits of music intervention on anxiety, pain, and physiological responses in surgical patients: systematic review and meta analysis. 2023. PubMed PMID: 37272961.

Concluded that music interventions reduce anxiety, pain, and some physiological responses in surgical patients.



See C, et al. Effectiveness of music interventions in reducing pain and anxiety in pediatric and adult emergency departments: systematic review and meta analysis. *International Emergency Nursing*. 2023;66:101231. PubMed PMID: 36528945.

Found evidence supporting music interventions for anxiety and pain in emergency settings.



Kriakous SA, et al. Effectiveness of mindfulness based stress reduction on psychological functioning of healthcare professionals: systematic review. *Mindfulness*. 2021. PubMed PMID: 32989406.

Reviewed evidence suggesting MBSR reduces anxiety, depression, and stress in healthcare professionals.



de Witte M, et al. Music therapy for the treatment of anxiety: systematic review and multilevel meta analysis. 2025. PubMed PMID: 40547443.

Fifty one studies showed an overall medium effect on anxiety, with stronger effects for self reported anxiety than physiological outcomes.



SCIENTIFIC & CLINICAL SOURCES III

SOUND MEDITATION, MINDFULNESS, STRESS, AND RECOVERY

FOUNDATIONAL REVIEWS, MINDFULNESS, STRESS, AND RECOVERY



de Witte M, et al. Music therapy for the treatment of anxiety: a systematic review and meta analysis. *Health Psychology Review*. 2022;16(1):134-159. PubMed PMID: 33176590.

Meta analysis of 47 studies, 76 effect sizes, and 2,747 participants. Reported an overall medium to large effect on stress related outcomes.



de Witte M, et al. Effects of music interventions on stress related outcomes: a systematic review and two meta analyses. *Psychology of Music*. 2020;48(2):294-324. PubMed PMID: 31167611.

Found significant effects on psychological stress and physiological measures including heart rate, blood pressure, and hormone outcomes.



Lu G, et al. Effects of music therapy on anxiety: a meta analysis of randomized controlled trials. *Psychiatry Research*. 2021;304:114137. PubMed PMID: 34363216.

Reported significant improvement in anxiety during treatment.
Authors noted limited and inconsistent follow up data.



National Center for Complementary and Integrative Health.
Meditation and Mindfulness: Effectiveness and Safety. Updated 2022.

Official NIH summary describing evidence for anxiety, depression, sleep, chronic pain, PTSD, and substance use, with ongoing limitations and mixed results.



National Center for Complementary and Integrative Health.
Mind and Body Approaches for Stress and Anxiety: Science Digest.

Official NIH review providing moderate evidence for mindfulness meditation in anxiety and depression and potential benefit for workplace stress.



Ramachandran HJ, et al. Effectiveness of mindfulness based interventions on psychological distress, stress, depression and burnout in healthcare professionals: systematic review and meta analysis. *Journal of Advanced Nursing*. 2023. PubMed PMID: 35187740.

Concluded that mindfulness based interventions can reduce distress, stress, depression, and some burnout dimensions, with evidence limitations.



Wang Q, et al. Effects of mindfulness based interventions on stress and burnout in nurses: systematic review and meta analysis. *Frontiers in Psychiatry*. 2023. PubMed PMID: 37599984.

Found mindfulness training may reduce stress and burnout and improve psychological wellbeing in nurses.



National Center for Complementary and Integrative Health.
Mind and Body Approaches for Substance Use Disorders: Science Digest.

Reports that mindfulness approaches may help reduce cravings and support some substance use outcomes when used as adjunctive care, while emphasizing mixed evidence.



MEET THE *Founder*

★
Violet Fae Lyra
FOUNDER & VISIONARY
★

Violet Fae Lyra is a healer, sound alchemist, and ceremonial guide devoted to the remembrance of our innate wholeness.

Her path began in service first as a massage therapist then as a Reiki Master and eventually as a Sound Healer and Kambo practitioner, walking the sacred bridge between the physical, emotional and spiritual realms.



Trained in the Andean CosmoVision tradition and the Yuraq Puma lineage, Violet weaves together ancient wisdom and modern science to create experiences of deep transformation and collective healing.

Through CosmoVision Collective, her vision is to make holistic wellness accessible to all in schools, recovery centers, hospitals, and underserved communities because healing is not a luxury it is a birthright.

She believes in the power of sound, presence, and community to awaken the light within each of us and to help create a more compassionate, conscious world.

★
*"The body is wise. The mind can heal.
Sound helps create the space where
healing naturally unfolds."*

— VIOLET FAE LYRA



✧ COSMOVISION ✧
— COLLECTIVE —



THANK YOU



Thank you for taking the time to explore this vision with us.

We are deeply grateful for your interest, your support,
and your belief in the power of healing, unity and transformation.

Together we can create a world where people
feel seen, supported and empowered to thrive
in body, mind and spirit.

We look forward to building meaningful partnerships
and bringing this vision to life together.



HEALING ✧ UNITY ✧ TRANSFORMATION

A Journey Back to Wholeness



LET'S STAY CONNECTED
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