

In-Person Appointments: Scan the QR code to visit our booking calendar for all of our service providers.

Please check our website for our latest policies and pricing on reading and/or healing sessions as they are subject to change.

Alli Watts: Chair Massage 15 min (\$30)

Andrea Renee: Intuitive Sound Bath, Akashic Record Reading, Reiki Master, 15 min (\$40), 30 min (\$80), 45 min (\$95), 60 min (\$125), 120 min Combo Session (\$205)

Bertena: Tarot, Scrying, Tea Leaf Readings. 15 Min (\$40), 30 min (\$75), 45 min (\$110), 60 min (\$140), 90 min (\$200)

Curt Perkins: Astrology Readings. 30 min (\$55), 60 min (\$90)

Dr. Tamurah: Clairvoyant, Psychic, Shaman, Rainbow Frequency Attunement 15 min (\$55). 30 min (\$88), 45 min (\$122), 60 min (\$155), 90 min (\$188)

Gina Griffiths: Channeler, Psychic, Medium, Animal Communicator. 20 Min (\$45), 40 min (\$95), 60 min (\$125)

Jamie Givens: Intuitive Readings, Tarot. 15 Min (\$40), 30 min (\$65), 45 min (\$95), 60 min (\$125),

Janet Andrews: Tarot Readings. 20 min (\$40), 40 min (\$80), 60 min (\$120)

Jean Tindle: Akashic Record Reading, Energy work using Crystals, Shamanic Healing, Reiki, Sound & Channeling. 30 min (\$65), 60 min (\$125)

Jeff Crawford: Shaman, Tarot, Pastoral Counselor, Reiki Master Teacher, Practitioner of Reconnective Healing®. 30 min (\$75), 60 min (\$150)

Juelle: Conscious Channel. 60mins (\$140), 90mins (\$210), 120mins (\$280) Juelle offers private sessions with The Council. Touching and reading your soul, they guide you into the insights and direction of your own Divine Spirit.

Lauren Boyd: Psychic, Clairvoyant. 30 mins (\$45).

Lori Knowles: Angelic Guidance, Emotional Healing, Intuitive Readings, 15 min (\$40), 30 min (\$80), 45 min (\$95), 60 min (\$125), Archangel/Soul Integration<sup>™</sup> 60 min (\$125)

Tania Smith: Tarot, Hypnosis, Intuitive Readings, Tibetan Energywork 15 min (\$40), 30 min (\$80), 45 min (\$125), 60 min (\$175), 90 min (\$225), 120 min (\$325)

Tania also offers: Life Map Healing, Dream Mentoring with Life Map Healing, House & Business Blessing, Tse Dup 3 Year Energy Healer Program. Book a free 15 minute consultation with Tania to discuss these additional opportunities.

L'Vereese Britten: Tarot, Channel, Angel Messages. 15 Min (\$45), 30 Min (\$75), 45 Min (\$115), 60 Min (\$160)

Mallory Key: AMAFA Accredited Astrologer. 20 min (\$40), 40 min (\$80), 60 min (\$125), 80min (\$175)

Mandy Lee: Tarot, Energywork. 15 min (\$40), 30 min Tarot (\$65), 30 min Energy Work (\$75), 45 min (\$95), 60 min (\$125)

Seemi Rizvi: Henna, Intuitive Artist, Psychic, Tarot. 20 min (\$40), 30 min (\$80), 60 min (\$125)

Trinity Moon: Psychic, Clairvoyant. 20 min (\$50), 40 min (\$80)



Scan the QR Code to visit our Remote Service Calendar to book your an appointment with one of our Cosmic providers.

All appoinment times are Central Standard Time.



FOLLOW US ON INSTAGRAM: O @COSMICCONNECTIONSNASHVILLE



2117 8TH AVENUE SOUTH NASHVILLE, TN 37204 (615)463 - 7677WWW.YOURCOSMICCONNECTIONS.COM

March through May, 2024

# WHAT IS TIBETAN TSE DUP HEALING?

Cosmic is grateful to work with the best readers and energyworkers in Nashville. Among them is Tania Smith. She is a Tse Dup Lopon (soul healer and teacher) in the Tibetan Energy Healing system of Tse Dup Yang Bod and was one of the first practitioners, and the first non Tibetan teacher, of this Ancient Tibetan Soul Healing in the US.

Tse Dup Soul Healing is a practice rooted in ancient Tibetan healing techniques. It restores, strengthens, and deeply heals the soul and life force energy by addressing energetic imbalances caused by trauma, disease and karma. In Tibetan medicine, any illness is seen as a disruption in the internal energetic essence of the five elements: earth, wind, water, fire, and space. Tse Dup works to bring balance to these elements, that make up the universal energy, helping to reclaim and heal spiritual energy that has been lost or damaged.

Engaging in Tse Dup Soul Healing sessions, whether individually or in a group, can lead to the retrieval and healing of the soul and life force, which can positively impact physical health, emotional well-being, overall fortune and even lengthen the life span. For those who choose to study and make Tse Dup a daily practice, the results can



COSMIC STARS Sign up for Cosmic Stars. Scan the QR code to sign up and start earning Stars now.



be profound. Spiritual awareness deepens on all levels, while intuition, precognition, and natural healing abilities are enhanced. This practice strengthens the connection with one's own inner wisdom, allowing for a more powerful, happy and conscious manifestation of life. In a world filled with mental confusion, Tse Dup Soul Healing offers a path to clarity and empowerment.

Tania will be starting a new 3-year training program for those wishing to become Tse Dup practitioners in 2025. To experience Tse Dup and gain a better understanding of the

work, she offers а monthly Tse Dup Healing event in-person and via Zoom. Scan the OR code to register.



**RETAIL HOURS:** MONDAY-SATURDAY 11AM - 7PM SUNDAY 11AM - 6PM

SHOP ONLINE WITH FREE SHIPPING FOR ORDERS \$45 AND OVER OR CHOOSE LOCAL PICK-UP



# YIN YOGA

*w/Alli Taylor.* a relaxing 75 minute Yin Yoga class that promotes flexibility and deep tissue stretching. Explore long-held grounded postures to release tension in your body & calm your mind. **March 4, April 1, May 6. 6:00pm. Cost \$20.00** 

#### **NEW MOON CIRCLE**

w/Janet Andrews and a community of likeminded women, ready to connect to purpose. New Moons represent beginningsa perfect time for setting goals and intentions, planting the seeds of our desires. Each month the Circle provides a new experience of setting intentions, meditation, and journaling. Mar 4, Apr 1, May 6.
5:30pm. Cost: \$35.00

#### GUIDED MEDITATION TO MEET YOUR SPIRIT BEINGS

w/Bertena Varney. This is a FREE relaxing and informative meditation to meet your spiritual beings and/or guides. March 7, April 4, May 2. 7:00pm. Cost: FREE (Zoom)



# WHAT IS A THERAPEUTIC HARP

*w/Jamie Givens*. Discover the calming vibrations of the Reverie Harp. Learn how the therapy harp is used for both music therapy and sound healing. Find out how a therapy harp is used in a one-on-one session. **March 9. 11am. Cost: FREE**.

#### SOUND IMMERSION

Join Dr. Tamurah on a Sound Journey with high vibe energetics of black tourmaline, tanzanite & lapis crystal bowls refined with a Sanskrit gong to restore the normal vibratory frequencies of the body, mind and soul. March 9, April 13, May 11. 5:30pm. Cost: \$33

# **REIKI 2**

*w/Bertena*. In Usui Reiki Level 2 students buildupon the foundational knowledge and skills gained in Level 1. This level introduces more advanced concepts and techniques, including the use of symbols and distance healing. **March 10. 1pm. \$150**.



#### Juelle is a conscious channel pringing clarity, hope, & healing to her clients and the world!

# FREE EVENING OF ENERGY WORK

*w*/Mandy Lee and Clarissa Lynn. Are you new to energy work? Do you need some energy healing? Ever wondered what energy work felt like and wanted to experience it? Receive a short session for free. **March 14**, **April 18**, **May 16**. **5:30pm. Cost: FREE** 

# **RETRAIN THE SUBCONSCIOUS FOR MANIFESTATION!**

*w/Andrea Banfield.* Learn more about the subconscious patterns of your thinking and retrain your brain for manifestation! **March 16, April 20, May 18. 11:00am. Cost: Free.** 

# CHANNELED MESSAGES FROM YOUR SPIRITUAL BEINGS

w/Bertena Varney. Channeled monthly GroupMessages from Spiritual Beings.March 21, April 18, May 16. 7:00pm. Cost: \$25. (Zoom)

# MULTIDIMENSIONAL DIVINE LIGHT TRANSMISSION®

*w/Chris Hancock.* Do you yearn for an experience of contact with The Divine, connection with Angel, Archangel, Holy/Supreme Being, Great Saint or Ascended Master? Find peace, greater embodiment, and certainty of your inherent worth. **March 17, April 21, May 19. 3:00pm. Cost: FREE** 

#### SONG OF CREATION

*w/Andrea* Renee. An Intuitive Sound Healing. Andrea uses a variety of instruments to bring a deep healing to participants. She incorporates singing bowls, frame drum, didgeridoo, tuning forks and more during her intuitive work. **March 20, April 17, May 15. 6pm. \$35**.

# RAINBOW LIGHT ACTIVATION

*w*/Tania Smith. This meditation using rainbow colored light activations will show you how to work with your chakras, release blocked energy and rebalance your energy field, support healing, and rejuvenation. **April 2, May 7. 7:00pm. FREE (Zoom).** 

# CONNECTING AND COMMUNICATING W/ THE ELEMENTALS

*w*/Bertena. Explore the world of elemental beings: earth, water, fire, and air spirits. Establish profound connections with these energies and mastering the art of communication with ancient and mystical entities. **April 7. 1:00pm. Cost: \$75** 



#### ACCESS EARTH ENERGY WITH CRYSTALS

*w/Jamie Givens.* Discover how crystals help tap into the Earth's electromagnetic and crystalline grid, an understanding of how to harness the earth and fire element, how to incorporate affirmations and meditation and more! **April 13. 11:00am. Cost: \$35** 

#### THE TIBETAN THREE HEART MANTRAS

*w*/Tania Smith. These Tibetan mantras are invaluable for maintaining inner balance through opening your heart, and reducing stress and obstacles in your life. They are beneficial for those seeking methods to quiet the mind and heal challenging emotions. **April 27. 1:00pm. Cost: \$125.** 

# **TIBETAN TSE DUP 5 ELEMENT HEALING**

*w*/Tania Smith. Strengthen the life force & soul energy by balancing the spiritual essence of the 5 elements: Restore a sense of joy, well being, and compassion for others. In-person, Zoom, Distance. **April 16, May 21. 7pm. \$25.** 



# LUNAR RETREAT AND ASTROLOGY CLASS

*w/Mallory Key.* This lunar retreat will nurture your inner child with astrological insights. **April 28. 2:00pm. \$75** 

#### JEFF CRAWFORD, NASHVILLE SHAMAN

**Reiki I & II \$600** April 6th & 7th April 28th & May 5th

Psychic Defense April 21 \$350

**Reiki 3** March 16th, 2024 \$450 Classes held in Jeff's Nashville office.

#### AWAKENING THE SACRED FEMININE

*w/Bertena*. This event explores the essence of the sacred feminine energy within individuals and the world. It provides a transformative journey designed to help participants tap into the wisdom, strength, and spirituality associated with the this energy. **May 5. 1:00pm. Cost: \$75** 

**PSYCHIC FAIR!** A COSMIC PSYCHIC SAMPLER FEATURING Your Favorite Readers! tarot, intuitive guidance, astrology, angelic messages, animal communication, channeled messages, meditation, aura photography, door prizes, more! SATURDAY, MAY 25

SIGN UP for our weekly ENEWS ON OUR WEBSITE TODAY for current updates and sales.

Scan the QR Code to visit our Classes and Events Calendar on our website and to reserve your space in one of our great classes!

