



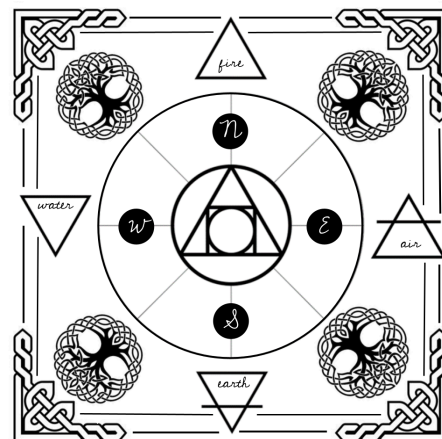
# Robert Hensley

Certified Meditation Leader & Sound Therapist  
Specializing in Elemental Shamanic Practices

## What is Elemental Meditation?

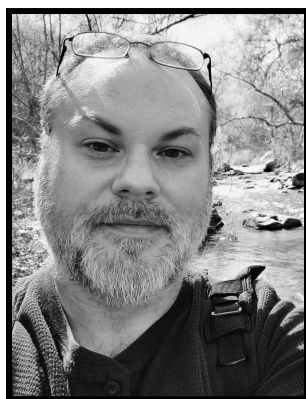
Elemental Meditation is the practice of focusing on the elements of fire, earth, air, and water (and sometimes consciousness and space) during a session, using the traits of each to gain awareness of our connection to the natural world.

Healers and alchemists have long believed there are four cardinal elements: fire, earth, air, and water, which are considered to be the base of creation. Some consider consciousness (being) - the combination of the cardinal elements - and space to be two additional elements, which may be included in some Elemental Meditations.



## How does Sound Therapy fit with Elemental Meditation?

Sound therapy is the practice of including instrumentation, vocalization, and chanting to a meditative practice to create ambiance and/or build an environment which enhances the session. Sound can be used to encourage relaxation, elevate energy, and inspire healing. Unlike Eastern practices, which tend to incorporate singing or crystal bowls and gongs, the Celtic Shamanic Tradition incorporates native wood flutes, frame drums, lyre, and the kalimba, which some describe as being "earthy and grounded" as opposed to "ethereal."



Robert is a certified Meditation Leader and Sound Therapist, specializing in Elemental practices drawn from Druidism and contemporary Celtic traditions. As an entertainment professional with 25 years of experience working intimately with actors, his practice tends to revolve around one-on-one sessions with the goal of assisting performers. He has appeared on a number of podcasts to discuss Elemental Meditation and share information about his Celtic Spirit Animal Meditation Deck. Robert also leads group sessions at conferences and festivals, like the recent ParaPod Festival.

Based in Los Angeles, Robert is also an award-winning filmmaker and producer, and an Emmy Award-nominated makeup artist. He has a tiny house in the backwoods of Pennsylvania for when he needs to escape LaLaLand.

CONTACT:

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## Services and Workshops

One-on-One Chakra Tuning	\$35/30 mins
One-on-One Guided Elemental Meditation	\$35/hour*
One-on-One Sound Bath	\$50/hour**
30-min Shamanic Guidance <i>Includes Celtic Spirit Animal Meditation Card Work</i>	\$35
45-min Elemental Facial <i>Licensed Esthetician in CA and PA</i>	\$70
40-min Group Meditation	\$15/person
40-min Group Sound Bath	\$25/person
40-min Couples Guided Meditation	\$35/person
1-hour Group Guided Meditation & Sound Bath	\$30/person

\*Any amount of time over the hour will be billed as an additional hour at the rate of \$45/hour

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- Zabutan/zafu combinations, yoga mats, and/or towels are encouraged for all services.
  - Loose fitting clothing of a breathable material is suggested.
  - You will be invited to remove your shoes to better ground yourself.
  - Please be aware that you will be seated in the modified lotus asana or laying semi-supine for this session - if you have issues with sitting or laying for long periods of time, please let me know so that we can customize your experience.
  - Please be aware that a number of musical instruments may be included in a sound bath, including percussion such as gongs and drums - those with sensitivities to sound have been forewarned.
  - Clean face/no makeup is suggested for all facial services.