

The Bedford Pound Ridge

RECORD REVIEW

VOLUME 13, NUMBER 5

FRIDAY, DECEMBER 14, 2007

REPRINTED WITH PERMISSION

The official newspaper of the towns of Bedford and Pound Ridge

For Field, the medium is the massage

By EVE MARX

Robyn Field has been blessed by a calm and serene nature and gifted hands. Ms. Field is a licensed in New York State massage therapist. She is a graduate of the highly esteemed Swedish Institute of Massage Therapy and Allied Health Sciences in New York City, where she was originally certified in prenatal, postpartum, infant and labor support bodywork. From Memorial Sloan-Kettering Cancer Center, she became certified as a specialist in therapeutic massage in the area of oncology. From the IM School of Healing Arts, a graduate-level training institute under the direction of spiritual leader Levent Bolukbasi, Ms. Field is also an ordained minister. At IM, she studied the emotional, physical, psychological and spiritual realms of healing.

Ms. Field is adept in all the skills necessary to do Swedish and deep-tissue massage. Swedish massage is long strokes, friction and kneading, combined with deep tissue, myofascial release, and shiatsu. The purpose is to provide healing and deep relaxation on the deepest level.

While she continues to work with cancer patients and still does some pre- and postnatal work, Ms. Field's focus now is working with clients who suffer from more mundane but nevertheless painful conditions such as repetitive



EVE MARX PHOTO

Robyn Field

motion injuries, injuries to the rotator cuff, chronic headaches, TMJ, sciatica, muscle spasm and other medical issues. Over her 13 years of practice, she has developed a devoted following. Her business brochure is filled with moving testimonials from clients who say that Ms. Field's work goes far beyond traditional massage. Praising her compassionate and strong nature, Ms. Field's clients say it was her calm demean-

or that carried them through difficult moments. Many clients in fact speak of Robyn Field as though she were a saint.

Entering her private sanctuary in a sun-filled studio/office in Katonah above some shops, you immediately feel the love. Ms. Field has made a cozy accommodation; the front room, already benefiting from natural light, has been soothingly decorated with a

continued on next page

For Field, the medium is the massage

continued from front

few choice bits of Indian trinkets, Indian furniture and artifacts. In the tiny alcove kitchen, the sink is filled with polished river stones, and there are interesting things on the walls to consider, including Ms. Field's numerous certifications and diplomas, while undressing for the massage.

Ms. Field's table is warm and deep and deliciously fluffy. Her linens are impeccably well-laundered and white. The sensation of getting on the table is rather like climbing into bed. You close your eyes and begin to drift off, and then Ms. Field reenters the room and places her hands on you. You are immediately centered. Her touch is a kind of benediction.

One of the trickiest issues to deal with when getting a massage is how much or how little either you or the massage therapist should talk. As more people substitute their physical therapists and/or hair stylists or aestheticians for regular therapy, the role of the massage therapist and the boundaries imposed by the pro-

fession become muddier or at least less clear. While a great many people routinely talk throughout their entire massage, Ms. Field is of the school that believes the most effective massage is conducted in silence.

"I don't talk myself, and I think it's better for the person to be quiet," Ms. Field said. To that end, she cultivates and supports a quiet atmosphere, the end result being that she is able to establish a much higher level of communication with the person she is massaging. It's as though the silence gives the body itself permission to speak to the therapist, who responds with her hands. The hands seemingly take on a life of their own, guided by the body itself directing them where to go and how much pressure to exert.

"I'm all about truly supporting the person, being with someone completely while I'm massaging them," Ms. Field said. Of her cancer clients and the specialized work, Ms. Field is sanguine. "I don't think of myself as doing something that is especially noble,"

she said. "At one point nearly a third of my work was with cancer patients." Yes, she admitted, it sometimes becomes intense, but she said, "I think that you get the work that you can handle."

For Ms. Field, just as a rose is not just a rose, a massage is not simply a massage. "I don't just see the person as a body on the table," she explained. "I see this incredible universe before me. Every single person is a whole being. They are already whole and perfect.

"I have no agenda when I begin with a person," she said. "It's my preference not to say a word. I meet them where they are. And if they just want a massage, I will do that."

A few years ago, when she was thinking about a new name for her business, the name "Hands of Grace" came to her during a spiritual moment. It is true, Robyn Field's hands are graced. Strong and supple, they knead, they rub, they are healing. Her ability to honor the body and to hear what it is saying is absolutely compelling.

Robyn Field can be reached by calling 261-3363.