

MIND BODY

MUSICAL MASSAGE

Tunes and touch promote deep relaxation and healing



Maureen Spencer, left, and Dee Lyon work on Derek Darvish of Weymouth on the Cymatron Sound table at Spencer's Finding Inner Peace studio on Bridge Street in Weymouth.

Photos by DEBEE TLUMACKI/For Living Well

The radio belts out your favorite song and suddenly you feel lively and happy.

Registered nurse Maureen Spencer says that's no coincidence. Music soothes, heals and "affects us on many levels – mental, physical and spiritual."

Spencer practices alternative healing at her studio, Finding Inner Peace, in North Weymouth, and she's most excited about the work she does with music. She is a Cymatron Sound Healing Facilitator, which means she promotes healing through music and massage by using a vibroacoustic sound table called a Cymatron. The apparatus looks like a regular massage table with a big copper pentagon-shaped, cage-like device on top of it.

"Vibroacoustics is about using different music frequencies to soothe and heal a wide variety of health problems," she says. "The combination of music and massage has a profound effect on people with a wide variety of issues including

those suffering from depression, anger, relationship problems and chemotherapy.”

During a session Spencer employs reiki and massage techniques set to new world music. She says the combination puts people into a state of deep relaxation, which enables them to focus on their personal healing.

Kathy Baglio’s daughter, Casey, was born with a rare liver disease. She was sick for eight years, swallowed tons of medication and waited for a liver donor. Then Baglio took her to see Spencer.

“I didn’t know what to expect and I asked myself if I was crazy to consider something like that. But when you’re the mother of a sick child you’ll try anything to make her well,” Baglio says.

Spencer worked to build Casey’s strength and improve her overall health until she got her transplant 18 months ago.

While Casey underwent a 10-hour surgery, relaxation music was played in the operating room. She also held onto the energy necklace Spencer had given her. She was out of intensive care in 24 hours.

“Even the doctor attributed her speedy recovery to faith healing. I don’t know how to explain it. Call it faith healing or alternative medicine, but whatever she does, it works. My daughter is healthy and doing great,” Baglio says.

A vibroacoustic session is 90 minutes and costs \$60. For more information go to www.cymatronsoundhealing.com or call 781-878-0115. The studio is at 102 Bridge St., North Weymouth.

- Teri Borseti
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