

THE BABY WHISPERER

Midwife and birth intuitive works to connect moms with babies in utero

By Cindy Sutter, Boulder Daily Camera

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When Mary Geitner was about 33 weeks pregnant, she had a feeling that something wasn't quite right. It wasn't a physical feeling, really, and there was nothing in her history to indicate a problem. Her first pregnancy had ended with a successful home birth.

Geitner had an ultrasound, something she originally hadn't planned to do, and found out her amniotic fluid levels were low. She was put on bed rest for six weeks and gave birth at home to her second daughter, Phoebe, seven weeks ago.

Geitner partly credits her faith in her intuition to Teresa Robertson, a certified nurse midwife, who also has a practice as a birth intuitive -- a professional description she has trademarked.

Robertson works with women during pregnancy to help them connect with the baby growing inside them. But her work is more than helping women with body awareness and psychological preparation for motherhood. She says she helps women connect with the being or spirit who will become their child.

"We have agreements with them," she says of the spirits who she sometimes describes as hovering, waiting to be invited into a woman's womb. "What is your agreement with this being coming in? What are you going to learn from them? What are they going to learn from you? It often dovetails with parents' individual soul life purpose."

Robertson also works with couples with fertility difficulties to help them welcome a new life into their midst.

"What I'm seeing in a lot of (people who have) losses, is that the women's body needs to be acclimated to having the energy of the spirit," Robertson says. "The loss process helps them to clear out something, to be ready in a way they didn't know they wanted to be ready."

That could mean lifestyle changes and other physical interventions, but it often is a creating a receptive, welcoming place for a being to reside until birth, Robertson says. Once the conception happens, Robertson's practice involves helping mothers connect and even communicate with their babies throughout the pregnancy.

If that sounds a little different from the typical maternity care a woman might receive, it is and it isn't, Geitner says.



Photo by Marty Carvano

Teresa Robertson, right, a midwife, guides Jean Mitchell in communicating with her baby in the womb.

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"She had this lovely hybrid of medical background with intuitive background," she says of Robertson. "She can talk about your FSH (follicle stimulating hormone) levels and sperm counts. She can check out your third chakra and (fix) issue X or resolve issue Y."

However, Geitner admits, a person has to be receptive to intuitive therapy.

"If my dad wanted to have a session with Teresa Robertson, I doubt if he would be enriched by it," she says.

Developing intuition

Robertson points out that pregnancy is one of the few instances in which intuition is honored in western culture. If a (pregnant) woman says she feels something is not right with her body, a doctor will usually tell her to come into the office, Robertson says.

"Pregnancy is an important time to get back to body wisdom," she adds.

Robertson's own work as an intuitive grew out of her clinical practice as a midwife. During those years, she met Mary Bell, who went on to found the Psychic Horizons Center in Boulder. Robertson began to take classes at the center that focused on intuition and clairvoyance.

"It just became sort of a natural progression, connecting with unborn children. It was naturally integrating parts of who I was," Robertson says. She seeks to foster the same integration of heart and head in her clients.

Making a connection

Robertson does some work, especially with fertility clients, over the phone. When she sees a pregnant patient, she leads them through meditations and sometimes "games" with the baby.

One of those is asking the baby to send a signal to the mother. Robertson will tell her client to send a hello to the baby and see what you get back. She instructs the mother to ask for a signal from the baby.

"It might feel like a tap on the shoulder or warmth in the heart," Robertson says. "If (the woman is) further along in pregnancy, it might be a kick."

Geitner says that Robertson watched intently during her sessions, which began with a grounding meditation in which she was asked to put her feet on the ground and feel earth energy coming through your body.

"She worked through each of the chakras and did visualization exercises," Geitner says. "She would ask 'What do you feel?' and she would talk about what she was sensing and feeling, too. It was more of a dialog, one that happened on a very intuitive level."

Once when Geitner's toes curled up, she says Robertson told her, "You're not very grounded. Let's move into this."

Getting to know you

Robertson says she gets a definite sense of the personality of the baby and sometimes more specific information than that.

Once, when a client's doctor suggested she get an ultrasound at 20 weeks of pregnancy, Robertson says the baby communicated through her: "He said, 'You don't need an ultrasound. I'm perfect.'"

Robertson says that's how she translated his communication, which was more like an image.

"He showed a picture, doing like Superman showing his body. 'Look at me. I'm fine,'" Robertson explains. "When you're talking about translating energy, language is really challenging."

The couple opted to have the ultrasound anyway. Just as with children after they're born, parents don't have to act on what the baby wants.

Of "Superman," Robertson says: "He picked some good parents. He's going to be a leader, very powerful, but he needs to learn about boundaries. The negotiations started in utero and have gone on and on."

Jean Mitchell of Lafayette is seeing Robertson while she's pregnant with her second child. With her first child, Leo, she was able to concentrate on the pregnancy and maintain awareness. Now he is 14 months old, and she's pregnant with another child, it's hard to be aware of her second pregnancy amid the running around and changing diapers.



Photo by Marty Carvano

Mitchell, who works in the office at Boulder Nurse Midwives and whose mother is a midwife, says Robertson has a special gift for helping mothers connect.

"When she is talking to you about your unborn child, there's almost an energy you feel that's different from touching your tummy and saying, 'Hi baby.'"

Geitner says working with Robertson gave her a clear idea of her baby before she was born.

"It kept me connected to her throughout the pregnancy in a different way," she says. "When she was born, she was immediately recognizable. It was a sweet surprise."