

Craniosacral Therapy for Pregnancy, Postpartum and Newborns with Etienne Peirsmann

Actually is a podcast about re-imagining the way we approach the entirety of the birthing year Margo's goal is to combine her radical imagination with her knack, for strategizing to bolster the birth revolution and a larger global revolution of feminine consciousness. Actually is a production of the Indie Birth association and Indie Birth dot org.

No material on this podcast should be considered medical advice. Birth is not a medical event now here's your host, midwife and teacher Margo Blackstone. Hello, and welcome to. Actually a podcast with me, Margo Blackstone, and a production of the Indie Birth association today, I have a special guest at the end Piman and he is gonna be talking to us about cranial therapy and how that relates to pregnancy and birth and the postpartum and the newborn time.

So I'll read through your bio and then we'll jump in. So ATT Piman is one of the most respected cranial SACL therapy teachers worldwide and has been teaching for nearly 30 years. He's the founder and director of PC a Piman cranial SAC academy in the Netherlands and originated the cranial SAC professional organization in Holland, and is an honorary member of the Dutch cran practitioner Associa.

Additionally, he taught CS at the New Mexico academy of healing arts and BA university for nearly a decade. He now teaches at his new school Piman cran academy in CS. New Mexico. Sen is also the author of the wonderful book therapy for babies and small children. I am super excited to talk with you today.

All right. did you ever read the book? I have not gotten the chance to read the book yet, but it is on my list. And maybe I'll have to have you back on afterwards if I have a bunch of questions after reading it, but maybe let's start there. Tell me a little bit about that book and where your interests in working with babies and small children's came from.

The book is basically, I think we brought it out in 2006 and it has gone. Yeah, well over the world it's been translated in what in Portuguese, in German, in French, in check-in, in Polish, in. It originates in Flemish in Mandarin and that other one Cantonese. So it's also out in China.

Amazing. Yes. And we brought it out or it was made in 2006. And the reason that we brought it out in a book my wife, in that part, you can see that in the booklet She was an amazing photographer and we had maybe three, four, 5,000 pictures of me working on babies. There were quite a bunch, oh, wow.

That used to come through my hands. And we had so many pictures and there's so beautiful. Yeah. Babies being worked on that's quite. Nice subject. So we we brought the book out basically to show the pictures, the text, just the book, but the book was brought out to To get people's interest in our work, but also, there, the pictures are so emotional.

You can see the emotions in me, maybe in the mom. We basically brought it out to, to get people into an emotional reaction about this. and if you see the pictures, it's something that you want for your baby also. They're so beautiful. So yeah. That's why the book basically came to yeah.

So that's quite, yeah. I'll make sure I add a link to the book. Yes. Yeah. Show notes. All right. Good. Yeah. And then you're probably wondering this is 2006 and I stopped having a practice already for more than 10 years because I'm just, yeah. Teaching GRA when at this moment I'm more or less.

Yeah, confined to New Mexico just next to Albuquerque. But I'm teaching a little bit all over the world. I just came back from Seattle and yeah, I'm waiting to go back to Europe and to Asia and yes, the work with the babies at the moment is a little bit yeah, centerpiece. Let me let me just go into it.

So you don't have to ask any questions about it. I'm busy with a new book and it's it. It is written. It just needs to be published. That's all. But a big part of that book is about placenta and Lotus bird and it's okay. Yeah. It's one of those if you look at the state of the world and how yeah, there is trouble everywhere, but alright.

That's one thing, but what I'm concerned about is. How babies at this point what are their chances and to make it into this yeah, world that seems to be going crazier and crazier, but what can we do as cranial therapist and also us do as in us source doula and us midwives, what can we do with newborns?

And there is a huge. Possibility, to put humanity on a better course just by being with moms at the very beginning. And I'm talking about Lordsburg and placenta. And let me explain how I came to know about this topic. First of all. Yeah. First of all, there is so many people that I work with and that I teach.

And one of the main things that I see in people is they have something missing something very deep and they have no idea, what is this? Very small, but it's always there this negative feeling that people have deep down it's almost, if they're happy, they don't feel it. But once the happiness falls away there is this layer of something you can't reach.

It's about 20 years ago that I met my first Lotus baby. And it, let me explain what Lotus is. It is a birth. With total absence of aggression, there is not going to be any aggression at all. That means that there is no going to be cutting of the cord. There is no going to be taking the baby away after it's born.

It's not gonna be washed. It's not gonna be done the whole up Gar score. Medical thing that they thought out is not gonna happen at all. Birthing is not a medical problem birthing should be something who, something that Yeah, everything needs to hold at that moment. A baby is a holy thing that's getting born.

But anyway when I about 20 years ago, a friend of mine we had a meeting about five hours that was in in New Mexico. And A friend of mine said, I have my cousin here and she has such a special baby. Can we invite the kid here? We sure. So that mom with the baby came, the baby was about four years, four months old, very young.

And. For four or five elders that baby didn't make a peek. It didn't talk. Or, glamor for his mom, it was just a calm sitting baby looking around, not even grimacing, not even smiling, just looking. Very neutral at everybody at a certain moment, mom stands up, goes to the baby and breastfe it. And it didn't even ask for it.

It was such a understanding between mom and baby. The main thing that I noticed was how neutral, happy that baby was without having to make a sound for four or five hours. Now I came to talk with mom what is this with this kid? And she says, yeah, he was a Lotus baby. So that was the first time I heard that.

So she came to tell me about it. Lotus baby is basically mom and our, the baby umbilical cord. And that. Big thing that grows the baby, basically. Comes out together, the three of them, and there is no gonna be cutting of the course.

And mom is gonna be getting home with the baby and in both hands. And hopefully the birth will be at home, but this is basically. What happens to the baby? A mom is born. Placenta is born umbilical cord. So what comes out of the fertilized egg? Most people forget that, but that placenta and the umbilical cord are parts of the fertilized egg.

Now when they cut placenta, as they always do after the baby is born or they clamp it off immediately in the placenta is one third of the baby's blood. That's still in there, the yes, the umbilical cord and that's maybe the most important thing. It is filled ch full of stem cells, original stem cells. Now these stem cells are equal to the ized egg.

They have the same potential. They have the potential to create anything in the body that the body might need. Brain cells, heart cells, liver cells, you name it. These are original stem cells and the placenta itself. It's also filled with stem cells, with hormones, with neurotransmitters and such an amount of.

Innate immune knowledge. It is beyond belief. What's still in that blood center and we have something in the body that's called motility and motility is where cells have I have cont continuous contact with. What is it that what is the origin of the cells to stem cells now? Motility is a motion that cells in the body, all organs do that it's showing it's more or less a swaying where the cells more or less show you where they come from.

And then they grow into maturity. Now, pleasant acuity. Now placenta has something like that. It has all this life still in it, and it should go. To the baby, it should migrate. It should migrate fully. The whole placenta should empty itself out into the baby. And when that happens that the middle cord is gonna fall off by itself.

It takes a few days, maybe 3, 4, 5, 6, 7, 8 days maximum. And then. The placenta umbilical cord disconnect by themselves. Now you have a baby who is totally full filled with everything that was supposed to be in there. Now. Okay. That's the theory. Now I met over the years since that happened 20 years ago, I've been of course promoting and talking about this and more and more of my students yet understand, Hey, this sounds more natural, so Hey, why not do it?

So it is total non interference, non aggression whatsoever. Now there is a little story out about that women with the chimpanzees in Africa forgot her name at the moment. She goes and work with Gies. Hanging Evans is that Jane Goodall, is that her name? Jane Goodall.

Yes. She describes how chimpanzee baby is born. The baby is born. All the chimpanzees are in the trees. Now looking, nobody will touch the baby until the umbilical cord has disconnected by itself. so it's not so chimpanzees do that also, waiting till placenta is empty, waiting till the disconnects by itself.

And then they go to mom and baby they just wait around till that happens. But anyway I have met since that those days, so many. So many, maybe about 10, 12 babies, placenta babies Lotus babies that were born that way. And they are so incredibly different. There is nothing missing there.

They are born. Totally happy. You can see their basis is love and there is. they're so different. It's just unbelievable. So yeah, you know this if I think about it and I talk about it, how a baby can be born with everything that it's supposed to have in it, and then that underlying. A layer of something is missing, is gone.

This is maybe the answer to the greed. That's out there in the world where everybody it's never ever enough. I can understand now why not? If you coming into life and something essential is missing you're gonna look for it. Your whole life until you find it, but it's missing.

So this is one of the things, and also one of the things we do in our class, we found a way to bring that missing piece back, to bring that energy that we lost at our own birth. We do something that's called reverting, where we bring people back to the, to their own conception. and that by itself is an amazing thing that you're able to watch your own conception.

That's one of the things we can do in our GRA classes. go back in time and let the clients let the students experience what happened when mom and dad were making love how that felt. And when we do that, people just, that's the amazing thing you have. Grown a body at this point. And with that body, you can go and look back all the way in your memory to the moment that mom and dad were making love.

It is quite an insight for some people, to realize that. But anyway just blubbing here any questions, Margo so far? Yeah, I have so many, this is I've so enjoyed what you've so far. Yeah, maybe just in case people listening, aren't already super familiar with it. Could you share a little bit about therapy?

You've already mentioned some of the things that might look like, but yeah, just like a overview. Of what they would expect if they were to work with somebody in this capacity? The main thing about cor cycle it's, it's derived from an osteopathic form. And what we do basically is giving space to the brain and the spinal cord.

It sits in a, in its own little container in the cranium and then in your spine. And it's the part of the body that is in charge of all the rest. The brain, the spinal column is in charge of all the rest. So what we do with our therapy is first of all, relax every diaphragm that squeezes somewhere.

On the spine so that the body cannot really send these messages without them being interfered with. And then that's our main thing actually is working with the skull and feeling where bones are not exactly in the spot that they're supposed to be. And so we give more space. To a brain, so it can function as maximal as possible.

And we do that basically with every, with the whole body, just making sure that tensions just disappear. And then One of the things, with we of course work also with people's personal trauma and we have found a very simple way to deal with that. The first thing that we work with is with the heart and talking to the heart directly where you go look at the time in your life when you were a baby growing up.

Very vulnerable in how your heart protector had to really expand and make sure that the heart could become an adult heart without being hurt without Yeah,

anybody interfering there. So what we look at is how is the heart protector? Can it loosen up so that the person can go out and receive love and gift love?

And that is mainly one of the main one of the deepest traumas that people can have their heart being touched.

What else do we do? There is the Osaka program. It's the whole body that we look at, not just the physical, but also the emotional parts, the mental parts, the traumatic events. We look at the whole body and then We also, the cranial work is very subtle, very easy. It is just touching bones and not doing anything, but.

Waiting till the bones tell you what is the best position for them to be in. And it's gonna be very subtle. But this is the most easy therapy that, that exists. It's so simple, and the funding the fun thing is you don't need to have. anatomy in your head. You don't need to know exactly where everything runs because the body, once you know how to put your hands on the body, and that's very simple, you just have to find the right spot.

But once you're there. We discovered that we don't need to do anything at all. The body will just tell you where it, where the bones or whatever it is you're touching where it should go to. And it makes it a really simple and and easy.

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and Indie. What

else?

Yeah, I would love to know. Oh, I can hear myself echoing. There we go. Okay. Maybe I'll. Here. I'm gonna turn my sound down, so that'll make it less funny. I guess I would really love to hear I'm gonna come back to the Lotus birth piece

too, but to start in the chronological order, at least in my brain. I'd love to hear what you've noticed when working with pregnant women and what it is that is most effective in terms of helping them find balance and give them the best chance.

Having a really smooth birth experience and thereby allowing the baby to have a really smooth birth experience as well. And I love that you used I think you used the word aggression, like a birth without any aggression, a birth without, fear, intention, and all of those things. Like how do we set pregnant women up during pregnancies?

Ideally this is. Component before P my, what I've experienced is a lot of the women I work with of the clients I have they're more open to doing body work during pregnancy that maybe they had put off before pregnancy. So that essentially, yeah. How do we, how have we seen that love working with pregnant women what's been most helpful for them?

Or what kind of things have you seen? Come up over and over again in that population. That's quite a big question there. Margo yes it is. When a woman is pregnant she has no idea what's coming. Life will be never ever the same as before. And yeah, you could say it's a biological trap that you don't know what's gonna happen when you have a baby.

And we ha when you have to look after it for the following 20 years, it's quite a shock, but here is the thing. I can only talk about it. I'm not a woman. I never had the baby grow in myself. So I had to learn all these things from my wife, from a woman. Yeah, who went through three birds and she tells me that not all the birds were pregnant were really joyful, but she had two of the three that she, that there was so much ecstasy instead of pain.

During the birth, there was pain also, but it was bearable. And then later also she tells me that breastfeeding was one of the biggest orgasms she ever had in her life. Just, having the baby suck and the satisfaction inside of her own body, but also the satisfaction of the baby and how the body reacts.

To that we are breastfeeding. The baby is actually receiving liquid love. That's what mom is giving to the baby. And my wife is telling me that those were the

highlights of her life having a baby breastfeed, but also the act of giving birth. It's. Yeah. All right. That's so I had to learn everything of course, from a woman.

Yeah. That as a man, you don't have much with babies to start with, but anyway, what I've seen and what is the most horrible thing that happens with when a woman is gonna become a mother. Yeah, there is only, it's not just a baby that's being born, but there is also a mother being born. Yeah. We often forget that there's two new beings that come into life, but that's the way it is.

What I noticed mostly is the enormity of what's. And women have no clue, but that's one thing. But what I also noticed, and this has to do with hospitals and the bigger the hospital, the worse it is, you don't wanna go with the baby in the website. Yeah, you have enough midwives. You have enough doulas who know much better than a doctor in a hospital, what to do with babies.

Yeah. You don't wanna have a male. Doctor, that's also something you want a woman there. Of course. What is men? What experience do they have at birth? Nothing. Nothing whatsoever. Keep 'em out of there. Yeah. They're only gonna run in the way, but my biggest thing that I saw is fear. When you go into a hospital, you lose your humanity.

They take your humanity away and you become a number. that's what you become. And that has a deep meaning becoming a number. Yeah. You just lose so much of the human contact with people. Now that's one of the things what I see here in the hospitals in New Mexico is that when they go to maternity ward, there is a whole list.

That they have to sign. They cannot refuse any, anything of what the hospital tells them that should be happening with babies. So you lose not only your humanity, you lose also your power. you have nothing to say on what they do with babies. Yeah, I worked with so many women who were really at the edge really.

They could deliver God, deliver any moment and whatever I did to make them feel comfortable talk with. With their warmth with every tissue in the body that the pregnancy is coming, if something happens and they go to a hospital fear sets in immediately. And when fear sets in the doors close the door downstairs just closes and then it becomes literally a medical problem.

And that's basically typically, can you say about that? What. I didn't hear you. Oh, sorry. So can you say more about that? I'd love to hear more about this idea. Absolutely. Absolutely. And did I also back into that Lotus bird? I was talking about the first one. The woman was talking about how come she got into Lotus birth.

And that was by accident. She connected to a midwife who was working in central America with native people and how that tradition of Lotus bird is still. Present there, but then, the second thing I noticed then also this guy is totally in with the woman of the Lotus bird that is for a woman for downstairs, the vaginal canal for it to be totally open for.

The body to allow it to open the body needs to produce hormones, to open that whole area there. Now that is tied in, and this is very strange, but it is tied in with the whole face. If the face is closed, if the mouth is closed, yeah. Downstairs is not gonna open. It's a biological law. These two NS are either both open.

Or both closed. So if a woman is taken out of her comfort zone, if she goes into fear and if she becomes really a number and has no power anymore about what's gonna happen with the baby, she's gonna be, yeah, the mouth is gonna close because. Doesn't have a voice really. And downstairs is also going to close.

And this woman with the first Lotus baby, I asked her what her profession was and she started laughing. She does as a profession, laughing meditations. So what that means is she goes with a group of people and starts telling a few jokes and they laugh for two hours. So their CMA was really as loose.

All these muscles were as loose as can be. And she describes her birth experience also as if. Not just the contractions were from the body, but were from the whole of existence as if she was connected to something sacred, which it is. So for her, the bird was totally easy. And I've noticed that with.

I worked with with a few midwives who work with the natives here in New Mexico when with Navajo and one nurse was working in tuba city and she says those native women, they have a competition when at birth and the competition is who loves the loudest.

And they have jokes. They tell jokes and they laugh the whole time, and if you see native baby sets, there's so much more relaxed, so much around than Western people's heads. But what were we talking about? Margo, the Lotus bird, . Oh yeah. I'd love to hear more about, one of the things that I also

was really surprised about in our therapy, like with talking to the heart, you can actually have an organ. You, the thing that we do is you ask the client is it okay for you Margo to lend your voice to your liver or your stomach or your heart? Yeah. And that gives us a chance to talk with.

Heart or with somebody else in the body. And one of the things that I noticed that was really it really, that shocked me that how pregnant somebody can be doesn't matter, but some people do not have any connection with their

own wound. Know it know it's. but have not, one of the techniques we use is I would say to, to somebody, alright, look at your wound. When I have my hands on the wo and the baby's in there, look at your wo and look it in the eyes as if it has eyes. What are these eyes telling you? now give it a voice, this amount of desires telling.

So they can really have a conversation with their. And that, that is such a, I find such a intimate but necessary thing. And it flabbergasted me that out of the 10 women that I had over the floor eight were unable. Never thought even about, Hey, this is my room and I can talk with it, see how it's doing with that baby in there, because yeah.

Now it's the time of its life for the womb, so it can fulfill its life's purpose. So what is there to say? That is so interesting for them to connect with their own body. So it's not something that's growing in there.

Yeah. I love that. I think that's such a powerful tool and something that sounds like it would be useful if someone's listening, whether they're pregnant or working with pregnant women, something that we could do, that's simple, but so powerful. It all depends on how much time they have, there is also how big is your wallet?

Thing. Yeah. That how often can they, how often can they be on the table to relax as much as possible and get them also ready for breastfeeding. Not every

woman can do that. But we never look at the reason why not, you know, why not? It's well, yeah, probably something to do with their own birthing experience, a woman should be able to give breastfeeding.

It's a matter of how much love can you. So that's one of the things that is so necessary also for a woman to talk to her own heart. And her heart protector. So she has a little more a connection there. They're a little bit more friendly with your own. , it's a, it's an easy thing or a difficult thing if you have a baby, but there is still something in you that wasn't looked at.

Yeah. You are always gonna be trying to look at that, although you don't know how to do it, but it puts. Weight on your connection with the newborn. If you yourself are still sitting in some kind of a birth related trauma and that's where we absolutely. Yeah. That's where, that's our work basically to not just physical, but also to look at what happened to this person and what can we together straighten out these things, once you talk about them, it's so much so easy to put a point behind it. What else might go? Yeah. . What else? Yeah. I guess I'd also love to talk more about your work with babies. Like you said, I, and I've seen this myself, although I haven't seen very many Lotus births.

We definitely. I'd say the majority of the births I go to we don't cut the cord until about an hour post-birth so they get a little bit of time. And I have attended a couple Lotus births, but that said, most babies are being born in the hospital as much as, and that's part of my life's work is to change that.

But in the immediate present so many are being born in. With aggression and with trauma and without much respect for, the sacredness that is birth. And so I'm just curious, what, what does cranial SACL have to offer those babies as they are trying to transition into this world and probably didn't have the most gentle beginnings.

Yeah. That's, so unnecessary. It's the way it is, it's the way it is. And even the worst thing that's happening at the moment is, I think it's getting close to 50% that babies are now all yeah. Cesarean babies instead of having a natural birth. So biologically these babies are never born.

Yeah. Tell me more about that. That has such an effect on the circadian rhythms of a baby. A baby, every being has a very specific moment that it wants to be

born. And no two beings are born at the same moment at the same spot. It is really, it defines our uniqueness. Our being different than anybody else it defines our well, yeah.

Uniqueness means also our genius. We are all, all different. Every one of us is different. Every one of us is born. Perfect. Yeah, a few mistakes here and there, but that's part of the whole, we are all so unique. The baby itself really defines the moment that it's gonna come out to the second.

Now, if you interfere there yet, you interfere in the, basically in the whole life of a baby yet there is, and you might find this silly, there is something like astr. yeah. Where the moment you're born, you can look at where all the planets, what is in store for me. And of course this is not detailed, but more or less, you can see where a person, how, what the type of a person this is gonna be.

So with all these unnecessary Cesar, you are changing a person at the very core. , you change a person maybe a day or two days that they are gonna be delayed or early, but you change their own uniqueness. I think that's a crime against humanity against individuality. That should be basically the first amendment in the constitution don't change their timing.

Yeah, because you're interfering with their life task with whatever it is. It's horrible. It's it is just horrible. And what's the reason that they do that. It's, they're not gonna be sued as easily. It's easier. Cerian is easier. What is what's the trouble? Nothing it's got open. And so it back to back together.

Yeah. And we are not gonna have any problems with the baby because Hey, they come out a little different, they look a little different, but Hey, they'll pick up and they do pick up, but not fully, luckily, with our we have a way to bring children. Through the wo, but different, we use our hands and, to get a feeling that, cesarean bird is or the regular bird, it all has to do with gravity.

The body materializes, it becomes matter. And a baby needs to be in the body. which this area they are not fully in the body. Yeah. Alright. We can, let's say change that at least 90%. But it's a pretty there's so much that needs to change actually, but it is . A mass industry Europe against

yes, it is a, it's a big, it's a behemoth, conversations like this, I think help people move away from it little by little. So I hope so. I am so grateful to have people like. You know the trouble with these. Yeah. What else do you with these caesarian babies? When when you have a whole, almost have the population that's being born like that, one of the, one of the things is that they're circadian rhythm, their inner, their biological clock is not set yet.

It is set to a different date. And if you are not set to your own. system inside. You lose part of your midline of your being certain about yourself yet. There is no. Yeah, there is no watch inside much insight that you can rely on. So these children are going to be very susceptible to outside.

Yeah. Rule. You could say it's not a good thing, but anyway, Margo, what else?

What else? I don't know. What else would you like to share? I guess if you. Think of all these probably women who are listening in who are maybe pregnant and maybe work with pregnant clients as either midwives or doulas. Is there anything you want them to know about your work and what you have available?

If somebody wanted to learn more about, about C therapy, maybe do some sort of training with you. What would that look like? We you can always look us up at that website. And what is the website? oh yeah. It's quite a, I'll put it's Pearman.

Yeah. Perfect. And besides that, the most important thing I could say to anybody. Of course what I talk about the cran SACL, if you can afford it. And if you know somebody in your neck of the woods, go for it please. It'll change your relationship with the baby.

Totally. It'll make it so much more easy because it's not a big, it's a big deal. Suddenly you are a woman. and then the next moment you're not alone anymore because there's always this little one with you when you're not alone anymore. Wow. Wow. That's a big one. That's a big thing.

But what I would say about if you pregnant and you want to go as easy and as good as possible, follow your feeling. if you end up with a gynecologist or a doctor and he doesn't feel good, don't hesitate. One moment. You're gonna

regret it. Yeah. Find somebody that feels good for you. That you can look in each other's eyes and you can tell anything.

Yeah. Gynecologists, stay away from. They're they are very learned, but they usually, I would go with a midwife and ask advice from a doula any moment. Yeah. Those are the people that really feel what it is being pregnant and having a baby. So follow your feeling at all moments. In spite of all, yeah. All the rhetoric and all the big words and all the power that the people with the white goats have follow your heart at all moments. That probably is the best advice we could ever give anyone, like you said, but especially in pregnancy and yes. Yeah. That's That's the heart of it. All right. It is.

All right. Probably a good place to, to wrap up. And like I said, I'll put the show notes. I'll add your website and also the link to your book, which I am gonna add to my cart and have sent to me probably this afternoon. All right. And I just thank you again for taking some time today to be with us. Okie doke.

I really appreciate it. If you enjoyed what you heard, please hit the subscribe button and give this podcast a five star review for more enriching content and conversation around the primal physiological process that is pregnancy birth and beyond. Please head over to Indie Birth dot org. And if you are in the Duluth area, seeking prenatal and midwifery support, you can find Margo at Duluth midwife.com.

Thank you so much for listening until next time.