



La Cueva de la Partera Model of Care

Our model of care is based on traditional midwifery, holistic and integrative natural medicine and the spirituality of the Great Mother Medicine. These three concepts form the cosmivision of body, mind, and spirit of our midwives, doulas, and apprentices, and it manifests itself in the way we care for each woman, baby, and pregnant family. For traditional Mayan midwifery of Quintana Roo, observation is a key element when accompanying mothers, also the use of the elements, nature and our spiritual connection with the process. We use herbs, candles, heat and cold. We use intentions and the connection to Source Energy for our work. As traditional midwives we have knowledge on the use of heat and cold and the energetic movements during childbirth and postpartum. Our tools are observation, active listening, our hands and energetic containment. Sobada is our primary tool during pregnancy and postpartum. Connecting deeply with the mother and her baby.

Using natural medicine we incorporate concepts of health and disease that are based on homeopathic concepts of vital energy and its flow. We diagnose the body of women, using traditional techniques, such as vital signs, medical history and cephalocaudal examination. It is important for us to diagnose the emotional state of the woman, review her family and social situation and see where the flow of her vital energy needs balance. As a team, we develop care plans, adapted to the needs of each woman and her family, also incorporating and collaborating with other health professionals.

Finally, our model of care uses the Medicine of the Great Mother. This is a spiritual and energetic concept, because it is perceived by mothers, however it is not observable from outside or others. The energy of the



Great Mother is the energy that passes through us at the time of childbirth. A kind of universal energy, which comes from the cosmic source. During childbirth, we feel this great connection and feel how our soul or part of us detaches from the body and pain and travels there. We go and pick up our baby and this moment fills us with wisdom to understand the reason for life and death. This is the moment we let go and give birth. It is so clear and true that we are amazed that science has not begun to investigate this experience women have, it is only named as an experience linked to physical processes, a side note we learn to forget and not appreciate. La Cueva de la Partera not only names these processes, but also tries to give them the importance they should get and so accompanies and encourages mothers to always remember these moments of higher power. We work on these concepts in the Red Tents, in the temazcal and in the Momma Groups that we have in our place. Also during childbirth we connect with the woman's energy and prepare her partner for this sacred accompaniment. Almost half of humanity goes through this spiritual process and we have not been able to give it the place it deserves, on the contrary, in daily life we placate it as a society. This leaves many mothers confused, marginalized, exhausted, anxious and without understanding their role and life. Childbirth is a great initiation, but from there we need to be able to follow up. This is our work, when we give voice to the Medicine of the Great Mother.

La Cueva de la Partera's Model of Care always involves traditional midwifery, alternative concepts of health and the Medicine of the Great Mother. Our vision is to give mothers and their integral processes the place in society that they should have. The deep transformation that encompasses a mother, connects her with a deep and sacred wisdom, which should be listened to, in order to contemplate planetary decisions. They are the ones that carry the wisdom of creation and the



power to nurture life. Life is what we want to keep, let's listen to the mothers.