



International  
Peace education Programm  
„**Natural-Holistic-Guide**“

[www.lovebirth.de/ipep-nhg](http://www.lovebirth.de/ipep-nhg)



The training cycle "**Natural-Holistic-Guide**" is developed for people, who want to gain a holistic understanding of the life and developmental processes of the human being - in harmony with nature. It is an individual process of self-awareness and serves to reconnect with the actual naturalness of the individual.

*(Noguchi-Seitai)*

### **1, "How we can order our body ourselves" PRACTICE**

Body and mind are an inseparable unit. Your body can – both in "health" as well as in "illness" - bring itself into balance. The Divine Seitai Movement "Katsugen-Undo" supports us in this, to activate our innate self-regulating processes. The vegetative nervous system (eNS+medulla oblongata;+Pineal-&thymus glands) is stimulated by involuntary, spontaneous inner movement impulses. It is responsible for all vital processes of our organism: breathing, cardio-vascular system, blood pressure, tension & relaxation, sleep, balance, hormones, well-being and peace of mind, etc. You will bring your body into balance, get to know it anew and relax in depth.

### **2, Architecture of the body - posture**

The lumbar spine is the connection between body, organs, psyche. The body posture "somato-psychic" (taiheki) shows the influence of our thinking, feeling and acting. In doing so, it becomes increasingly easier to recognise and value oneself and other people. The "taiheki" is the key to the individual understanding of health and illness, which Haruchika Noguchi, a famous Japanese healer gathered in over 40 years of experience in accompanying 10,000 children from birth to adulthood.

### **3, "Life force and sexuality".**

Regenerative movements can balance suppressed life energy. These movements serve to release stuck tensions and lead to meditative stillness. This is followed by naturally deep breathing in the "Hara" (pelvis). Under this condition, natural sexuality and orgasm can be experienced. For the woman, menstruation is an important barometer for health and purification "emotional release".

### **4, "Pregnancy and Birth**

An ordered pelvis (lumbar spine) gives the woman a happy and fulfilled pregnancy and prepares her for a gentle, pain-free birth - without complications. How the woman can use the impulse of birth to maintain her health, beauty and vibrant radiance. The man has an important task in accompanying his "beloved", protects the basic trust "bonding" and promotes an intuitive parent-child relationship. Physical and psychological prerequisites for a harmonious pregnancy and natural birth, in rhythm with one's own nature. Special „Seitai“ exercises for the woman as preparation for a harmonious pregnancy and natural birth has made Seitai known as a *birth jewel*.

### **5, Primordial Trust, Intuition, Orientation of the Unconscious**

How can parents nurture primal trust? What is primal trust and when does "bonding" happen? The first 13 months of the mother-child symbiosis are crucial for the vital development, nurturing of the unconscious and for the parents' ability to use their intuition to respond to the child's true needs. Following the natural life-birthprocess, the mother becomes more beautiful and healthy with each birth, the child vital and powerful. The accompaniment of the child is easy and simple. The relationships in the social environment, attention, limits and freedom, praise and blame arise intuitively. Prenatal care (before birth) and the first three years of life are the basis for health-& peace education and for the development of the unconscious.

**\* "Seitai" is approved by Japanese Ministry of Education & Science \***