

intense 6 month training as a
"Natural-Holistic-Guide"

"Kinderwunsch - Wunschkind"

is a guideline for
- healthy, sensitive, happy parenthood -
in accordance with (your) nature



www.Seitai.de

For all men/women wishing to share their LOVE with each other in a natural flow of ordered body "Seitai". You will be able to receive a baby - to take care of his inherent **immense life power for growth** - and be the link for sensitiveness and trust in nature as it is. Nothing has to be "made better" - just enjoy the natural way.

Welcome are young people in their 20's to those who have grandchildren. You will be able yourself to order your body, mind & heart with "**Katsugen-Undo**" (divine Seitai movement) by H.Noguchi.

Offering for these aspects an intense 6 month training
"Natural-Holistic-Guidance"

Topics:

- 1 "Seitai" - ordering the body and mind by katsugen-undo
- 2 Architecture of the body - "taiheki" and psychic tendency
- 3 Menstruation, healthy childbirth, menopause in harmony
- 4 man as the potent lover & sensitive loving father;
- 5 enjoying child-rearing; "play - love - dance", causeless being;
- 6 eatable wild herbs; for natural vitalization & healing;

During the 6 month training of "**Natural-Holistic-Guide**" I explain in detail the **fundamental way of thinking about maintaining health based on Haruchika Noguchi's Seitai.**

Then, actual practice of techniques "**Taisho**" for taking care of the individual body in each season. Each person unconsciously begins to relieve the tension in the body.

They come to **understand the way their body is composed and how to order the body by the means of "Katsugen-Undo", the unconscious movement.**

First time participants are surprised at the great changes, but as they realize they have within themselves, the inherent forces toward ordering the body, they **deepen their faith in their body.**

„Seitai-Seminars“ - Preparation of the body, mind and heart for the coming parenthood - natal preparation - joyful birth

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Katsugen-Undo (“divine seitai movement” – blessed by Gurudev)

"katsugen-undo", is a method of activating extrapyramidal* movement, and its auxiliary exercise, “seitai taiso” enable us to relax those points of tension in the body that cannot be relaxed in other ways.

..those parts of the body that have something wrong with them and those parts where strength is incessantly summoned up and are consequently tense and insensitive will be revived; this kind of natural movement occurs, and we call it "katsugen-undo" - movement that renews life at its root.

When a pregnant women practices „katsugen undo“, the baby becomes strong and delivery becomes painless and easy. But this is quite natural since a women’s body is so made as to give birth painlessly and easily, this is the natural way of giving birth.

* if the extrapyramidal system is functioning sensitively, the body always changes in response to external changes, adapts itself, and so is always protected by this activity.

1, Seitai - Katsugen-undo + Yuki - to order the body yourself preparation-exercise: beginning of pregnancy

Every time we adapt the environment to ourselves, the need to make further improvements arises and the weaker we become. The reason for this is that we too, are creatures of nature and we have not cut ourselves off from the natural working that is adaptation, whereby shape and function are changed in accordance with circumstances. We should realize that it is not because we have lost this natural ability that the body becomes weak, but because of the fact that we possess it.

Relying on other people for a cure or to become strong, or believing that health depends on taking certain actions or on doing things that are "good" and avoiding the "bad" - in a way reduce the strength of life.

“Yuki” helps because it activates; It's very important for me to say that Yuki is fundamentally different from what we often hear spoken of, because when we influence this has on a person’s temperament and actions, and the kinds of changes that are brought about as a result of taiheki’s being corrected.

2, understanding & appreciation of the relation body-spirit

„Taiheki“ -> educate people through their bodies exploring things as bias taiheki, to understand physical activity, together with the nature of the influence this has on a person's temperament and actions, and the kinds of changes that are brought about as a result of taiheki's being corrected.

Cancer, leukemia, hepatitis, cerebral apoplexy - all these are illnesses which become serious before one is aware of them, and when one does become aware of them, it is too late. This is characteristic of today's illnesses.

The root of this kind of thing is a body that has become insensitive. When an insensitive body catches a cold then, to some extent it recovers its elasticity.

So rather than thinking of a cold as an illness, I have come to think of it as being a curative activity.

3, natural LOVE-conception & harmonious pregnancy

-> inner communication with the child baby/foetus (1.+2. Yuki)

Haruchika Noguchi (the founder of "Seitai") considered that, if a pot is broken initially, you can repair it all you like, it will always be fragile, always have weaknesses. That's why Master Noguchi and Master Tsuda gave so much importance to childbirth, to pregnancy and to babyhood. Psychologically as well as physically, childbirth is a moment of colossal importance.

* Sexuality as a natural function of live energie -

* Pregnancy and Birth, vitality of mother and child (bonding) do Yuki, we void our heads, we don't cure anyone, we don't look for anything.

We are simply concentrated in the act. There is no intention, and that is primordial, in fact, it is underlined that we practice "without a goal".

4. natural joyful birth - the precondition of bonding, vitality and beauty of mother and baby

"On full moon days, there are many childbirths. Mothers and babies know the right time to be born into this world. Contractions come with a fixed rhythm like the swell of the ocean at the rising tide." Babies are nurtured in the mother's amniotic fluid. This amniotic fluid is said to be composed of almost the same constituents as the ocean of the earth of ancient times. The baby's life begins as one fertilized ovum and is born in 10 months and 10 days. It is said that during this time within the mother's body, it re-experiences completely the evolution of life on earth of billions of years. Isn't the wonderfulness of the plan of this life and the profound preciousness of life amazing and moving?

5. guiding the vitality of the first months of the child

the fundament of a trustful relation between parents and the child is „**subconscious education**“. What we call „conscience“ is the masterpiece among the things created by subconscious education.

But things like a fear of falling ill, being frightened by a fever, or thinking that because you have a fever you must be ill, are all imaginary problems. So subconscious education that is directed towards health is the easiest; because parents do not pay enough attention to their child, he tries everything to draw their attention.

...the purpose of subconscious education is to make a person aware of the strength that he possesses. ...the most important thing in maintaining ones` health is to do nothing very much and to get rid of „suggestions“;

When both mind and body are sound, you will be healthy whatever you do. So if after the body has become healthy, your mental state is firm, you don't have to distinguish between what is good and bad for the body. You can use both to remain in good fettle.

When there are no abnormalities in the body, it passes smoothly through an illness, this is natural, but because people don't correct the body, pursue only symptoms and force things to the body, the body finds it difficult to recover.



But if you do „katsugen undo“, you find that your body is naturally constituted in the way to become really healthy. Those people who feel that they can't live safely without knowledge of rules of health and hygiene - in the end, the sensitivity of their bodies is dulled. Doubtless it is because the mechanism whereby activity deriving from within the body is put forth has grown rusty.

So rather than thinking up all sorts of things, it is better to jump in and experience „katsugen undo“ . Women can have a painless delivery by doing katsugen-undo.

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some experiences – from Mutsuko Nomuras book “Seitai and the women’s body”

"Before, I had a lifestyle where my work involving long hours of using a PC was very tiring. I always had migraine headaches and always had swelling from biases in my body. I disliked moving my body, felt heavy, and every day after coming home, all I could do was sleep. I participated in the **Seitai**-course, did ankle rotations and let my body follow the movements to order the body that arise from inside the body (**katsugen-undo**). I also diligently dealt with the changes of my body in each season. Then, I was able to welcome this pregnancy. I have absolutely no morning sickness, and I enjoy talking to the baby in my stomach and taking a walk every day with a feeling of abundance."

Many women are suffering from serious bodily conditions; they express the unnaturalness of childbirth, work, and lifestyle in modern society. (those whose mind and body are out of balance; ongoing menstrual pains that cause stomach pains and headaches; bedridden with each menstrual period; uterine endometriosis and have stopped their menstruation by hormone injections; damage of the mind and body after unnatural childbirth and cannot raise their children well)

Severe menstrual pains that caused a woman to be bedridden disappeared. Menopause symptoms lightened and the body became comfortable. Surgery to remove the ovaries was scheduled, swelling was relieved, surgery was avoided, and the condition of being chilled was relieved.

With “**Seitai**” I would like them to realize the importance of living fully with vitality, **enjoying child-rearing** with **bountiful maternal nature**, and regaining the woman's bodily rhythm which follows nature.

“Seitai” is a way

- * of passing through the menstrual period that does not damage the body
- * of childbirth that follows the workings of nature; making women healthier and more beautiful and gentle in her being – towards the child & man;

Methods that anyone can practice:

- * practicing “Katsugen-Undo” the “divine seitai movement”
- * methods to maintain the body in accordance with each season
- * regain the rhythm from the ankles - knees - hip joint to the lower back

“I started to teach “**katsugen-undo**”, which is a method of **activating extrapyramidal movement**, and its auxiliary exercise, “seitaï taiso”.

These activities enable us to relax those points of tension in the body that cannot be relaxed in other ways.”

Haruchika Noguchi - Seitai-fondateur

The course is also based on the teachings of:

"Seitai Method for the Woman's Body"

- 6 Important Topics - Book by **Mutsuko Nomura** -

- 1 Menstruation is the perfect opportunity to put your body in order
- 2 Considering healthy childbirth
- 3 Passage through menopause in a healthy way
- 4 Regain resilience of the body through a cold
- 5 Be careful of chronic eye fatigue from computers
- 6 Nurture femininity and maternal qualities with care

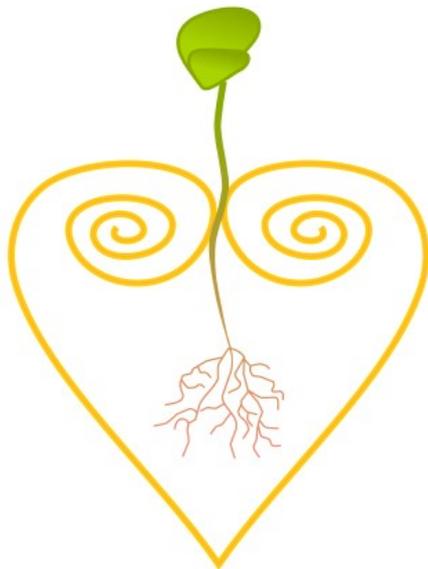
Maintenance of the body for the four seasons

Autumn - The best season to improve the bodily constitution

Winter - Remove chills and dryness and become healthy

Spring - Spring cleaning of waste products accumulated in the body

Summer - Perspiring well is the theme



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