



Int. Peace education Project „NHG“ **OID: E10345521**

Kreiskulturverein e.V. München & Natur-&Eltern-Schule Elfenland

Erasmus+ youth vocational training - <https://lovebirth.de/ipep-nhg>

„iPeP-NHG“ foster a peaceful relationship and unity among all people, nations, and religions, to live the LOVE for nature and our natural essence. Educational support from puberty to adulthood in collaboration with native peoples and independent peace projects in the EU.

The **international Peace education Project** for Natural-Holistic Guidance ("iPeP-NHG") nurtures and unfolds the inherent, innate life force within every individual. This program is open to people of all ages who seek a deeper understanding of holistic life and developmental processes in harmony with nature.

This comprehensive "NHG" training offers with **Erasmus+ vocational training** a transformative journey into holistic well-being, fostering a profound connection with nature and the self. Participants will gain valuable tools to assist young people in their developmental journey, promoting resilience and a harmonious relationship with the environment.

In **essence**, a "Natural-Holistic Guide" serves as a supportive and knowledgeable companion on life's journey, guiding individuals to equip their inner wisdom and live in harmony with their natural selves.

„NHG“ emphasize that the use of edible wild plants and medicinal herbs extends beyond physical health. They explore how these natural resources can contribute to emotional balance, mental clarity, and spiritual connection with nature; foster a deep connection between individuals and the natural world and encourage a sense of reverence and gratitude for the gifts of nature, promoting a more sustainable and harmonious lifestyle.

This program, designed for „Erasmus+ youth workers“, offers a unique opportunity to gain expertise in sustainable living and self-sufficiency, empowering both you and the young people you work with to lead healthier, more independent lives while fostering a sense of community and shared knowledge.

The Cycle "NHG" - procreation to unfolding - from a holistic pedagogical perspective provides participants with a comprehensive overview of the connections between "Life - Birth - Education" as practical life orientation in harmony with nature. This holistic cycle offers in-depth exploration of the physical, emotional, and psychological dimensions of human life, from conception to child-bearing. Participants gain valuable insights and practical tools to promote a balanced, healthy life in harmony with nature.

The "NHG" program is an ideal opportunity for „Erasmus+ adult education“ to broaden their horizons and acquire valuable knowledge in the realm of holistic human development, offering practical tools for self-awareness and well-being. Through this program, participants can develop a deeper understanding of how to help young people navigate their own developmental journeys, fostering resilience and harmony with nature.

"Natural-Holistic-Guide" is designed for individuals who aspire to gain a comprehensive understanding of human life and developmental processes in harmony with nature. It offers a personalized selfexploration journey aimed at preserving and nurturing one's innate life force.

At its core, this program involves pedagogical guidance that aligns with the unique nature of each individual, drawing inspiration from the principles of "Seitai" and ancestral wisdom of native people worldwide, a profound connection with nature and natural being of ancestral pedagogy. 1/2

This module provides „Erasmus+ youth workers“ with valuable knowledge about early childhood development, the importance of primal trust and intuition in parenting, and the significance of the first years in a child's life. Armed with this understanding, youth workers can better support young parents in fostering strong bonds and healthy emotional development in their children.

Erasmus+ youth workers will find this module to be a valuable resource for gaining a comprehensive understanding of the physical and emotional aspects of pregnancy and birth. This knowledge can empower them to support young parents during this transformative journey, promoting healthier, happier, and more connected families within their communities.

„Trust in Nature“ – inside as outside

In this program, you will embark on a journey that explores:

- **Edible Wild Plants:** Discover the wealth of edible wild plants available to us in various seasons. Learn how to identify, harvest, and prepare them for nourishment.
- **Medicinal Herbs:** Explore the healing properties of medicinal herbs and how to incorporate them into your well-being practices.
- **Seitai:** Understand the principles of Seitai^{*1}, which harmonizes the body, mind, and psyche with the changing rhythms of the seasons, promoting balance and vitality.
 - Understanding health and illness as regenerative processes.
 - Offering childbirth preparation for both women and men.
 - Addressing topics related to menstruation, pregnancy, and natural childbirth.
 - Providing joyful and supportive guidance in the realm of child-rearing.
 - Nurturing love, sexuality, fertility, and potency as a divine life-energy.
- **Strengthening Immunity:** Learn how these natural resources can strengthen your immune-system, making you more resilient to the challenges of life.
- **Nature Connection:** Reconnect with the profound wisdom and healing power of nature, fostering a sense of gratitude and reverence.

By the end of this program, you will not only be equipped with practical skills and knowledge for sustainable living but also experience a profound transformation in your relationship with the natural world. This training as a "Natural-Holistic Guide" offers an unique opportunity to deepen your understanding of the environment and your own well-being, as well as the potential to share this wisdom with others.

It's an empowering journey into a more balanced and harmonious way of life. To nurture our living in harmony with mind, body, family, community, and ancient understanding, that today „quantum physics“ is accepted as the basis of our reality.

Erasmus+ vocational training → Kreiskultur e.V. + Int. Peace education Project = **OID: E10345521**
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Since 1987 I am studying with Seitai-masters - especially with M.Nomura author of "Seitai- methode for the women's body". Since 2012 I AM guiding couples, especially men to prepare for the mystic process of procreation and natural birth - for the vitality and beauty of the Mother & Child and intimate harmony with the father for a happy and peaceful family - for the future generations.

^{*1} **Noguchi "Seitai" registered & approved in the japanese Ministry of Education & Science**