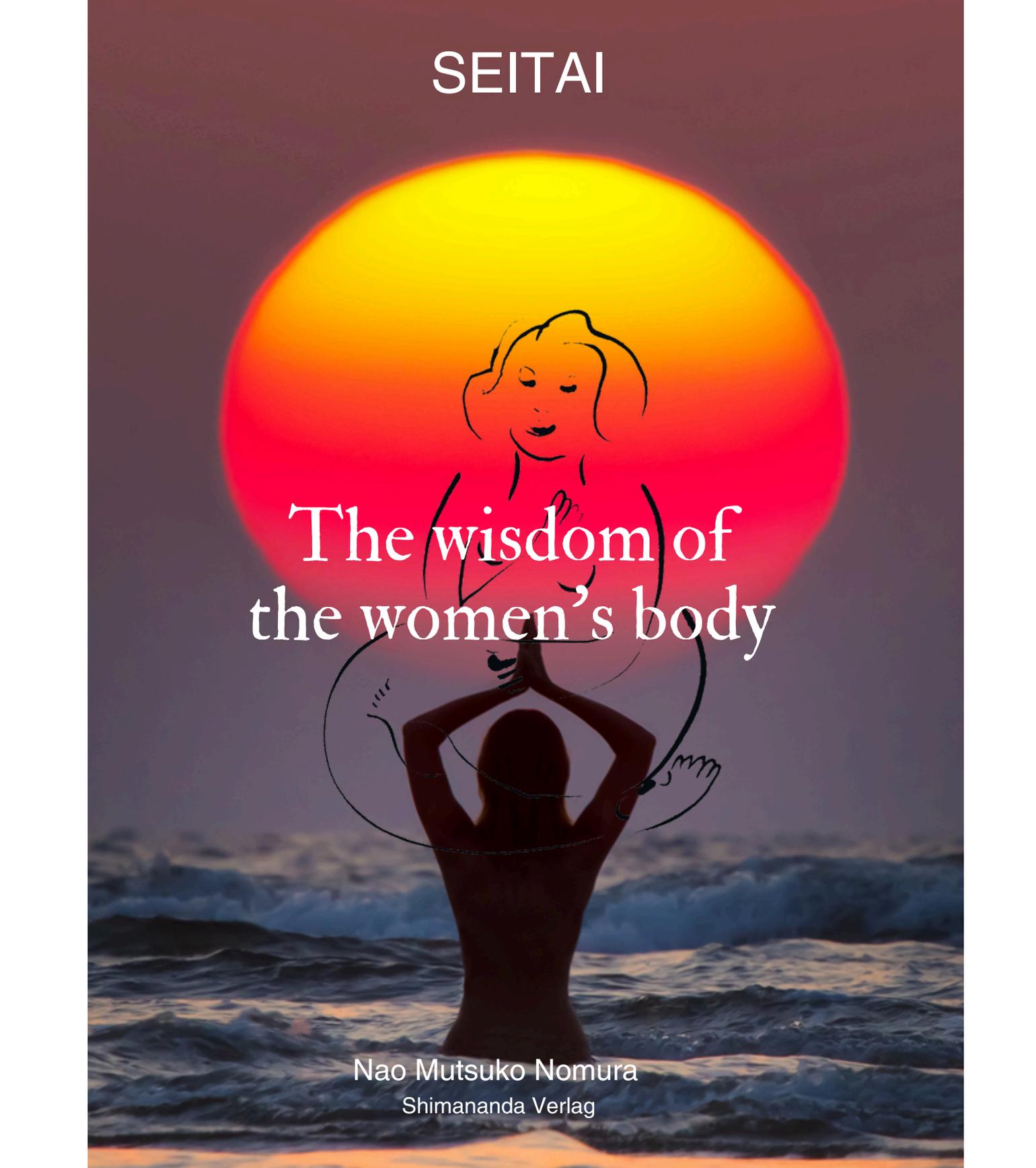
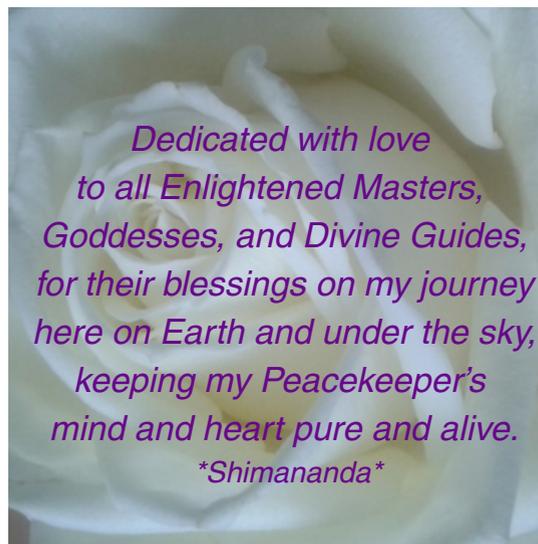


SEITAI

The background of the cover is a photograph of a woman standing in the ocean at sunset, with her arms raised in a meditative pose. A large, bright sun is positioned behind her, creating a silhouette effect. Overlaid on the center of the image is a black line drawing of a woman's face with her eyes closed and hands near her chest. The title text is centered over the sun and the line drawing.

The wisdom of
the women's body

Nao Mutsuko Nomura
Shimananda Verlag



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Although this unique book is written especially for women, anyone can use it for themselves. Suited for men, young people & as a guidance for children to harmonize body, mind & breathing.

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from Nao Mutsuko Nomura - JAPAN

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Words of gratitude Shimananda

Appreciation of Yashodhara “Awakening Women Teacher”

When I read this book in English for the first time, it touched me deeply. The simple exercises, which are beneficial for the female body, help us reconnect with ourselves and become more aware of our feelings. Shimananda speaks of “pain-free birth,” A reality that came alive to me for the first time, even though I am a holistic nurse, childbirth educator, and Awakening Women teacher. The idea that a woman can experience an orgasmic birth—how wonderful!—is so different from what we have been taught.

Through my relationship with Shimananda, I learned so much about the natural way of birthing and parenting. After reading parts of this book, I told him how meaningful it would be to translate it and make it available to women in both German- and English-speaking countries. It’s vital that we, as women, are given more tools and paths to support ourselves and one another—and to promote natural birth and conscious living.

I remember an impressive story from one of Tsültrim Allione’s books. Near the end of her pregnancy, she was told her baby was in a poor position and that intervention was needed. Trusting her instincts, she got down on all fours and began rolling and shaking her body. These regenerative movements caused the baby to turn, allowing for a natural birth.

Another fascinating story comes from a baroness living on Lake Starnberg. After undergoing amniocentesis, she lost amniotic fluid and did everything she could to protect the fetus by lying down. During this long period of rest, she began talking to her unborn baby, and her uterus gradually healed. Despite skepticism and lack of support from most doctors, she persevered. With the help of a naturopathic doctor, she gave birth naturally and brought a healthy child into the world.

We all know how common cesarean sections and medical interventions have become - and how rare natural births are today. I want to encourage all women to listen to their intuition and trust their inner knowing. Let us revive the ancient wisdom of women, support one another, and inspire each other in this sacred journey.

I remember promising a friend that I would assist her during childbirth and postpartum. Her baby arrived naturally - three weeks past the due date. Today, such patience is rare; people say the baby must be delivered. What once was a natural and trusted process, supported confidently by doctors and midwives, is now hardly tolerated.

At „Awakening Women Institute“ (AWI), we practice embodied female spirituality.

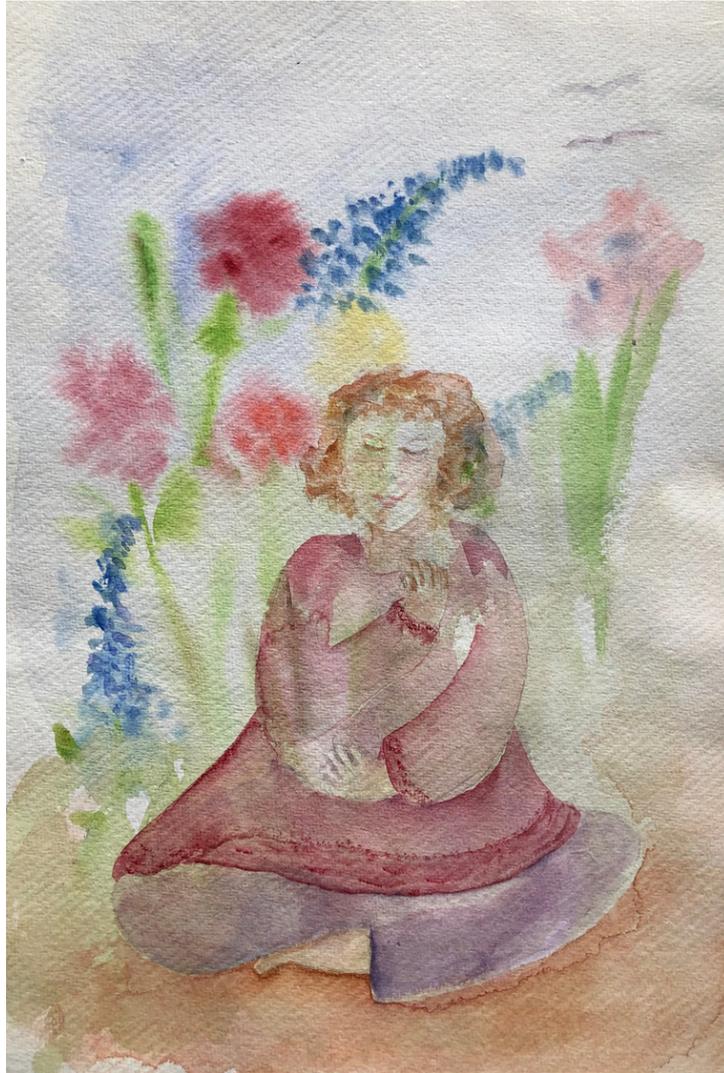
We have long known that not only the patriarchal world—but also all major religions—have been established and dominated by men. The body and Mother Earth are treated as objects; science is exalted while natural healing and women’s knowledge are devalued.

At AWI, we learn to be present in our bodies, to feel fully, and to honor our sensitivity. We practice listening to our inner wisdom and living freely and lovingly with ourselves and the world.

This book is not just for pregnant women — it’s for all women who want to deepen their health and listen to their bodies. It offers many insights and exercises for us at every stage of life. The simplicity of Seitai and Mutsuko’s instructions inspired me to support Shimananda in translating this book into German and making it available in English as well.

Yashodhara van Vilsteren

www.komm-dir-naeher.de * www.awakeningwomen.de



The Principles of a Healthy Life

Haruchika Noguchi

Today I will talk about the principles of a healthy life, but I am not going to suggest how to obtain nourishment or how many hours to sleep. My concern is not how the stomach works or how the heart beats. Such facts about bodily functions, you probably know better than I do.

My talk will be on problems concerning the body which cannot be totally understood at our present level of academic studies alone. For instance, while such studies can inform us that a heart, stomach and other organs exist inside our body, they cannot determine whether a person may be in love, or whether he is in debt. But actually, when we are in debt, meals do not taste good, and our complexions look dull. On the other hand, when we are in love, meals taste better than usual and our heart beats faster when meeting the person we adore. This fact thus shows that the reactions of our physical organs are closely related to such problems of the heart and mind as love or debt.

However, no matter how we dissect the body and no matter how carefully we study an X-ray, such an interrelationship cannot be traced. In human life, there are things that can neither be clarified nor understood by dissection or by separating the human body into parts such as the stomach and the heart. In fact, it is rather the incomprehensible factors which play a major role in enabling man to live a healthy life. For instance, even a telegram may sober up instantly an intoxicated person, although the physiological reason for this phenomenon is not known.

Moreover, stress resulting from the same stimulus causes different reactions depending on the individual. One person may find his appetite increasing enormously when in love, but another may respond in the heart rather than in the stomach. Similarly, the same stress may cause rheumatism in one person and diabetes in another.

What brings about such differences?

Humankind is an assemblage of individuals, in which some are fond of eating fish and others potatoes. While some individuals have hearts which are unaffected even by a million dollar debt, the hearts of others may tremble with anxiety over obligations of only 10 dollars or even just one.

The physical tendency of each person is different: it is only on the basis of individuality that the health problems of each can be grasped. People in actual life live as individuals who cannot be understood through mere generalization. What I am now going to talk about is my philosophy of life gained from over 40 years' experience in guiding individuals to health through the Seitai method.

*Yesterday, my son who heard about dysentery during hygiene class at school said,
"Now I'm afraid even to drink water or eat sweets."*

I asked him, "Why is it that you were all right when you ate sweets before, and have been drinking water all this time without catching dysentery?" He thought about it seriously. After a while, he said, "I forgot something very important; the point is that we are living." The fact that we are living gives us the functions necessary to keep us alive, the powers of resistance, self-protection etc. We only catch dysentery when our vital force weakens.

My son is not the only one who forgot that we are living. Most people have.

It may be important to learn about disease and its prevention, but when that knowledge makes us afraid, our vital force withers.

It would be the same if our knowledge of the body's need for ample nutrition should lead us to eat nothing but nourishing food because of the fear of undernourishment. From the very beginning, human beings expanded their range of foods to enable them to live anywhere in the world and thus widened their sphere of life.

On the contrary, however, the truth is that today's so-called dietetics have reduced the range of our edible foods by saying this is good or that is bad for the body. There are even ideas that the consumption of acid food makes our blood acid while eating alkaline fare turns it alkaline. And so since blood under normal conditions is alkaline, we must only eat alkaline food.

However, taking this thought further, it is clear that even if our stomach was full of nourishing food, we would die immediately should our head be cut off. Likewise, air is obviously essential to sustain life, but even though there is enough air to surround the earth, people still die in it. Man does not live by food, nor by air, nor even by mind or spirit. We die even when we have every intention of living. But strangely enough, we sometimes live on when we are prepared to accept death.

Moreover, we lived at one time in the womb without bone, or nerves, or brain, or heart, so even the spermatozoon is nothing but a crystallized form of the life urge. Thus, neither are we living through the body. Human beings have life not because of the body they possess, or the food they eat, or the air they breathe. They are alive because of something else.

Quite a number of people, however, firmly believe they owe their life to their body, food, or air. These people think that they will become healthy if they carefully select their food, or if they inhale fresh air, or if they make their bodies strong with exercise, or if they strengthen their mind and spirit. But such ideas are all incorrect.

When we are too concerned with these partial aspects, we wander from our original goal of attaining a healthy life. The same thing can be said of the ways of dealing with sickness.

For instance, heart specialists study only the heart and stomach experts only the stomach. They firmly believe that the human body comprises a collection of such parts. But our body from the first was not formed by assembling the various parts. Vital organs and intestines, torso, head and limbs did not come together to make up a human body. In the beginning, there was that spark of life which preceded the formation of the first single reproductive cell.

By absorbing nutrients from various sources, that cell developed into one whole indivisible body. So the stomach and the heart and all other organs are the same, tracing their origin to one common root. Therefore, to say that a person has a strong heart or a weak stomach or a bad this or that is only a manner of expression.

For instance, when someone says his stomach is upset, it is his stomach which is expressing the disorder within his body. Even things like failure in business or disappointment in love often are brought out in stomach troubles. Thus, no matter how closely the stomach is probed and studied, the right remedies to cure it cannot be found.

Unless we start by observing our whole indivisible body as one life, our stomach cannot be made to function normally.

From my teens I started guiding people to health through what we now call “Seitai Soho” and “**Katsugen Undo**,” although at that time I had not acquired any knowledge of medicine or the body’s anatomical structure. It was like scratching an itch and finding it go away without knowing the reason why. I did not know anything about the structure of the body or the proper food to eat, yet I was able to lead people to health.

What was the basis of that guidance? If I may say so, it was founded on the questions of how a human being exists and what should be done to revitalize his strength to live. It dealt with a person’s life-energy and its waves of contraction and dispersal.

My aim was to concentrate only on that Ki and its rhythm, not only to use it but also to draw out further his hidden and dormant life-energy. This remains the same today.

Over the years I have seen people who could not survive despite the many steps taken, and I have also witnessed others who live in good health without having anything done. I have spent many hours in pondering over the reasons for this. That is why my knowledge was derived by observing for more than 40 years with great care the bodies of the individuals who came to me for guidance. My observation was concentrated on the life force behind each person and its effects on bodily changes.

What I mean by life-energy can be explained through the analogy of a top:

A top will stand only when it is spinning.
You cannot understand why a top stands by examining its structure alone.
That is impossible. A top falls down when it loses its spin.
That is why it is apparent that when a top is in an upright position,
a force is at work to keep it standing.
I have learned that it is only by adjusting that power
—the spin— that the body can be kept healthy.
This is all that I know.

Therefore, my concept of common sense in daily living could be quite different from that produced from book-learning. If there is a great difference, it is because my knowledge was not obtained on the basis of a human being’s “outside” but originated with what is inside the body, something that cannot be seen.

Originally we were born full of vigor after overcoming tens of millions of rivals in the race of life.



International Peace education Programm

„Natural-Holistic-Guide“ www.seitai.de/ipep



"Natural-Holistic-Guidance" 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. (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 (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, wellbeing 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 "taiheki"

The lumbar spine is the connection between body, organs, psyche. The body posture "taiheki" (somato-psychic) 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 H. Noguchi, a famous Japanese healer, educator and poet gathered in over 40 years of experience in accompanying 10,000 children from birth to adulthood - over several generations.

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 also 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-Soho“ 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 and the first three years of life are the **basic for health-& peace education** and for the development of the unconscious..

*Shimananda
shima@seitai.de*

*** "Seitai" is approved by japanese Ministry of Education & Science ***

Video: "SEITAI: Observ the life, understand it and recovering the vitality"

Dieses Buch ist für alle Frauen,
die ihre Gesundheit fördern wollen und
auf ihren Körper hören möchten

„Seitai“ ist eine erzieherische und kulturelle Aktivität zur persönlichen
Entwicklung, damit jedes Individuum seine eigenen natürlichen
Ressourcen besser kultivieren und entwickeln kann.

Haruchika Noguchi, Seitai-Gründer

„Seitai“ wirft Licht auf alle Aspekte des menschlichen Seins und
schenkt Jedem von uns einfache und tiefgreifende Praktiken um
in Harmonie mit dem Leben und der Natur in uns zu leben.
Dieses Buches ehrt das weibliche und schenkt der Frau
tiefe Bestätigung ihrer intuitiven „göttlichen“ Weisheit.

Shimananda, Int. Peace education Programm „IPeP“

Es gibt nichts, was mich glücklicher machen würde,
als wenn die Leserinnen durch die Anwendung der Methoden
in diesem Buch gesund werden und allmählich die Harmonie
zwischen dem Wirken der Natur und der Natur in der Frau erlangen.

Nao Mutsuko Nomura, Autorin

Dieses Buch ist für alle Frauen, die ihre Gesundheit fördern
wollen und auf ihren Körper hören möchten. Es gibt viele
Tipps und Übungen für uns Frauen, in allen Lebensphasen
– in Harmonie mit unserer Natur zu leben.

Yashodhara „Awakening Women Lehrerin“

„Seitai“ ist vom japanischen Ministerium für
„Erziehung & Wissenschaft“ anerkannt

www.lovebirth.de/weisheit

SEITAI

Die Weisheit des weiblichen Körpers

Die Weisheit des weiblichen Körpers

心

SEITAI

shima@seitai.de

Nao Mutsuko Nomura

The Seitai Association was founded in 1956 by Haruchika Noguchi and was approved by the Ministry of Education, Culture, Sports, Science & Technology (formerly the Ministry of Education) It was certified as a public interest incorporated association by the Cabinet Office in April 2013

“**Seitai**” encompasses the essence of a person and their life. It is an educational and cultural practice for personal development, drawing on vital energy (ki), conscious breathing, and the cultivation of a calm mind. H. Noguchi, the founder of Seitai, recognized the need to address a gap in health education - one that would empower individuals to nurture and develop their own natural resources, both in his time and for future generations.



Mutsuko Nomura * Yashodhara * Erika * Shimananda
Seitai-Cours Barcelona 2023 * www.Seitai.de

Seitai supports the transcendence of the individual mind and ego, helping us to recognize our spiritual essence, connect with the unconscious mind and heart, and experience harmony with the whole and the universal Ki.

It offers a deeply practical and beautiful way to cultivate inner peace and feel gratitude for the laws of nature. In this way, Seitai has the potential to bring peace wherever there is conflict.. *Nomura*

Disclaimer of Liability

All exercises recommended in this book may be performed independently. However, any liability for damages arising from the practice of these exercises is expressly excluded - particularly in cases of misunderstanding or incorrect application of the instructions and explanations provided.

Individual guidance from a qualified Seitai expert is strongly recommended.

Seitai is not a form of therapy and does not make any claims of healing. Rather, it is intended as a method of self-care, designed to support the body's natural self-healing abilities.

Contact: shima@seitai.de

This book is for all women
who wish to support their health
and listen to their bodies.

*

”Seitai” is an educational and cultural practice for
personal development, enabling individuals to better
cultivate and develop their own natural resources..

Harubika Noguchi, Seitai founder

*

Seitai illuminates all aspects of the human condition
and offers each of us simple yet profound practices
to live in harmony with life and the nature within us.

This book honors the feminine and affirms
a woman’s intuitive and “divine” wisdom.

Shimananda, Int. Peace Education Programme ”iPeP”

*

Nothing makes me happier than knowing
readers become healthier through the methods in
this book - gradually realizing the harmony between
the workings of nature and the nature of women.

Nao Mutsuko Nomura, author

*

This book is for all women who want to nurture
their health and reconnect with their inner nature.
It offers suggestions and exercises to help us live
in harmony with who we are.

Yashodhara ”Awakening Women Lehrerin”

*

Seitai is supported by the Japanese Ministry of Education and Science

WHAT IS SEITAI?

***Seitai means healing from within. Everyone can do it.
The body moves spontaneously and success comes by itself."***

– Haruchika Noguchi

Literally translated, Seitai (整体) means “the harmonious body”. *Tai* (体) means the body. Seitai is a technique founded and developed in Japan by Master Haruchika Noguchi (1911-1976). The goal of practicing Seitai is to awaken life force, or *Ki* (気) and to cause energy to flow better. The primary principle behind Seitai is self-healing and training your body to heal itself.

The movement in Seitai called *Katsugen Undo* (活元運動), is a spontaneous expression of the subconscious, or “movement which comes from life” as Master Noguchi used to say. *Katsu* means vital, or living, *gen* means the source, and *undo* can be translated as motion.

Katsugen Undo is stimulated using three preparatory exercises that awaken your body’s subconscious movements, which you can then observe and physically enact. With Katsugen Undo, you learn to reach your own energy, or *Ki*, and a natural state of centeredness through a series of spontaneous movements. Through this regenerating movement we can find the way back to our natural state, and we notice positive changes in our mind and body.

Other practices of Seitai are the techniques of *Yuki*, *Katsugen Soho*, or *Seitai Taiso*, among others, that help improve the sensitivity, feel the flow of *Ki*, and awaken the spontaneous movement from deep inside.

Inochi-no "Selfrealisation" by Shohin Kunio Nomura author of "beyond national egoism"

* <https://beynatego.jimdofree.com> * www.nehosaschooloflife.wordpress.com *

