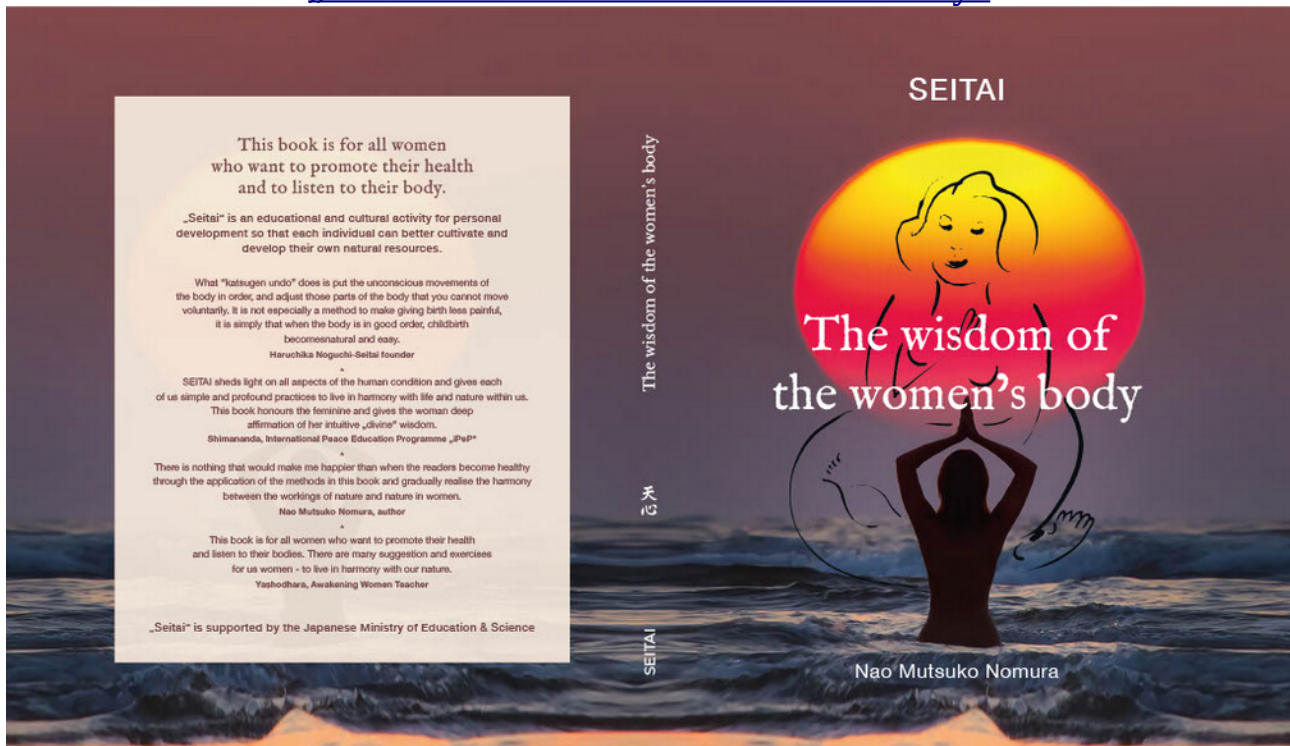


„Seitai – the wisdom of the women’s body“



The Principles of a Healthy Life

Haruchika Noguchi - Seitai-founder

The subject of my talk today will be 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 struture 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.
The principles of a healthy life – by Haruchika Noguchi - ORDER, SPONTANEITY AND THE BODY“

Seitai: Mutsuko & Kunio Nomura

Seitai helps to transcend the individual mind and ego, to recognize our spiritual essence, to communicate with the unconscious mind and heart and to feel the harmony with the whole and the universal Ki. It is a very practical and beautiful way, to experience deep inner peace and to feel gratitude for the laws of nature. **In this way, Seitai can bring peace wherever there is conflict.**

** "Seitai" ist vom japanischen Ministerium für Bildung & Wissenschaft anerkannt **

Video-Doc: [“SEITAI: Observ the life, understand it and recovering the vitality”](https://lovebirth.de/seitai-ausbildung-natural-holistic-guide)
Friedenserziehung: <https://lovebirth.de/seitai-ausbildung-natural-holistic-guide>

