



# Heaven's Wind: The Life and Teachings of Nakamura Tempu-A Mind-Body Integration Pioneer

By Stephen Earle

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## Heaven's Wind: The Life and Teachings of Nakamura Tempu-A Mind-Body Integration Pioneer By Stephen Earle

For the first time in English, Stephen Earle tells the epic story of Nakamura Tempu, one of Japan's most inspirational twentieth-century thinkers and teachers, whose mind-body approach to personal transformation influenced hundreds of thousands, including prominent leaders in government, industry, and the arts. Earle chronicles Tempu's origins in the samurai tradition, his genius for martial arts, and his work in Manchuria as a spy during the Russo-Japan War of 1904–1905. He relates how, after escaping a Russian firing squad, Tempu contracted tuberculosis; how he embarked on a search for a cure that led to the halls of Columbia University, the salons of Paris, and the foothills of the Himalayas, where he practiced yoga under the tutelage of an Indian guru; and how he not only regained his health but also underwent a spiritual transformation. This transformation laid the groundwork for the secular and practical methodology for self-realization and the cultivation of will that Tempu developed and disseminated to the sick and socially disenfranchised, as well as to princes and prime ministers. Over the course of nine decades, Tempu's philosophy of mind-body unification has charted a clear and accessible path to mastery over hardship and the ability to meet life's challenges head-on. Yet, the man, his story, his teachings, and his legacy remain almost unknown outside of Japan—until now. In addition to demonstrating how Tempu's teachings were significant to Japan's reconstruction and economic rise following the devastation of World War II, *Heaven's Wind* is also an engaging historical narrative, an account of personal transformation, and a clear guide to the practical philosophy of mind-body unity.

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### Editorial Review

#### Review

“Nakamura Tempu’s story is an inspiration. This book is both a great read and a valuable contribution to the conversation regarding the effects of mental attitude on health and well-being.”

— Miriam E. Nelson, PhD, New York Times best-selling author of the *Strong Women* book series

“Many years ago, in Japan, I was very fortunate to study directly with Nakamura Tempu. His teaching has given my life a strong base, and at difficult times of my life abroad I have drawn strength from it. I congratulate Stephen Earle on an inspiring and carefully researched biography, which relates Tempu-sensei’s life to the turbulent times in which he lived and outlines his martial philosophy of the union of mind and body.”

—Naoko Matsubara, internationally acclaimed woodcut artist

“Nakamura Tempu is known in the West as a teacher of the aikido master Tōhei Kōichi (1920–2011), who took from him the rallying cry “union of mind and body.” Stephen Earle’s stimulating biography draws together the many strands of Nakamura’s life, and sets this fascinating figure against events and personalities of the day in Japan, China, Europe, and the United States.”

—David Waterhouse, Professor Emeritus, Department of East Asian Studies, University College, University of Toronto

#### About the Author

Stephen Earle has been a student of Japanese language and East Asian culture and history for almost fifty years. He lived and worked in Japan continuously for sixteen years during the 1970s and ‘80s and has visited frequently since. He has also lived and worked in China and Singapore and travelled extensively in East, Southeast, and South Asia. He estimates he has crossed the Pacific Ocean more than 250 times.

Following a forty-year career in international business, during which he served in executive capacities and on the boards of several Japanese and U.S. corporations, Earle retired in 2015 to write. *Heaven’s Wind* is his second book. His first, *Words Characters and Transparency: An Introduction to the Art and Science of KOTOHA*, was self-published in 2003. He is also co-translator, with Josh Drachman, of *A Light on Transmission: The Teachings of Morihei Ueshiba, Founder of Aikido* by Mitsugi Saotome. Earle and his wife, Akemi, live in Richmond, Virginia, where he teaches aikido and she teaches Japanese language. They have two children and three grandchildren.

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##### Darlene Johnson:

Why don't make it to be your habit? Right now, try to prepare your time to do the important behave, like looking for your favorite book and reading a guide. Beside you can solve your condition; you can add your knowledge by the book entitled Heaven's Wind: The Life and Teachings of Nakamura Tempu-A Mind-Body Integration Pioneer. Try to face the book Heaven's Wind: The Life and Teachings of Nakamura Tempu-A Mind-Body Integration Pioneer as your close friend. It means that it can to become your friend when you

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### **Joseph Franson:**

Heaven's Wind: The Life and Teachings of Nakamura Tempu-A Mind-Body Integration Pioneer can be one of your beginner books that are good idea. Many of us recommend that straight away because this book has good vocabulary that could increase your knowledge in words, easy to understand, bit entertaining but delivering the information. The author giving his/her effort to place every word into joy arrangement in writing Heaven's Wind: The Life and Teachings of Nakamura Tempu-A Mind-Body Integration Pioneer yet doesn't forget the main point, giving the reader the hottest along with based confirm resource info that maybe you can be among it. This great information can easily drawn you into fresh stage of crucial considering.

### **Rose Engle:**

Your reading 6th sense will not betray you, why because this Heaven's Wind: The Life and Teachings of Nakamura Tempu-A Mind-Body Integration Pioneer book written by well-known writer who really knows well how to make book which might be understand by anyone who also read the book. Written in good manner for you, still dripping wet every ideas and publishing skill only for eliminate your own hunger then you still uncertainty Heaven's Wind: The Life and Teachings of Nakamura Tempu-A Mind-Body Integration Pioneer as good book not merely by the cover but also with the content. This is one guide that can break don't ascertain book by its cover, so do you still needing an additional sixth sense to pick that!? Oh come on your reading through sixth sense already said so why you have to listening to another sixth sense.

### **Tommy Worm:**

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