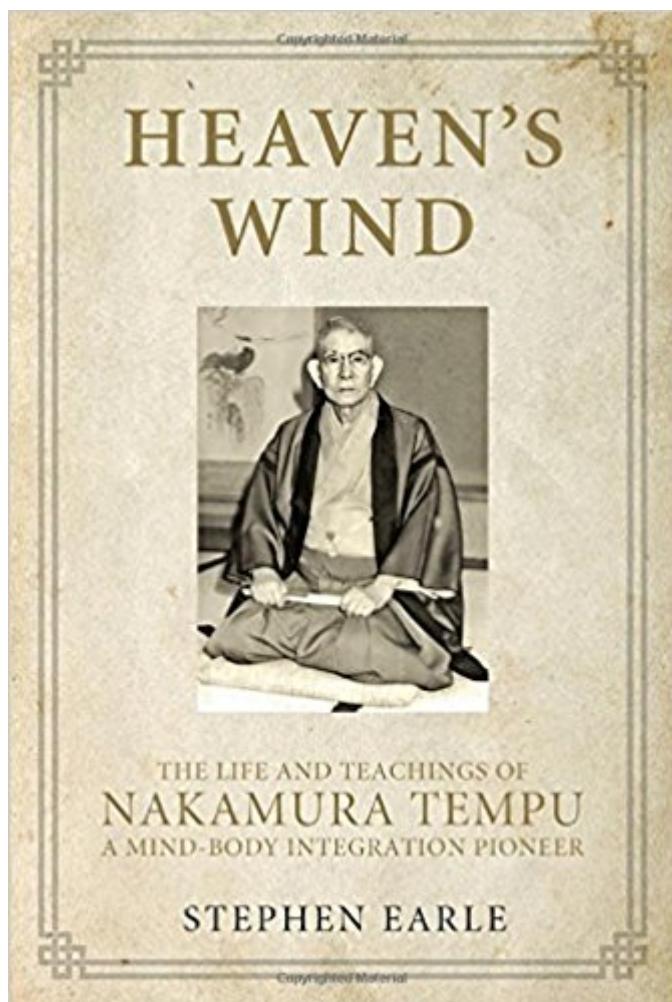


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# Heaven's Wind: The Life And Teachings Of Nakamura Tempu-A Mind-Body Integration Pioneer



## Synopsis

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.

## Book Information

Paperback: 408 pages

Publisher: North Atlantic Books (April 11, 2017)

Language: English

ISBN-10: 1623171148

ISBN-13: 978-1623171148

Product Dimensions: 5.9 x 0.9 x 9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 4 customer reviews

Best Sellers Rank: #448,134 in Books (See Top 100 in Books) #63 in Books > Biographies & Memoirs > Sports & Outdoors > Boxing, Wrestling & MMA > Martial Arts #85 in Books > Biographies & Memoirs > Historical > Asia > Japan #670 in Books > History > Asia > Japan

## Customer Reviews

“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 Tatsuo Kichi (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

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 1980s 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.

Fascinating well written account of someone who actively participated the history of Japan and the Far East in the beginning of the 20th Century. I couldn’t put it down once I started to read. A

possible stumbling block might be for those who are not familiar with Japanese names. Still worth the read!

Very well written book about a remarkable and admirable man. Bob Noha

Very well written book about a fascinating man and his life and times. Would have given it five stars but I would have liked to see a little more objectivity from the author in assessing the man's life and choices. The author is admittedly a big fan of Nakamura Tempu and his philosophy. This fan status bleeds a little too colorfully in some of the chapters. No big deal though. Great book.

An absolute must read. No superlatives can possibly do it justice. If you want your life to be as full as you wish then here is where you must begin...now!

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