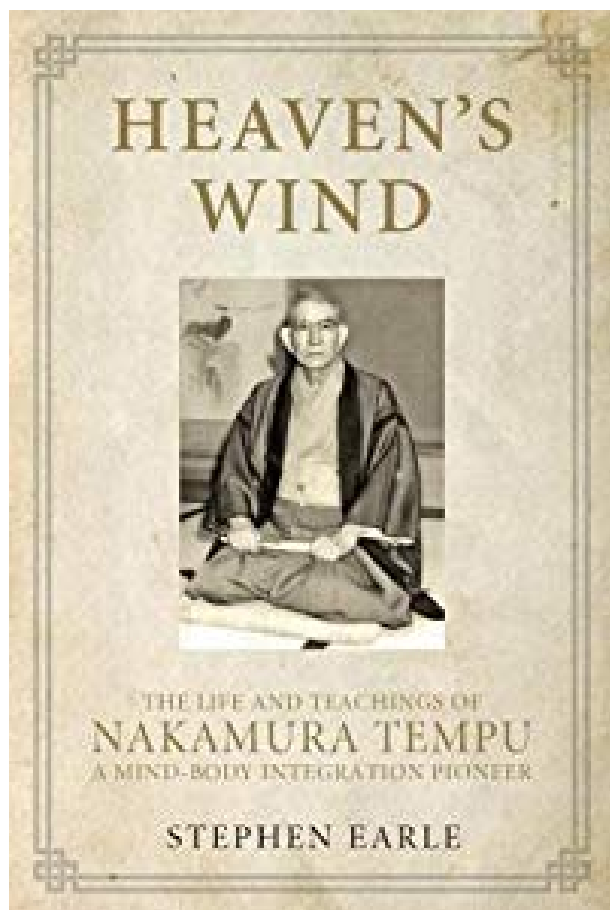


Heaven's Wind: The Life and Teachings of Nakamura Tempu-A Mind-Body Integration Pioneer



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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.