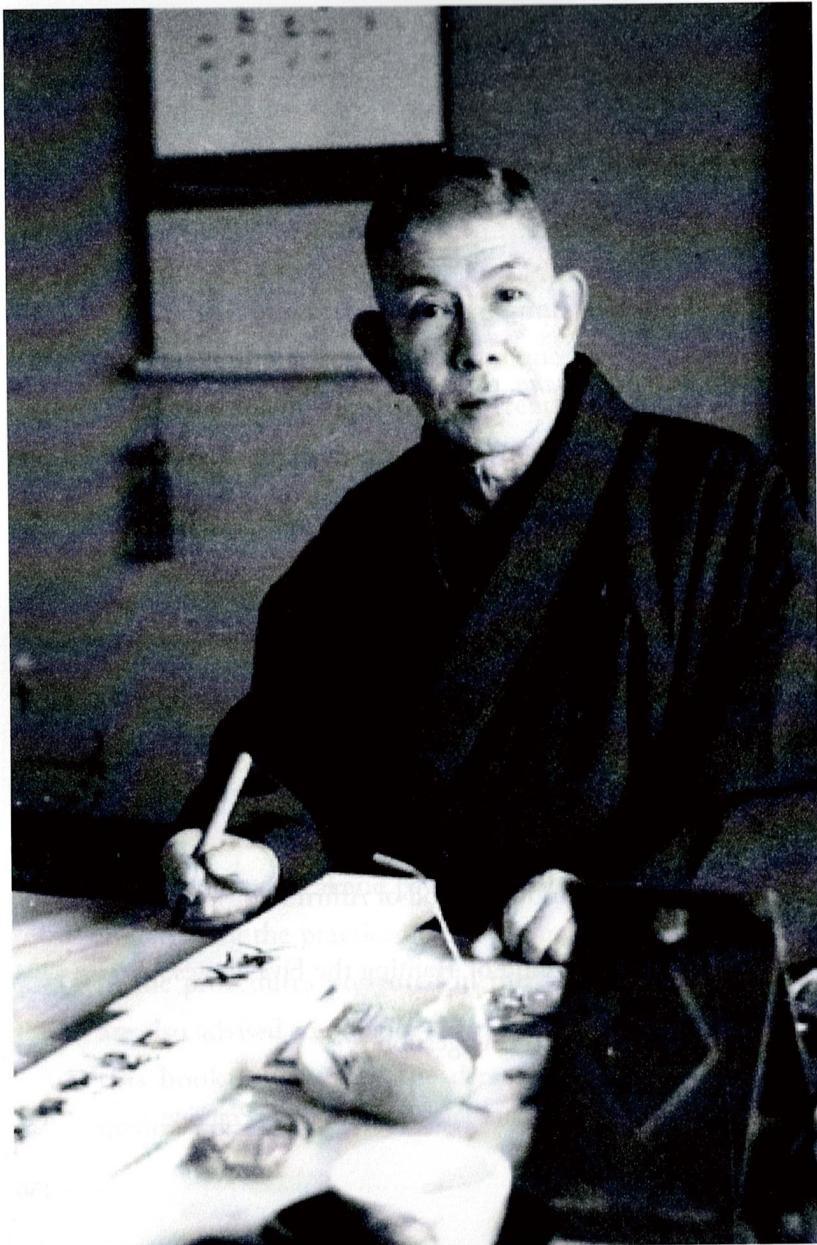


Note To Readers

As with any methods of physical training or psychological practice, if the techniques depicted in this book are misused or incorrectly practiced, injuries and other problems may result. The author and publisher will not be held responsible in any manner for any injuries or damage of any kind that may occur as the result of following the directions presented in this book. No claims regarding the suitability of any of the techniques described or illustrated in this book for the treatment of any physical or psychological disorder are made or should be inferred. Readers are encouraged to seek appropriate medical and psychological advice before undertaking the practice of Tempu methods or any of the procedures presented in this book. Readers are also advised to practice the methods outlined in this book only under the direct guidance of a qualified teacher.

Contents

A Brief History of Nakamura Tempu	5
Preface	11
Chapter 1 Transforming the Subconscious	17
Chapter 2 <i>Kumbhaka</i> , the Secret Method	30
Chapter 3 The Esoteric <i>Pranayama</i> Method	38
Chapter 4 Tempu-style Breath Training Method	45
Chapter 5 Tempu-style Yoga Gymnastics	56
Chapter 6 Self-Massage	71
Chapter 7 <i>Yodo Ho</i>	77
Chapter 8 Tempu-style Meditation	80
Chapter 9 The Tempu Method of Affirmation	107
Chapter 10 The Method of Training the Five Senses	124
Chapter 11 Mirror Autosuggestion	134
Chapter 12 How to Enact Positive Thinking Practice	141
Contact Addresses	150
About the Author	153



Nakamura Tempu (1874-1968)

A Brief History of Nakamura Tempu

Nakamura Tempu was born in Tokyo in 1874. He was given the name Saburo at birth, making his full name Nakamura Saburo. The appellation Tempu ("Heavenly Wind") was adopted in 1920 by him when he embarked on his journey to become a teacher of spiritual awakening and health improvement, after immersing himself in the practice of Indian yoga in Nepal.

From the outset, Saburo was an exceptionally untamed young boy, defying any attempts at control from his parents and teachers. His initiation into the world of discipline began with the martial art of judo, culminating in his appointment as captain of his high school team in Kyushu.

In 1904, the Russo-Japanese War erupted when he was 30 years old. Driven by a fervent spirit of patriotism, Saburo voluntarily enlisted in the military and served valiantly for two years. He quickly gained a reputation as an extraordinarily brave soldier.

However, the aftermath of the war brought an unforeseen and devastating turn in his life. Saburo began to suffer from tuberculosis, a diagnosis delivered by the renowned doctor and bacteriologist, Kitazato Shibasaburo, who declared that recovery from this fatal illness was impossible.

2. Finger Flicking

From the last position, jump and land lightly, with your feet a bit wider than shoulder width apart. Inhale and gradually raise and close your hands. Do *kumbhaka* here.

Create fists by pressing your thumbs over the four fingernails, and position them near your shoulders as in figure 2-1. One by one, flick out each finger, starting with the little finger, then the ring

figure 2-1

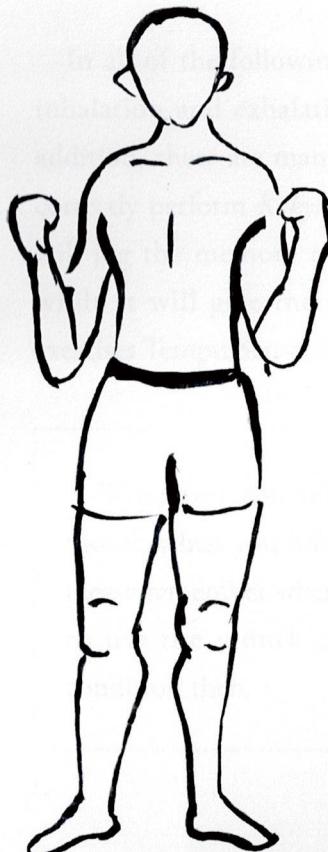
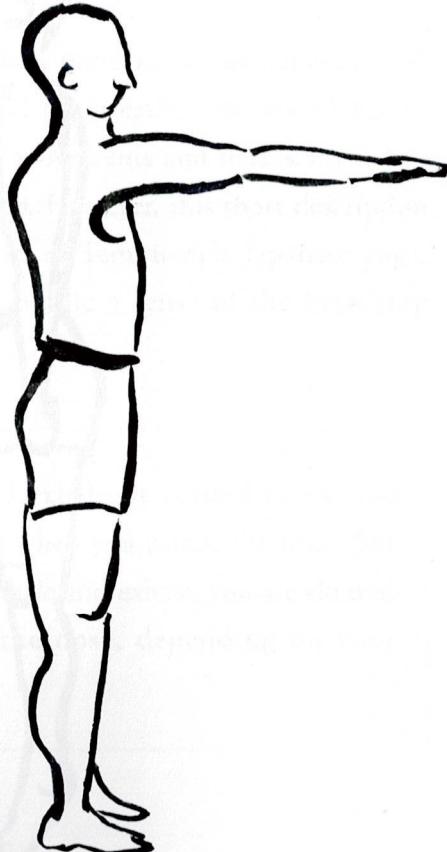


figure 2-2



finger, middle finger, and forefinger, flicking against the thumb, counting one through four. Perform *kumbhaka* here while flicking the fingers.

Then, thrust both open hands upward as in figure 2-2, and drop them down quickly to the front (as if cutting with a sword). Simultaneously exhale sharply, and perform *kumbhaka*.

Effect: Revives nerve function.

3. Blow Breath

Assume the same posture as in the previous movement. Tuck your thumbs inside your fists as in figure 3-1. Inhale slowly, filling your lungs completely, while lifting your heels. Hold your breath for 3-4 seconds and perform *kumbhaka*.

Exhale vigorously through pursed lips as if blowing out a candle. Utilizing your full lung capacity, exhale with feeling of expelling tension, while lowering your heels. Finish with *kumbhaka*.

Effect: Enhances breathing.

figure 3-1

