

FOR 2010, THE BREEMA CENTER INVITES YOU
TO JOIN US IN DISCOVERING

THE NINE PRINCIPLES *of* HARMONY

no extra



February's principle
is No Extra.

We exist as a part of the whole of Existence, in perfect harmony with the whole. To express our true nature, nothing extra is needed.

When our Being is participating, we are able to accept our thoughts and feelings because they no longer hide our true nature or keep us from living life in harmony with Existence.

Every one of the Nine Principles of Harmony can support us to come to the present and live life more fully.

— Jon Schreiber, Director

THE BREEMA CENTER has been helping students actualize Breema's practical approach to self-understanding and purposeful living since 1980. Please visit us online for books, up-to-date listings of classes, and a directory of Certified Breema Instructors & Practitioners.

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