

BREEMA: ART OF BEING PRESENT

by Laura Rawson, Certified Breema Practitioner & Instructor, L.Ac.

Trying to describe Breema is like trying to describe the taste of an apple: someone can tell you about the texture and flavor, but you can't really know the taste of apple until you taste it for yourself.

Breema's philosophy is both simple and powerful: real health means harmony with existence. When you receive a Breema treatment, wordlessly you receive this message. You get a taste of your real potential to be in harmony with everything. That's why Breema feels so deeply nourishing, why sooner or later it has such a revolutionary effect on your health, why people positively glow after receiving a session. Breema fills them up with energy that lights them up from the inside.

Much of Breema's profound benefit comes from its uniquely non-diagnostic, non-judgmental approach. The aim of the practitioner is to come to a level of presence. And with that presence comes an unmistakable atmosphere in which the instinctive wisdom of the body takes charge. The quality of the practitioner's touch and movement becomes precisely attuned to the dynamics of your body. In effect, Breema finds what's healthiest and most alive in you and nurtures and energizes it more. Your body then heals itself in the safest, most natural way possible. Tension and deeply held physical, mental and emotional patterns are released.



Breema gives you something priceless—an imprint of the Nine Principles of Harmony in your body.

Breema's Nine Principles of Harmony

Body Comfortable

No Extra

Firmness and Gentleness

Full Participation

Mutual Support

No Judgment

Single Moment / Single Activity

No Hurry / No Pause

No Force

A Client's Experience

"When I received my first Breema session it seemed like a dance for two. No effort was required of me, yet the movements had a balanced give-and-take of body weight, a naturally rhythmic flow, and an unexpected variety. I didn't at all feel that someone was doing something to me or for me, but rather with me — an active partner and a receptive one. My body relaxed as it was stretched, leaned on, leaned into, moved around, rocked, held — always so well-supported that I felt perfectly safe, despite the chronic back pain which had led me to seek treatment. My mind dropped its expectations and slipped into a state of receptivity and trust. Even the more complex moves and postures were comfortable and seemed timed to my breathing. I wasn't being treated like a person with a back problem, and the anxiety and need I'd come with were transformed into contentment and gratitude. As I walked down the sidewalk after the session was over, I had a new respect for my body and how alive and good it felt."

You open up as your many systems come into balance.

Session by session Breema decrystallizes you, lessening habitual dependence on the unnatural ways of moving, thinking, and feeling that deplete your energy, erode your health, and make you tense and out of synch with life. As Breema, naturally and without force, dissolves these constrictive patterns, it gives you something priceless — an imprint of the Nine Principles of Harmony in your body. The stronger that imprint becomes the more you find yourself having new thoughts, new feelings, and a new attitude towards life.

A typical Breema session is given fully clothed on a padded floor. There is a wide variety of choreographed movements in a practitioner's repertoire, including gentle yet penetrating stretches, gradual leaning, rhythmic brushing and percussive tapping. Each session is customized to the needs of the recipient. Recipients of Breema can also expect to learn Self-Breema exercises as part of their Breema session with a Certified Practitioner. Self-Breema supports your body, mind, and feelings to work together harmoniously, and helps you become more balanced, connected, and present. Many take only a minute to do, yet each gently dissolves rigidity and tension and leaves you feeling revitalized, uplifted, and more whole.

The latest book about Breema and its practical approach to harmonious living is *Freedom Is In This Moment — The Timeless Wisdom of Breema, 365 Insights for Daily Life*. It presents the universal philosophy of Breema in short, beautiful sayings. Here are two of them:

To be who you are, you don't need much, but you have to let go of a lot.

All suffering has the same root — identification with an imaginarily separated "me."

For more information about Breema, visit the Breema Center online at www.breema.com or call 1-800-452-1008.