

THE BREEMA CENTER

# THE NINE PRINCIPLES *of* HARMONY

## firmness & gentleness



Firmness and gentleness are never separate. They complement each other. In Firmness and Gentleness we can find the possibility of harmonizing our mental and emotional activity, so that they can support each other.

Firmness comes from the knowledge that “there is a body.” Gentleness comes from the presence of our natural feelings which, nonverbally, express gratitude for being alive. When we are present, the body naturally manifests firmness and gentleness.

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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