

THE BREEMA CENTER

# THE NINE PRINCIPLES *of* HARMONY

## full participation



The most natural way of moving and living is with full participation.

Full participation is possible when body, mind, and feelings are united in a common aim. When the mind and feelings participate fully in the activity of the body, they are free from associative thoughts and reactions and we can let go of imaginary separation.

The taste we receive of full participation is the taste of a unified presence.

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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