

THE BREEMA CENTER

THE NINE PRINCIPLES *of* HARMONY

mutual support



Any time you give support, Mutual Support is taking place, because you are receiving support simultaneously. When you are in a position to give support, it is because you have been supported to be in that position.

At any moment you manifest in harmony with your understanding, in harmony with your Conscience, in harmony with your True nature, you are being supported.

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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