

THE BREEMA CENTER

# THE NINE PRINCIPLES *of* HARMONY

## no force



Moment after moment,  
Awareness emanates,  
and the timeless process  
of Existence flows  
without force.

To be in harmony with  
Existence is our nature.  
When we express our  
true nature, we use no  
force. All that's necessary  
is to let go of assumptions  
of separation.

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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