

THE BREEMA CENTER

THE NINE PRINCIPLES *of* HARMONY

no judgment



Our thinking mind is incapable of comprehending the timeless nature of reality. The mind thinks in concepts, imagining everything to be outside of itself. That is the root of our judgmental attitude toward life. The present is the domain of our Being, not of our mind. Through being present and actualizing the principle of No Judgment, an atmosphere of acceptance is created. Touching another body in this nonjudgmental way can show us that we are not separate from anything in the universe.

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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