

THE BREEMA CENTER

THE NINE PRINCIPLES *of* HARMONY

single moment, single activity



When you are present, there is a single moment. Your receptivity to the moment becomes a single activity. In the absence of thought and feelings, you enter into the present, and there is one moment and one activity.

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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