

Breema Introduction Provides "AHA" Moment

We've all seen the bumper sticker proclaiming, "The meaning of life is to live it."
It's easy to say, but sometimes hard to do.

Being stressed about past issues or worried about the future can keep us from living in the moment. The first Breema workshop I happened upon gave me some tools to stay in the moment and enjoy living my life.

Like all Breema workshops, the one I attended was open to all. Some people attending were massage therapists. Others had experienced Breema from a certified practitioner. Sitting in a circle, I was forced to admit the reason I was attending my first Breema workshop.

"This workshop was inexpensive and I needed some massage continuing education hours. I don't know anything about Breema. I just thought it was a good deal to learn something."

A few people in the class snickered. The instructor visiting from Nashville, Katherine Correa, simply smiled. "Well, I hope you find something here that is of value for you."

The class started with a body-centered meditation and Self-Breema exercises. The exercises looked like a blend of qi gong, tai chi, and the playful movements of a child.

We hopped. We swung our arms. We let our hands rhythmically strike our chests.

After years of on-again off-again yoga practice, the simple pleasure of moving my body had been lost. I often struggled to hold my body in the perfect position. Breathe deeply. Move my arm another three degrees. Now I'm perfectly in alignment. Hold it...hold it!

Breema movement was different.

I wasn't seeking the energy movement of qi gong. I wasn't holding my body in the Iyengar approved version of a yoga asana. My body was moving with joy. I felt light and at ease.

Self-Breema is just one part of the whole. Breema is a complete system unto itself. All aspects of Breema are methods of communicating Breema's Nine Principles of Harmony. The principles are simple: Body Comfortable, No Extra, Firmness and Gentleness, Full Participation, Mutual Support, No Judgement, Single Moment/Single Activity, No Hurry/No Pause, and No Force.

The Nine Principles of Harmony are what separate Breema from other forms of bodywork. Although it can create incredible physical change, the bodywork is not intended to fix anything. The focus is on creating an atmosphere of acceptance wherein one can experience "My body is breathing. My body has weight. There is a body and there is an observer. I am that observer."

For years after my orthopedic massage training, I struggled with relaxation massage. I wanted to dig in and fix problems with the person's body. If I wasn't reshaping a disorganized body, reducing adhesions, or deactivating trigger points, practicing massage wasn't fulfilling to me.

I was always trying to do extra to make the relaxation massage "enough" for the patient and for me. Maybe if I did heat first it would feel better to me. The client would let me do more deep tissue work because it would be more comfortable. After a one-hour massage, I would review the client's chart for drug induced nutrient depletion. I would recommend supplements. I would teach stretches.

I was doing Extra. The experience of Breema taught me to do what I could do and let that be enough. I didn't need to do anything more, be anything more, feel anything more, or know anything more. All I had to do was be present.

Breema practitioners don't ask you to follow a certain philosophy. You don't have to believe anything to experience Breema. All of the teachings of Breema reduce to this simple statement, "Real health means harmony with Existence." Your experience of moving and having your body moved in harmony with existence defines Breema for you.

Breema bodywork looks like what might happen if low impact Thai Massage, Shiatsu, Ortho Bionomy and Zero Balancing all melded together. The recipient lies face up on a mat or rug. The active partner begins with a bow.

What follows feels like a combination of dance and massage. A hand leans, holds, and then

releases my ankle. My legs are lifted. As they are swung in the air, I can't help but laugh.

Shortly thereafter, with the bodywork continuing, I found myself in a deeply meditative state. A memory came to my mind. I was five or six. We had been traveling on a road trip all day long. I was asleep in the back seat. My dad lifted my body, waking me slightly. I lifted my head enough to see that it was my dad and then fell asleep as he carried me in. That feeling of being completely supported is, for me, the feeling of Breema. I had no thoughts. In that moment, I had only the feeling of my body breathing and my dad supporting me.

I had read *The Celestine Prophecy*, *The Power of Now*, and dozens of other books on being present in the moment. Until I experienced in Breema a complete kinesthetic experience of what Being felt like, those books remained purely intellectual.

In his book, *Breema: Essence of Harmonious Life*, Jon Schreiber recalls a conversation he had with the man who introduced him to Breema. "I once asked Malichek what he thought about Teachings. 'Respect all Teachings,' he told me, 'but follow only that which you can verify for yourself.'"

That is the gift Breema gives. It reaches a place where you can directly experience and verify for yourself the art of being present. For more information on Breema, check out www.breema.com

Seth McLaughlin is licensed as a massage therapist, certified as a nutritional consultant, certified as a pharmacy technician. He has worked as an herbalist, aromatherapist, and pharmaceutical compounder in an integrated medicine pharmacy, Mac's Medicine Mart, since 1995. He is also one of the authors of *Complementary and Alternative Medicine Secrets*, edited by Wendy Kohatsu, MD. Seth owns Essential Therapies in Kingsport and Johnson City. To contact Seth, check out www.e-therapies.net or call (423) 392-4325. All recommended changes in your health program should be discussed with your own medical professionals.

This copyright for this article is owned by Seth McLaughlin. You may reprint this article in electronic format as long as you print it in its entirety. All reprints must contain the full biographical statement and this copyright information. For printing this article in paper format, obtained expressed written consent.