

# Protocol for Intro Talk on Zero Balancing

Many thanks to Michele Doucette, DC

(Note: Portions of this talk map to the ZB protocol itself. This is a very complete outline, so feel free to use it whole or in part)

## I. Welcome [= Donkey $\wedge$ Donkey Connection]

- A. Introduce yourself, thank your sponsor
- B. [Poster option: Zero Balancing: Touching the Energy of Bone]
- C. Logistics/Housekeeping, Describe Space & Timing of Talk
- D. Brief Pyramid Meditation - (sets space for success)
- E. Brief circle introductions (invests them into being there, donkey/donkey connection)

## II. Experience Donkey Leans ZB at its simplest [= Dorsal Hinge to SI]

- A. Demo Donkey Leans ("lean into your partner so that you are both off center, so that you are really supporting each other from falling")
  - a. Have participants find partner and do it
- B. List Responses to 'How Did that Feel?' on a Flip Chart
  - a. This is how Zero Balancing feels!

## III. Five Minute Overview of Zero Balancing [= Lower half of the body]

- A. An opportunity to experience balanced energy and structure
- B. Works on the level of bone, deepest tissue of the body w/ deepest energy currents
- C. Zero Balancing creates a stronger, clearer field in the whole body
- D. There is a protocol – a structure to each session
- E. We work with **energy and structure** simultaneously
  - a. Donkey/donkey connection so you feel met
  - b. This is what makes Zero Balancing different from other therapies
    - i. Some therapies are primarily energetic (reiki, acupuncture)
    - ii. Others focus primarily on structure (chiropractic, some massage)
    - iii. Zero Balancing consciously and simultaneously works with BOTH
- F. We evaluate and balance your body using fulcrums (gentle traction and lifting)
  - a. Fulcrums are the working tool of Zero Balancing vs. strokes in massage therapy – (demonstrate by balancing a twig on your finger)
  - b. We do not diagnose, simply look for imbalances in energy and structure and then balance these
- G. We observe changes created in the point of stillness
  - a. ZB is very respectful work, no change is forced, work in communication with the body
- H. We look for signs of altered states – tools for working with your energy
  - a. Expands possibilities for change (akin to a meditative state)
  - b. What was held in the body moves up and out (we don't even have to know what it was)

## IV. Expanded Concepts of Zero Balancing

- A. Optimum Balance of Energy and Structure (Mind and Body)
  - a.  $E = MC^2$  Everything is a form of energy
  - b. Wave vs. Particle (energy and structure) – seek examples of both from audience
  - c. When we touch energy and structure **SIMULTANEOUSLY** and **CONSCIOUSLY**, the awareness of duality moves toward **UNITY**. The wave and the particle are ultimately 2 forms of the same thing.
  - d. Sailboat analogy of energy and structure
- B. Clearer, Stronger Fields (Pillsbury Dough Boy Drawings)
  - a. Vertical energy flows (between earth and heaven)
  - b. Internal energy flows
  - c. ZB connects you to yourself and to the greater whole

- C. We influence A & B above through FULCRUMS
  - a. A point of stillness around which reorganization can spontaneously occur
  - b. Compression, traction, vectors (curved stretches)
  - c. We evaluate joints, bones and the whole field to see where fulcrums are indicated.
    - i. Examples: Energy held/stuck/imbalanced in structure
    - ii. Held stuck emotion, tension, thought, vibration
    - iii. Not enough energy in the structure >>> can translate into lack of awareness, lack of confidence, lack of connection
  - d. Summary: Have audience fill in the blanks:  
 What does ZB do? (balance energy and structure)  
 Where? (in the bones and joints, deepest currents of energy)  
 Why? (to make the sailboat go forward, optimal balance, forward motion)  
 How? (using fulcrums)
- D. Meaningful communication
  - a. Scarf demo, kinesthetic sense of meaningful communication
- E. Attention to Touch in Zero Balancing [MIDDLE HMV]
  - a. Interface (the touch used 98% of the time in ZB)
    - i. The practitioner CONSCIOUSLY works at the boundary of where her body and the client's body meet
    - ii. Clear, safe, respectful
    - iii. Great for people who have issues around touch/trauma histories
  - b. Other types of touch:
    - i. Blending (cst)
    - ii. Streaming
    - iii. Channeling (reiki)
  - c. Zero Balancing gives us a conscious choice of how to work
- V. Demo – Mini ZB Session [=UPPER BODY]
  - a. Intention (Frame)
  - b. Attention – (hold client in the highest personal regard)
  - c. Work with structure and energy simultaneously (Donkey/Donkey connection)
  - d. Interface
  - e. Into the “box” >>>into meaningful connection (think 3 Little Bears “just right”) >>>Fulcrum
  - f. Hold the fulcrum in stillness
  - g. Observe working state/working signs
  - h. Re-evaluate
- VI. Effects of ZB
  - a. Whole person – clearer field
  - b. Ease of movement, less pain
  - c. Quiet, meditative mind
  - d. Self-awareness
  - e. Altered perception
  - f. Better flow with life experiences
  - g. Expanded consciousness
  - h. Synchronicity
  - i. De-stressed
  - j. “Grounded high” - happier
  - k. New template for health
- VII. Q & A
- VIII. Option: Give discounted ZB sessions to attendees, stamp on business card, offer good within 3 months of talk.