

## **Zero Balancing Public Presentation - 60-90 minutes**

*This is another version of a public presentation on Zero Balancing. I have found that, as a practitioner and teacher, I often present to small groups – 6-12 people. For a small group, there is the exciting option of actually working a bit on each person. I find, like music, that Zero Balancing is most clear when it is actually experienced. So, below are suggestions for how one might interweave an easy talk on Zero Balancing theory and practice with a free-flowing demonstration of fulcrums.*

*In terms of promotion and organization, I'd publicize beforehand that each attendee - up to 12 or so -will receive a brief free sample of Zero Balancing. Then as people arrive you can have them sign up in order to receive the fulcrums. I'd include a quick closing sequence for each participant in addition to the fulcrum I'm showing. So, for instance, show hip evaluation and fulcrum, then half moons to the head, chest, pelvis, knees and feet.*

*-- David Lauterstein*

Start with brief intro talk.

What is Zero Balancing?

A method to evaluate and work simultaneously with energy and structure.

How do we do that?

By knowing how to touch both with clarity and strength.

Interface vs. streaming or blending.

*Show some Zero Balancing on each attendee in turn while interweaving talking during and between these sample experiences.*

### **Seated evaluation**

Talk about assessing the deepest layers of the person – the bones.

Like a planets and solar systems we radiate out from a core. Your core self, your core health is related especially to the tissues that live in the center of you – the bones.

Bones are alive – because we are in every part of us matter and energy – the densest matter conveys the densest energy.

How to contact the energy and structure of the skeletal system?

Show and go over the fulcrum diagram (blue line).

## **Half Moon Vector at feet.**

As we grow, we develop through the influences of our own genetics and decisions and the environment we grow up in.

Initially we are both physically and energetically quite malleable. Impacts “roll” off of us.

As time goes on, we may develop tensions in various places and in the body as a whole:

As a result of injury – e.g. to the back or neck

As a result of stress in our families – around heart issues, assertion issues, rigidity of thought, etc.

These tensions within us can become embedded and chronic. Eventually they affect our deepest soft tissues, the joints and the structure and energy of the bones.

## **Dorsal hinge to Sacrum - to address low back tension and help the person be grounded**

Hip – to let the tension flow down and out from the back and pelvic through the legs.

## **Hip fulcrum**

Foundations – there are a number of key joints in the body that transmit energy and weight – Zero Balancing uniquely focuses on those. When they are compromised the whole body compensates around them rather than resolving them directly. Each foot has 33 joints and 100 ligaments!

## **Foot fulcrums**

Tension not just in bones and joints, also in muscles and skin and background energy.

## **Fulcrum into trapezius**

Returning to bone – energy at our core. “Get thee knowledge of the spine.” - Hippocrates

In ZB we clearly explore neck and head movements.

## **Show Neck evaluations and half moon vector at head**

Ribs – all should be floating – the region of the heart and of breath – this is the center of the energy body in some ways – 3 chakras below, 3 above – “Heaven and earth meet in the heart. It is their destiny and place of rendezvous.”

## **Rib fulcrums**

The ribs and thoracic spine are the foundation for the energy and structure of the upper body, certainly of the neck and head. When they are freed, the head, neck and shoulder girdle are vastly improved in alignment and energy flow. Residual tensions are further resolved through Half Moon vectors and special fulcrums for neck and head.

### **Show Half Moon Vector with twist, Sub occipital Sweep or Nod Yes and skull fulcrums.**

Shoulder, arm and hand tension. Relax the doing part of self. Relax into being and restore the structural and energetic cushion that the healthy shoulder girdle provides. This in turn brings refreshment, rest and rejuvenation into the arms and hands and through them to the whole person.

### **Scapula, shoulder girdle and arm fulcrums.**

The goal of the session overall is for the whole person to feel really and deeply good. Complete. Grounded. Free to assimilate the session and make it their own. Allowing space and time for bodymind learning -- throughout the session, we incorporate pauses -- because the healing is the client's work. Have faith in the person's ability to grow, change and learn.

### **Ask if complete, then do extra work, if called for, and closing fulcrums.**

We all deeply want to fulfill ourselves. We all deeply know that we have inner resources and motivation; we just need some help mobilizing them. Zero Balancing helps give the person a clearer, stronger experience of the source of their energy and strength through which they may become more fully who they want to be. We uplift them just as in the Zero Balancing logo so that they can come to a new balance (one which isn't ego centered but is life-centered).

Zero Balancing gives them new experience around which they may change -- deeply, permanently (because we have relieved tensions that have become unconscious and are no longer needed), and thoroughly (the bone is an "ultimate" level).

We don't force this to happen, we help the person into a state of balance and let nature do the healing, let nature, with the person's inner resources, produce a state of grace.