



## **INTERFACE**

**August 2016**



Member Center



Find a Practitioner



Find a Course

## **ZB Community Day**

**Promoting Wellness from the Inside Out at the**

**Zero Balancing Wellness Center**

**by Mary Murphy**



Making a dream come true, on July 14th ZB practitioners Sheila McCarthy-Daskovsky, Alison Fowell, Sandi Alguire and Mary Murphy held the inaugural ZB Community Day program near Chicago to offer free or donation based 10-15 minute ZB sessions. Designed especially for healthcare colleagues, family and friends of clients and the general public, the evening program was a great success with many participants, adults and children, receiving a "Taste of ZB Touch" for the first time. The general consensus was that it was amazing to feel so deeply touched and relaxed within such a short time.

All donations raised were sent to the Zero Balancing Touch Foundation, an international non-profit whose mission is to promote the healing benefits of touch through public and professional education and research projects. The goal is to continue to develop a well-trained group of local ZB practitioners able to give excellent short sessions in such open community events or in other settings: a Zero Balancers Without Borders team ready to serve in multiple ways.

The next ZB community event is planned for November 17th in the evening. We are open to holding one sooner as both ZB practitioners and those receiving sessions were all delighted with the evening of promoting wellness through ZB sessions. We encourage you to consider offering an event like this in your ZB community and we hope you enjoy it as much as we did.



Please submit your community events, success stories, quotes about ZB, etc to the ZBHA so that all can share and enjoy!

**Zero Balancing Abundance Raffle underway!**

***Order your raffle ticket(s) before 10AM Thursday August 25th 2016 for a chance to win one of four fabulous prizes!***



Fritz Smith & Michael Oruch at Mar de Jade. Win tuition for the January 2017 class in this raffle!

The Summer 2016 ZB Abundance Raffle is underway! The drawing will be held at noon on Thursday August 25th 2016. Participants may purchase tickets for any or all of the following four fantastic prizes.

[Order Tickets Online](#)

**Prize #1: January 21-29, 2017 ZB by the Sea Retreat Tuition**

ZB Founder Fritz Smith and co-facilitator Michael Oruch are once again offering *full tuition* for you to join them, and fellow ZBers, for a week of learning and relaxation on the warm sands of the Mar De Jade Retreat Center overlooking the Pacific Coast of Mexico.

***Valued at \$1150.***

Note: Travel and room/board are separate costs and responsibility of the winner. More details available here: [ZB By The Sea](#). The winner should contact Michael Oruch as soon as possible for lodging requirements.



View from Mar de Jade Dining Pavilion.

**Prize #2: Tuition for any class at the Zero Balancing Wellness Center, Wilmette, Illinois (near Chicago)**

Longtime faculty member Mary Murphy and the [Zero Balancing Wellness Center](#) are donating \$595 towards the winners tuition for **any** Zero Balancing class offered at the Center between now and September 3, 2018. There are a variety of class offerings and more will be added as time progresses.

***Valued at \$595.***

Note: Winner please contact Mary Murphy directly at 847-920-9292 or [Mary Murphy](#) with any questions and to register for your selected class.

**Prize #3: Portable Table**



Oakworks Portable Manipulation Table



Astra-Lite ZB Table

The winner will have their choice of either the Astra-Lite ZB Treatment Table or the Oakworks Portable Manipulation Table built to their specifications. Prize includes table and shipping costs. *Accessories (including carry-case) and modifications are available for an additional fee.*

**Valued at \$550.**

#### **Prize #4: Support For Your Practice**

The winner will receive a package containing 100 *Bridging the Mind and Body Through Touch* brochures; 1 autographed copy each of *Inner Bridges* and *Alchemy of Touch* by Fritz Smith; and 1 copy of *Zero Balancing*, a book by John Hamwee along with 1 copy of ZB Protocol Review DVD by Michael Oruch; 1 copy of Parallel Breath DVD by Fritz Smith and 1 copy of Sacred Pyramid CD by Fritz Smith for your practice library or to share or gift.

**Valued at \$175.**

**[Get your raffle tickets here!](#) Someone has to win - it could be you!**



<http://go.funpic.hu>

*Best wishes and good luck - Cindi, Lee, & Stan.*

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Ticket prices:

1 for \$15

2 for \$27

4 for \$50

6 for \$75

8 for \$100

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## "The Tao of Touch"



What magic does touch create that we crave it so. That babies do not thrive without it. That the nurse who cuts tough nails and sands calluses on the elderly tells me sometimes men weep as she rubs lotion on their feet.

Yet the touch of a stranger the bumping or predatory thrust in the subway is like a slap. We long for the familiar, the open

palm of love, its tender fingers.  
It is our hands that tamed cats  
into pets, not our food.

The widow looks in the mirror  
thinking, no one will ever touch  
me again, never. Not hold me.  
Not caress the softness of my  
breasts, my inner thighs, the swell  
of my belly. Do I still live  
if no one knows my body?

We touch each other so many  
ways, in curiosity, in anger,  
to command attention, to soothe,  
to quiet, to rouse, to cure.  
Touch is our first language  
and often, our last as the breath  
ebbs and a hand closes our eyes.

"The Tao of Touch" by Marge Piercy, from *The Hunger Moon: New & Selected Poems*, 1980-2010. © Alfred A. Knopf, 2011

## Congratulations Certified Zero Balancers!



Please join us in extending congratulations to the following practitioner for recently completing her certification in Zero Balancing:

Sarah Brooks (Koloa, HI)

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