



INTERFACE

July 2016



Wishing everyone a safe and healthy **4th of July** weekend and an abundant summer!

ZB & Consciousness

A brief note from Fritz Smith



One year ago David Lauterstein invited me to teach at his school and I decided to create a new program, ZB & Consciousness. Little did I know where this would lead me or how awakening it would be. I have just finished the 5th presentation in Evanston, IL. I came away from this experience both fully satisfied with the class itself as well as with the program ZB & Consciousness.

Several things became clear over the year. The focus of the program is not to try to define Consciousness itself, other than to view it as an integral part of nature. From this perspective we are *part of Consciousness* rather than the *source of Consciousness*.

The overarching goal for ZB & Consciousness is on how to actually recognize and work with Consciousness through touch, and in particular work with expanded or altered states.

Several things became clear:

- 1) every fulcrum affects Consciousness whether you want it to or not, and regardless of your client being in an expanded state or not
- 2) there are healing advantages of the expanded state because the person is less well-held to their dysfunctions and therefore more able to change
- 3) helping to create an expanded state for your client is a process and strategy rather than one particular fulcrum
- 4) just having the active realization that every thing you do in a session does affect Consciousness makes each ZB more effective and precious
- 5) having a receptive audience makes teaching a joy

This past year has been so special for me - not only from the teaching itself but also from seeing so many old friends and making new ones. Thank you all. Together we are a positive creative ZB force in the field of Consciousness.

\ Fritz

Shake It Off



One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally, he decided the animal was old, and the well needed to be covered up anyway; it just wasn't worth it to retrieve the donkey.

He invited all his neighbors to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement he quieted down.

A few shovel loads later, the farmer finally looked down the well. He was astonished at what he saw. With each shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up.

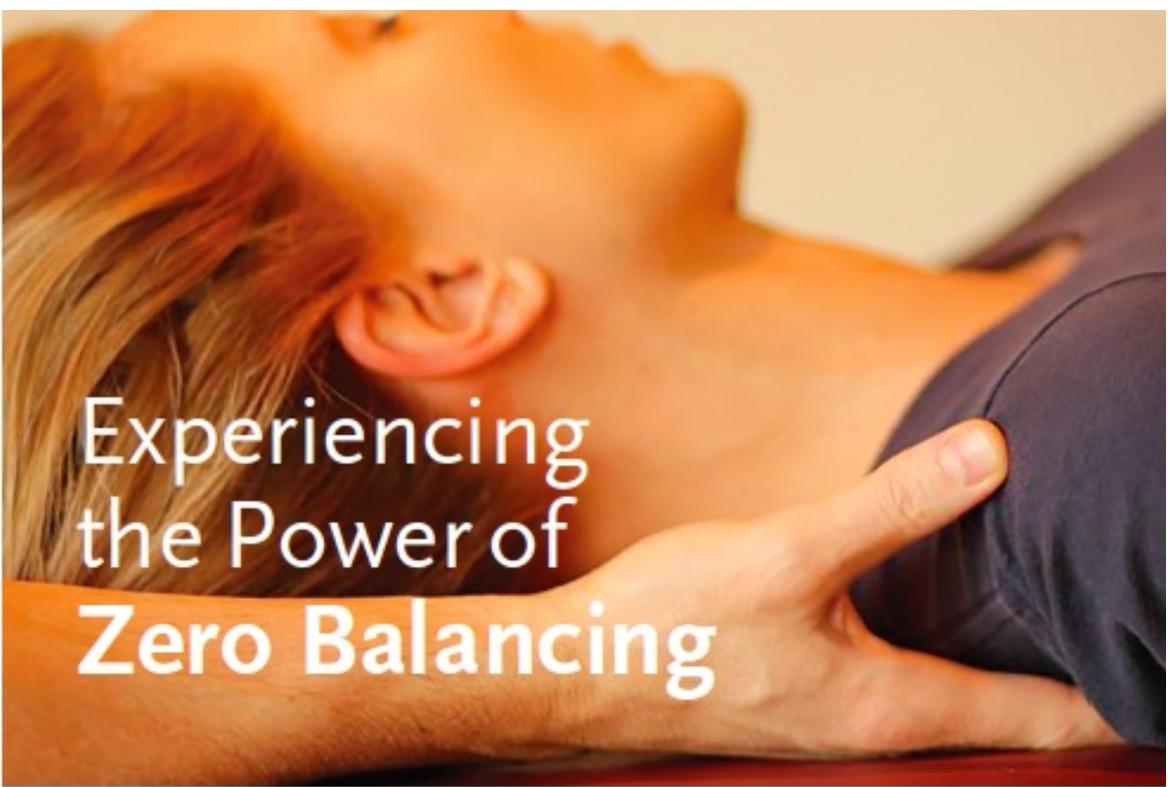
As the farmer's neighbors continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was amazed as

the donkey stepped up over the edge of the well and happily trotted off!

MORAL :

Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a stepping stone. We can get out of the deepest wells just by not stopping, never giving up! Shake it off and take a step up.

**Zero Balancing Case Studies Book
to be published by Upledger Productions**



Experiencing the Power of Zero Balancing

Case Studies of Journeys to Health and Wholeness



Collected and edited by Veronica Quarry, MS, MSPT
and Amanda King, MA, LMT



Here is an excerpt from the forthcoming volume, *Experiencing the Power of Zero Balancing: Case Studies of Journeys to Health and Wholeness*, to be published by Upledger Productions this year:

"I never thought I was heading for a life-changing experience the day I finally

rang to make an appointment for Zero Balancing after carrying around Rosanna [Price's] leaflet for months. I was at a low ebb, on antidepressants to treat the unremitting depression I had had since early childhood. I knew medication alone wasn't going to help me make sense of my life or find meaning and purpose in it. The description of Zero Balancing called to me on some level, not least the fact that the recipient remained fully clothed. Despite working confidently as a nurse for years, I really struggle when one-to-one with strangers. But from the first phone contact I knew there was going to be something different about this. I felt Rosanna was sincere, and would take me seriously."

--From the case study Transforming Childhood Abuse Trauma by Rosanna Price, BA, Adv.Lic.Ac., MBAcC, CZB with testimony by client

Advanced praise for the book:

"This is a remarkable book documenting the healing power and dynamic simplicity of Zero Balancing! In 25 interesting cases, we are touched by the wide range of conditions that can be helped, the knowledge held in one's hands, the importance of documenting what is possible and the gift that is offered worldwide. I recommend this book for all practitioners of subtle touch.

--Susan Steiner, OTR/L, CST-D, Instructor of CranioSacral Therapy and SomatoEmotional Release, Upledger Institute

Zero Balancing Abundance Raffle starts soon!

Raffle ticket sales start Monday July 18th. Enter before 10AM Thursday August 25th 2016 for a chance to win one of four fabulous prizes!

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 the responsibility of the winner.

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 Zero Balancing Wellness Center between now and ending September 3, 2018. There are a variety of class offerings and more will be added as time progresses.

Valued at \$595

Prize #3: Portable 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: ZB Practice Support Package

The winner will receive a package containing 100 *Bridging the Mind and Body Through Touch* brochures; 1 autographed copy 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 the ZB Protocol Review DVD by Michael Oruch; 1 copy of the Parallel Breath DVD by Fritz Smith and 1 copy of the Sacred Pyramid CD by Fritz Smith for your practice library or to share or gift.

Valued at \$175

Ticket prices: 1 for \$15
2 for \$27
4 for \$50
6 for \$75
8 for \$100

Congratulations Certified Zero Balancers!



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

Jenelle Thimmesch (La Farge, WI)
Rex Jarrell (West Tisbury, MA)

Christina Richards (Vista, CA)
Jennie Finn (Providence, RI)

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Office Hours: M, T 9AM - 5PM
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