



Articles

[Positive Health UK July 1998](#)

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A unique bodywork skill recognising the dynamic relationship of Body Energy and Body Structure. Balancing the deep energy flows within the skeletal structure, integrating all levels of Body, Mind and Spirit.

[What is Zero Balancing?](#)

Zero Balancing (ZB for short, pronounced Zee Bee), can be defined as the art and skill of balancing body energy with body structure through touch. The working focus in Zero Balancing is the interface between the structure of the bones, joints and soft tissues and the energy flowing through our skeletal system. Zero Balancing uses specific finger pressure and held stretches, called fulcrums. A fulcrum provides a point of stillness around which energy and structure can reorganise, giving a person the opportunity to let go of held tension and pain and experience new levels of integration. The results have a gentle power and contribute to an overall enhancement of wellbeing.



The energy flowing through the most fundamental level of our structure, our bones, can be most easily evaluated at the joints. Zero Balancing focuses on particular joints that have more to do with transmission of energy rather than with locomotion. Examples of these include the sacroiliac joints and the articulations between the tarsal bones of the feet, which are referred to as foundation joints. One of the key characteristics of these joints is their limited range of motion.

They have no intrinsic musculature, which allows the conscious movement of one bone in relation to the other.

Imbalances which occur at these joints will be below our level of consciousness, because they lack the proprioceptive input from the muscles. The body tends to compensate in a broad manner for these imbalances rather than deal with them locally. Since these joints play such a crucial role in structural integrity and energy transmission, small changes here will amplify throughout the body with often adverse consequences.

As we know the contraction and expansion of the muscles moves the joints. The ligaments however provide a passive support, limiting the motion of the joint. In Zero Balancing we evaluate the structure and energy of the body through moving the joints until the ligaments begin to engage. The quality of the ligaments, (be it too tight or too loose), gives us valuable information.

Following a working protocol whereby we first evaluate the range of motion of a joint, the fulcrums are used to balance the body, then we re-evaluate to assess any changes that occur. This provides us with direct feedback whereby we can monitor the effectiveness of Zero Balancing.