

Interface...

The Newsletter of the Zero Balancing Health Association



FALL 2003 Cindi Pridgen, Editor

The mission of the Zero Balancing Health Association is to promote health in the world using touch to integrate energy and structure.

ZB Archives to be Established

Following is a letter from ZBer Elizabeth Martin with an invitation for the Zero Balancing Community:

Warmest greetings to you all. As a participant in the Teacher Training Program I have chosen, as a project of excellence, to establish the Zero Balancing archives. My goal is to gather, organize, preserve and catalog materials relevant to the history and development of Zero Balancing. The archives will make these materials available to the Zero Balancing community now and in the future.

Materials to be collected include photographs, magazine or newspaper articles or interviews, audio and videotapes. Generally, any material relevant to the evolution of Zero Balancing. When sending materials, please reference the source, author and date of articles especially if you send a copy. If you send a photograph or video, please identify the photographer and the individuals in the photo/video as well as the site, date and other data relevant to identifying and categorizing the material.

With thanks,

Elizabeth Martin

ZBLizzie@aol.com

phone: 540-456-8408

If you are interested in contributing archival materials for this collection, send them to:

Elizabeth Martin

1571 Ennis Mountain Road

Afton, VA 22920

Zero Balancing Society at Tai Sophia Institute

Fritz Smith has been teaching Core I at the Tai Sophia Institute [formerly the Traditional Acupuncture Institute or TAI], located south of Baltimore, for many years. A long-standing vision of Fritz' has now come to fruition. Bob Brown, an acupuncturist and ZB faculty member, has helped to create a Zero Balancing Society (ZBS) at the school and is committed to making it successful. This process has been led by Bob, Teaj Bechard and Carol Burke, students at Tai Sophia. Carol is also a recently Certified ZBer.

In its initial month, there are 13 members of the ZBS and 6 students signed up for the first Intensive Certification Program. The courses are also open to anyone from the community. The first Intensive Certification Program will consist of the following 3 classes: Core ZB II, held February 19-22, 2004; Freely Moveable Joints, held June 19-22, 2004; and Alchemy of Touch, held October 21-24, 2004. We are all excited about the ZBS at Tai Sophia and hope that it will provide a model for Zero Balancing societies in other schools around the country.

The goals of the ZBS are:

- to create an ongoing structure for an organization that is run entirely by members of the Tai Sophia acupuncture program student body
- to support the learning of Zero Balancing and to provide a means for students to give and receive Zero Balancing sessions on an ongoing basis
- to help students complete their Tai Sophia training with less stress and greater well being
- to have bi-monthly meetings with either a Zero Balancing teacher or certified Zero Balancer present. These meetings will occur on Tuesday evenings at the Tai Sophia Institute
- to provide an easily accessible and affordable opportunity for every Tai Sophia student, from all levels of the school's acupuncture program, to acquire Zero Balancing Certification prior to their graduation from the program

Membership in the Society is open to all current Tai Sophia acupuncture students and alumni. For more information contact Teaj Beachard at teajb@comcast.net/443-691-3089 or Carol Burke at dakini@wizard.net/410-849-3456.

ZB Hits the Advertising Road

ZBHA has been working with a marketing consultant, Deborah Heisler, to maximize our efforts at achieving greater recognition of ZB in the world. Look for Zero Balancing to be listed in annual resource guides and monthly issues of Massage, Massage Therapy Journal and Massage & Bodywork. ZB will also be increasing its visibility in the spa industry with a listing in Spa magazine. Our future targets are acupuncture and physical therapy journals. In the meantime we are approaching various publications to write articles about Zero Balancing. Thanks to all who have contributed time, money or energy to moving ZB out into the world.

Zero Balancing in Mongolia

By Julie Singer

From May 21 to June 21 of this year I had the good fortune to accompany a group of archeologists with the Smithsonian Institution on a research trip to Mongolia. I have had an interest in that country since high school, so it was a huge dream come true to get to go. To many people, it would not be such a dream vacation to sleep in a tent for almost three weeks with no running water or hot showers, eating only mutton dishes for lunch and dinner, and sometimes even breakfast too. However, this was the chance of a lifetime to see a place which is so unique and which has had such an influence on world history. Ghengis Khan's invasions into Eastern and Central Europe centuries ago caused social and political changes which have shaped the world into what it is today. For my part, I went not as a massage therapist or ZBer, but as a novice entomologist, collecting beetles for the Smithsonian's Natural History Museum.

After five days of acclimation and provision gathering in Ulan Baator, we flew north to a town called Muron, and then traveled in Russian Jeeps to the countryside. In one leg of the journey, we drove for five hours. On the second leg, it was a seven hour very bumpy ride. Ultimately we arrived at our final campground near the Siberian border where the Tsatan people live and raise reindeer. These people live a very hard and rugged life, yet they were the most warm-hearted people I've had the honor to meet. They live off of the reindeer milk and the cheese they can make from it, and of course reindeer meat on occasion. They try not to eat the reindeer because the only cash crop the area produces utilizes the antlers in Chinese medicines. There were about fifteen families in the community, and we brought gifts like paper and coloring pencils, balloons, whistles and small barrettes. These



glittery things seemed a little out of place as they could make better use of more substantial gifts which would make their lives easier. The archeologists are aware of this. They brought a horse for each family last year, and this year they gifted sturdy rain jackets to each family.

Our translator, in doing the introductions of our group members, told them that I do bodywork, and the next morning I had a number of people come to me and request work. One man had been thrown from a horse five days prior, and another had a pain in his neck. The most notable was a young girl who gets frequent headaches and her parents asked if there was anything I could do for her. For the first two men, I did the upper thoracic ZB protocol and finished up the session with cranial sacral therapy. This was done in the comfort and shade of the big meeting tent we'd erected. When the young girl came to me the following day, we'd packed up the nice shade tent and sent it down to the base camp. All there was to use was a blue tarp to cover the ground and there was shade from a tent nearby, but as the sun quickly rose, one of the senior Mongolian archeologists got down on hands and knees and blocked the sun with his body. By this time there was a group of women who had come to watch.

It's a little intimidating to be doing ZB in the wide open and to have an audience to boot! The girl's head and upper body were not very responsive to the work which led me to assess that it was in fact the hips where the crux of the tension resided. Our translator was off on a mission for the day, and my Mongolian

MONGOLIA continued on PAGE 8



The Natural Bridges of Zero Balancing

Presented by Fritz Smith, MD

Third Annual Residential ZBHA Benefit

The Natural Bridges of Zero Balancing
Thursday-Sunday April 29-May 2, 2004
Claymont Retreat Center, Charles Town,
West Virginia

Tuition: \$595 plus room and board
Register with the Upledger Institute
1-800-233-5880

Prerequisite: Core Zero Balancing.

The Natural Bridges of Zero Balancing was introduced at Rio Caliente, Mexico, in January of this year. This is a new advanced program which delves deeper into the foundations of ZB and of healing in general, with special emphasis on techniques of touch. As we continue to work with therapeutic techniques, it is common that we have new deepening insights into the truer nature of healing. Despite these, however, healing continues to be a great mystery: what is actually happening? The nature of the mystery keeps shifting in fascinating ways as one 'answer' leads to the next questions.

In this program we will explore some of the deeper principles – the Natural Bridges – of Zero Balancing, which will enhance and broaden your skills, effectiveness and joy of Zero Balancing. When Arthur Rubinstein was asked how he handled notes so well, he replied "I handle notes no better than many others, but the pauses – ah! That is where the art resides." In this class we will explore the art of

NATURAL BRIDGES continued on PAGE 8

Using a Masterminding Group to Build Your Business

by Lora Freeman

You want to build your Zero Balancing business (either as a practitioner or as a ZB instructor) but feel like the task is beyond you. How do you alone do everything necessary to build a successful business? The answer is - you don't.

One of the most effective strategies for building your business is to form a masterminding group. Partnering with other professionals who do either the same or similar work to what you do can increase your effectiveness exponentially. What can a masterminding group do for you?

It can help you support one another in business and personal goals. It exposes you to other points of view. Are you stuck on marketing strategies, administrative tasks, professional development, time management? Throw your concerns out to the group and ask for feedback and ideas on how they solve problems.

It connects you with the clientele you want. Other people in your group will know people who fit the precise client profile you're looking

for - and vice versa. Commit to sharing these leads with others in your group. Your perfect client may be someone else's nightmare - and vice versa. Go ahead, share.

It helps you to clarify and fulfill your business goals. Sharing with others exactly what you want your business to look like will do two things. Verbalizing your goals makes them clearer, more concrete. It also adds an element of accountability when others know what you're aiming for.

Tips on building a masterminding group: Choose carefully those with whom you wish to partner. Look for people who have strengths that differ from yours, who don't necessarily hang out in exactly the same circles you do. While there may be overlap between your scope of influence, you also want to leverage these relationships to help all of you reach into new areas of influence. Meet by phone or in person regularly.

A Fulcrum into Your Skills

by Lisa Berger

Form and Fulcrums

New York, NY: November 1-2

Charlottesville, VA: December 6-7

Tucson, AZ: January 31-February 1, 2004.

I decided to take Form and Fulcrums offered by Michael Oruch soon after beginning the Zero Balancing Teacher Training Program. I assumed that the course would confirm my long-standing belief that Zero Balancers can benefit greatly by adjusting their own energy and structure according to the principles found in qigong and t'ai chi. I have been tweaking my fulcrums over the years by applying insights from my t'ai chi practice. I suspected that Michael had built similar insights into his course and wanted to experience his teaching firsthand. Although I trusted that I would deepen my rapport with the core ZB fulcrums, I came with my teacher-in-training hat on. To my surprise, Michael's curriculum was unfamiliar, and I soon donned my student hat.

The course is half the length of other ZB courses. The two-day format makes this class more accessible and allows an

intense but manageable dose of energy work. Michael moves through the ZB protocol from opening to closing, examining each segment through instruction, demonstration, questions and practice. Without the need to introduce new concepts, Michael zeros in on the mechanics of evaluations and fulcrums.

While each evaluation and fulcrum has its unique aspects, what I found most useful was uncovering principles common to all Zero Balancing contacts. For example, Michael directed our attention to our position in relation to the client. I learned that by attending to my position before contacting the client, problems with many fulcrums disappeared. For half moon vectors, Michael had us position ourselves at the optimal distance to initiate the vector by shifting our weight. We took the slack out of our bodies and improved our connection to the client. I was inspired to increase the curve in my hands. With practice I began to feel the inherent strength of the curve and to reduce the tension in my fingers.

Michael explored the opening evaluations in ways that clarified their purpose. I solidified my understanding of the opportunities present in these evaluations for establishing rapport through

touch, receiving touch feedback from the donkey, and orienting the client verbally to the session. Likewise, our exploration of the closing fulcrums clarified their purpose and gave me ideas for closing patterns that help clients reestablish independent energy patterns.

Form and Fulcrums touches each student where they need to grow. This class can serve ZB students who are still checking out the art. I believe that the class, taken early in one's ZB career, might eliminate the physical strain that causes some students to abandon the art. Practitioners with months or years of experience can improve their touch and address problem fulcrums. Michael teaches the current approach to fulcrums, making it valuable to practitioners trained many years ago. Finally, Form and Fulcrums can help teachers model good habits and give empowering feedback.

When I returned to my practice, some of the material had been embodied and my ZBs felt different. I was able to give short, clean ZBs and to customize sessions more easily. I felt more energy moving into my fingertips and began to work with more pizzazz, movement and dynamics. The process was like learning

Creativity is tapping into the inexhaustible. If you are truly mindful, everything you do is beautiful. — Michael Oruch

Any well-done system is beautiful and leads you to yourself, to health. — Fritz Smith

The Art of ZB: The Experiential “Exhibit” Visits Chicago

by Lora Freeman



In May, Fritz Smith and Michael Oruch partnered to present the ever-evolving “Art of ZB” course in Chicago. Following are some of the highlights from their creative collaboration.

After the pyramid meditation, to establish a space for learning and mutual respect, we sat for 10 minutes of silent meditation. From this quiet, internal space, we each cleared our canvas to create something new.

Before we launched into new information, Fritz and Michael reinforced the foundation of the basic protocol, adding a few of the more recent additions to the basic protocol (e.g., “back drain” in the popliteal fossa and the addition of arm fulcrums). They emphasized that with ZB, as with any art form, one needs to maintain the basic discipline of one’s art, then use that solid foundation from which to explore its creative possibilities. “The fastest way to get a message to the brain is through the experience of the body,” Fritz said.

We got the message personally as Fritz, Michael and multiple teaching assistants fine-tuned our basic techniques in the first couple of days. They worked with us closely and concretely to give feedback on our technique and to incorporate the newer fulcrums into the basic protocol.

From there, Michael and Fritz demonstrated how to use fulcrums creatively to do this for our clients, to convey a message directly into body-felt experience. One such example: if a client has stated as part of the frame a need for increased security, we communicate “security” through the use of strong, stable fulcrums.

With our minds quieted daily from our meditation time and our basic technique feeling solid, we began exploring different “strokes” in the art of our Zero Balancing protocol.

We explored the concept and experience of standing wave forms not only in bone but also in the field of the client. We used basic fulcrums as the starting point from which to engage and address standing wave forms in the field. These standing wave forms were not limited to issues with physical manifestations, but could also be emotional, mental or spiritual in nature. Regardless of the nature of how the wave forms were experienced by the client, we learned how to use basic fulcrums and interface touch to locate these wave forms in the body or field and to address them. We also explored using verbal fulcrums to do similar work with areas of emotional or less concrete issues a client might request as part of the field. Fritz and Michael presented examples of how to craft our words

and even the overall pacing and sense of a ZB to address these issues.

Fritz spoke about working on one man for whom the overall session had a powerful effect that touched his client’s spiritual and emotional needs. “I asked him as we approached the end of the session if there was anything else I could do,” Fritz said. “He told me what he wanted, and I responded. I asked if there was anything else I could do. He told me another thing, and, again, I responded. It went on like this for quite a while. Finally, the eighth time I asked him if there was anything else I could do, listened to his request and responded, he said, ‘I get it now. It’s all about love.’”

The Art of ZB is an advanced class, requiring students to have taken Core I and II previously. If you are a ZB practitioner and want the opportunity to explore the creative edges of your ZB protocol, this class offers a space for reinforcing your basic knowledge and expanding into new territory.

*ZBer and acupuncture student **Carol Burke** offers this poem as one that speaks to her about healing and ZB.*

*Every part of you has a secret language
Your hands and your feet say what you’ve
done*

*And every need brings in what’s needed
Pain bears its cure like a child
Having nothing produces provisions
Ask a difficult question*

And the marvelous answer appears

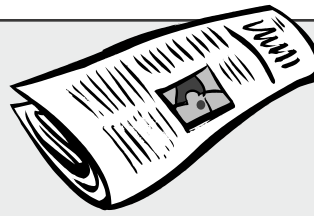
— Rumi



LET'S HEAR IT!

We welcome and need your input to make the newsletter lively, informative and one that serves the community. **Pictures (at 300dpi) are especially appreciated.** You are encouraged to submit items of interest to the ZBHA office. Many thanks to those who have contributed in the past!

ZBers in the News



👉 The ZBHA will have a booth at the October 2003 American Massage Therapy Association Conference in Richmond, Virginia. Volunteers who will be spreading the good word about ZB by offering mini ZB's include **John Franklin, Christa Fish, Connie Kulik, Robin Mechling, Pat Meyer, Cindi Pridgen** and **Linda Tingle**. Many thanks and congratulations for superbly organizing and overseeing this event go to **Megan Lavery**.

👉 Thanks to the efforts of **Jerry Toporovsky** and other ZB Board members, ZBHA has been actively pursuing the possibility of becoming a non-profit entity. Much valuable information has been gained and we are continuing to investigate the options to make this a reality.

👉 New York ZBer and massage therapist **Chuck Ruland** has been successful in obtaining approval for Zero Balancing as continuing education at the New York College for Health Professionals. The College is a fully accredited 2 year college and one of the largest massage & acupuncture schools in New York. Chuck will begin with a one day presentation in October and another in January, followed by a full Core class in the Spring of 2004. Chuck feels this should give ZB a strong foothold (or is that a strong fulcrum?) in New York and in Long Island in particular. Congratulations Chuck!

👉 The first core ZB class in Vermont was held July 31st through August 3rd in Wilmington, Vermont at Eden, the home of ZBer and chiropractor **Dr. Michele Doucette**. Eighteen students attended the class which was taught by **Jim McCormick** and assisted by **Lisa Berger, Mary Beth Curreri, Michele Doucette,** and **Sally Sise**. Students and staff enjoyed learning ZB in a beautiful, natural environment: Half moons on the sunny deck, morning yoga, lunch time swims at the lake, the containment of summer downpours, misty evenings, and an organic pizza and beer party. Zero Balancing is flowering in Vermont!

👉 **Steven Mayber** of Illinois shares the following about some exciting applications of ZB:

I have had the wonderful opportunity to partner with a medical doctor who uses a revolutionary version of electro-dermal testing. In conjunction with 15 minutes ZB sessions with patients, we have done both pre and post session testing of significant organs and energy systems. The results are significant. With even these brief sessions there has been profound improvement, which supports the continued gathering of verifiable case study results, and scientific validation emphasizing the potential for transformational healing that occurs in a ZB session. Individuals with specific pre-dispositions, such as nervous

system stress, and spine, small intestine, adrenal and liver imbalances, as well as pain issues, have shown significant improvement! My desire is to continue this research, to scientifically validate measurable results, and to continue progress in bringing ZB into the mainstream. Comments, support & additional ideas are welcome. Steven can be contacted at stevenmayber@comcast.net or (847)945-1894.

👉 This past summer, **Morgan Rivers** of Iowa did 13 mini ZB's at a senior health fair (and got paid for it to boot!). Morgan reports the feedback was excellent and one gentleman came strutting by later and gave her a wink as if to say, "I'm feelin' really goooooood!"

👉 ZBer and writer **David Conti** wrote a feature article entitled "Re-discovering the healing power of Tuina" for the AOBTA (American Oriental Bodywork Therapy Association) Pulse newsletter. The article outlines a brief history of Tuina --which preceded acupuncture as a therapy in China-- and quotes **Bill Helm**, a leading Tuina expert and founder of the Taoist Sanctuary in San Diego. Helm is also directing the new 700 hour Asian Bodywork Therapy/Tuina program at Charles River School of Shiatsu in Arlington, MA where David is currently teaching a Business Ethics course.

👉 Zero Balancing was featured in the article, "5 Bodyworks That Work" in the August 2003 issue of **Body and Soul** magazine. The article was written to be user-friendly to those unfamiliar with bodywork in general or to Zero Balancing in particular. Also featured were shiatsu, craniosacral therapy, feldenkrais and rolfing. The headline for the article read "feel stronger, younger, lighter, even taller. Today's bodyworks don't just pamper- they transform." Yes indeed!

👉 **Terry Segal** of Washington offers the following thoughts on ZB: I continue to be utterly awed by ZB every single day and send out my gratitude to my many wonderful mentors who have deepened the work for me more and more with each class I am fortunate enough to take. I routinely have clients tell me that they allow me to touch them in places they have historically allowed no one to approach (such as very ticklish sites, old large-scale burns, feet that have been surgically mangled repeatedly for years, etc.). I attribute all of this to the exquisite ZB phenomenon of meeting at the Interface. Thank you, Fritz!

👉 Congratulations to **Karen Senffner**, who was married this summer. Karen has many connections to ZB – certified practitioner, participant in the Teacher Training Program and former Executive Director of the ZBA. Many happy wishes to Karen!

Framing a ZB Session

by Joyce Christianson

I was introduced to framing of sessions in the Core classes but never really paid attention to what was being presented. I wanted to get on to the placing of fulcrums. In recording my sessions, I became aware of how I could use framing to affect client's experiences. I wanted to see how much I could turn negative statements to more positive ones in the framing of the sessions. I took ten women and set them up to receive ten ZB sessions with at least 7 days and no more than 14 days between each session. They were to record how they felt one day after the session, three days after and the day before they were to return for the next session. Each time they came they were to bring their journal so that I could read and record how they were doing. The women all completed ten sessions. What follows is a brief summary of the changes that came from session to session.

I started the first week just introducing ZB to these women, and the idea of recording their feelings, physical and emotional, for me to read. Five of these ten women had complaints of pain in different areas, nothing severe. Five had jobs that they either wanted to quit or they didn't feel like they were making any difference, just going to work. Stress from work, home, partner and life were listed by all the women as major problems. I would repeat what these women said, but remove the negative tone of judgment from their statements or focus on something positive that they said.

There weren't really any significant changes in any of the women's recordings until about the 4th session. I started to notice more things in their journals. They were taking better care of themselves. They were starting to look for other ways to find positive moves in their lives, and they were looking inside themselves to make changes. Two of the women made some moves to change jobs and felt good about it. I was amazed because they both had been at their jobs for over twelve years. I really felt that they would just stay until they could retire. The rest of the women

were doing things on a smaller scale, like walking in the morning or taking time to really write in the journal. The five women with physical discomfort wrote the most about their emotional changes, and were connecting the physical to the emotional body. I was learning right with them how powerful the connection of mind and body is.

The eight to ninth visits were where some of the positive changes happened. These women started writing about the changes they felt they could make in the next year. They started doing things that they had wanted to do for a long time. Only one of the women left her job and found one that she really liked. I learned that I could encourage more open awareness of self, but that the real changes had to be made by these people themselves. I continue to use very positive words to my clients in framing of sessions. I also watched that the framing be something that they can feel in the session and take with them. I learned that you should focus very clearly on one goal, even if it may seem like a baby step toward the big picture. For some of the women just making the baby step was huge for them.

I feel like I learned more than these women did about themselves. I spent time reading each journal, making note of any emotions or feelings that crept into them. I wanted to use the last session to encourage them to continue with their positive changes, or what they viewed as positive changes. I encouraged them to take care of themselves and to make changes that would allow them more time for themselves. I found what a good listener I needed to become, to hear all that they were saying. I learned that you can prevent someone from getting the most out of the session, by not hearing them. Sometimes being very quiet allowing the client to just be, is a powerful framing of the session. I started out believing that framing was a waste of time and have since learned how powerful a few positive words can be.

Blame It on Rio... An Adventure in Teacher Training

by John Franklin

In January of 2003 the third group of ZBers to be trained to teach Zero Balancing began the process at Rio

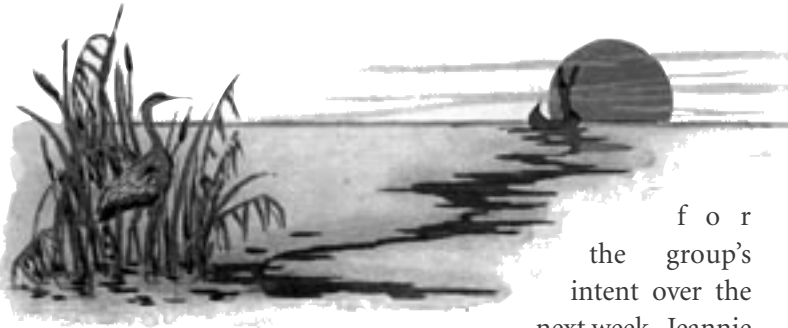
Caliente Spa, a retreat center in Mexico that has been the site of many ZB events over the years. Rio Caliente means 'hot river' and the spa lies amid ancient healing grounds of the Huichol Indians. John Franklin is part of the group and shares with us some of his experience in the following article.

I arrived around midnight in Guadalajara, Mexico, too late to go to Rio Caliente, the spa outside the city where the Teacher Training Program for Zero Balancing begins. I flew in from Houston with one of my classmates, Elizabeth. We stayed in the city, and spent the next day walking through the city, shopping in the markets and seeing the magnificent architecture of the cathedrals and beauty of the plazas.

Lolita, the duena of the hotel, arranged a ride for us to Rio Caliente at the end of the day on Friday, with a young man who brought along his wife and young daughter. Lolita tells me in Spanish that the young man needs the income. He has no use of his legs, but is quite adept at using a large plastic soda bottle on the end of a stick to manipulate the petals of his car.

After checking in at Rio I meet my roommate, George, an acupuncturist from Kansas City. I go for a run outside the compound. It grounds me to run, and as I cross over the Rio Caliente, I notice the steam wafting up from the moving waters of the river. Large extinct volcanoes can be seen in the distance. The energy of the place is palpable.

Our class meets with each other and with the faculty, for the first time as a group. "TT3" is the code word for this third training of faculty for Zero Balancing. After brief introductions, we pick a rune



for the group's intent over the next week. Jeannie draws the rune of the "Ox." The sign represents the essence of "strong men and strong women." I am impressed with the caliber of my classmates, such talented health care practitioners of many different types of modalities. Something about Zero Balancing brings us together. I perceive an escalating level of inner communication, an internal rio caliente.

My heart resonates with this group and with the program. The faculty is superb, each a master teacher: Fritz, Aminah, Jim, Michael, Ida, Sandra, and Howard. My classmates are extraordinarily gifted and talented people. We each stand in front of the group and share our stories, what brings us here, what inspires us to share in the experience of our ZB community in this way.

We had great fun as we went out on the town one night for dinner, followed by dancing to a mariachi band. "Zero Balancing is not just a system of bodywork, it's a community!"

Toward the end of our time at Rio I connect with a horse grazing inside the courtyard with confident, skilled touch. There is communication in each moment. I am seeing energy as fresh and highly malleable in the moment, opening my heart, celebrating a rebirth, a reemergence into the physical. There is a greater understanding of Zero Balancing: being attentive to another completely through conscious touch, communicating unconditional love through meeting and supporting another by leaning into their donkey "just enough."

I am really happy to be a part of Zero Balancing. Blame it on Rio.

ZBer Doug Demming offers the following poem, saying "I thought this described the end of a ZB perfectly."



An Old Musician

*How
Should
Those who know God
Meet and part?*

*The way
An old musician
Greets his beloved instrument*

*And will take special care
As a great artist always does,*

*To enhance the final note
Of each
Performance*

— Hafiz

Zero Balancing Study Groups

Study groups are a way to learn, to stay connected with fellow practitioners, and to regularly give and receive ZB sessions. If you haven't gotten involved, we encourage you to take advantage of the study group in your area, or to start one if you have fellow ZBers nearby. If you want more information please feel free to contact the office or one of the contacts listed below.

| | | | |
|----------------------|-------------------------------|------------------------------|------------------|
| Western MA | Lisa Berger | lberger@crocker.com | 413-397-9800 |
| Omaha, NE | Ardyne Solomon | ardyne@ditol.com | 402-333-6617 |
| New York, NY | Tina Dohrman and Ben Watts | tboneandboots@mindspring.com | 718-963-2852 |
| Denver, CO | Jane Cohen | | 303-717-1177 |
| Chicago, IL | Michael Rogan | zbrogue@msn.com | |
| Chicago, IL | Rob Alaimo | robalaimo@hotmail.com | 847-808-8424 |
| Detroit, MI | Connie Eiland | clshebear@aol.com | 313-343-8808 |
| Englewood Cliffs, NJ | Roy Capellero | zbroy@bigplanet.com | 201-816-8333 |
| Torrington, CT | Verilee Herpich | vherpich@snet.net | 860-491-9228 |
| Los Angeles, CA | Deborah Brigham | zbdebl@yahoo.com | 818-707-0401 |
| Bowling Green, KY | Megan Lavery | lavery@home.com | 270-842-1629 |
| Charlottesville, VA | Ida Smith | ZBlda@aol.com | 434-989-2192 |
| Charlottesville, VA | Lisa Eller | | 434-244-7424 |
| Baltimore, MD | Elliot Abhau | thehorseworks@riva.net | 410-268-2053 |
| Des Moines, IA | Morgan Rivers | Morchi2@aol.com | 515-277-2126x103 |

Congratulations Recently Certified ZBers!

Pat Lee Victoria, BC
Leslie Brown Victoria, BC

TABLES ZBHA is pleased to endorse both the Astralite and the Oakworks models of tables designed specifically for ZB. Astralite has extended their generous FREE SHIPPING offer through December 2003. This can save the customer \$50-70! Call Matt at the office to order either brand of table or for more information. Ordering through the office helps support the ZBHA!

UP TO DATE INFORMATION Help us to keep our database current. Please let us know of any email, address or telephone changes.

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to become a better dance partner, a better fulcrum for transformation.

Form and Fulcrums enhances your enjoyment of giving ZBs which, in turn, feels more enjoyable to your clients. If you are ready to work without effort, frustration and injury, sign up for Form and Fulcrums.

Zero Balancing Health Association

801 West Main Street
Charlottesville, VA. 22903

434-244-2458 (phone)

434-244-2645 (fax)

zbaoffice@zerobalancing.com

www.zerobalancing.com

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the pause. We will delve deeper into navigating fields of tension within the body/mind. You will learn how to better align your touch with nature and accomplish more by doing less.

The parallel focuses of this Third Annual Residential Benefit will be the deepening of community and of your self experience. There will be time for rejuvenation from the stresses of daily life in solitude and quiet, and in sharing with old and new friends. All of this capitalizes on the natural beauty of Claymont Retreat Center in Spring, the gourmet vegetarian meals and the spontaneity of the moment. **Come join us.**

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language skills were sparse. I could not inquire as to the social etiquette of working in the reproductive organs region, so I was careful and did not do as much work as I would have liked to have done. I hope that what I did was effective and that, with her youth, the body will find a way of unwinding on its own once some new information has been introduced. When she stood up the women's eyes all were upon her. By her tone, I could tell one woman asked "what did it feel like?" To which I believe the girl replied sleepily "it was really relaxing." Then she got on her horse and rode back to her family's tent.

It was wonderful to be able to give something of myself to these wonderful people, and great to be able to trust my hands to tell me so much information when a translator was not available. I sit and wonder what will become of this little ripple I've set loose. At the very least, it was relaxing for the recipients and entertaining (or perplexing) for the onlookers. At the most, perhaps they will learn to recreate this kind of work and heal each other with their hands, not just with their great big hearts and wonderful customs.