



Interface...

The Newsletter of the Zero Balancing Association

Winter 2003

Cindi Pridgen, Editor

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

News from the ZB Board

The Zero Balancing Board met in New York in December 2002

and is pleased to announce that several new resolutions were passed and action has already begun on them. We will be seeking additional funding from new sources to further our purpose of having ZB more

widely recognized. Board member and ZB faculty Jerry Toporovsky will be working with ZBA on this initiative which will include developing specific goals and strategies with a marketing professional. We are also making an organized effort to have ZB taught in massage therapy schools and to upgrade our marketing and informational materials (see article entitled "Marketing Initiatives from ZBA"). Further explorations into the potential of ZBA becoming a not for profit organization will be ongoing in 2003. The Board also designated the first week in February as ZB Awareness Week (see separate article). As you can see it was a very productive meeting and generated lots of excitement over the future of ZB!

Touching the Spirit Conference a Success!

The Touching the Spirit conference held last June in Boston was a great success. Those who attended had nothing but positive comments and were able to bask in that great glow that arises when ZBers

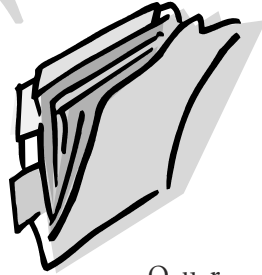
See **CONFERENCE** on page 6

Marketing Initiatives from the ZBA - Seeking Your Input!

The ZBA is currently working on a multi-faceted marketing plan which includes creating a marketing packet of materials customized for ZB that would support and encourage practitioners to make presentations to various groups. Wouldn't you find it easier and more appealing to make a presentation if you had an outline and ready to go materials? In this packet we also plan to have a promotional page including quotes from clients and practitioners as well as a FAQ (frequently asked questions) page about ZB. If you have any outstanding quotes or if you would like to contribute to the FAQ's piece ZBA would love to hear from you. What questions do you hear from clients and what questions do you hear from other healthcare practitioners about ZB? Let us hear from you!

Other parts of the plan include marketing ZB to professional schools, primarily massage and acupuncture schools.

Our request to you is for any suggestions for schools either in your area, that you are familiar with, or perhaps most importantly, where you have a contact that you think would be a likely candidate to be interested in teaching ZB? This would primarily be a continuing education offering with the potential that it could at some time become part of a school's curriculum. If you do, would you kindly forward the information to the ZBA as soon as possible. Your input will be invaluable in making this effort a success.



ZBA Staff

The ZBA would like to formally welcome Matt Salyers as the Office Manager (although Matt prefers Office Czar as his title!) Matt has a lot of vitality and a "can do" attitude. He has a degree in communications and his background includes working in the banking and engineering arenas. He is a musician and enjoys hiking, camping and traveling. Matt was not familiar with Zero Balancing when he began in September but he is a quick learner and is enthusiastic about the challenge of learning about a new field and managing the office.

Robin Mechling, who had been ZBA office manager for a year, moved on to expand her private practice in massage and bodywork and to work for the Virginia Employment Commission. Robin was instrumental in establishing the new home of ZBA and in serving the needs of the ZB community in its first year on the East Coast. ZBA thanks Robin for her warm presence and contributions, and wishes her well in her new ventures.

ZB and the Nature of Happiness

Second Annual ZBA Benefit in May 2003

The Dalai Lama says the purpose of life is to be Happy; Saints of India say that our true nature is Bliss. At this time in history where tension and uncertainty are so rampant these states seem far removed and often inaccessible. The inner experiences of peace, happiness or bliss are pleasurable within themselves but, more importantly, they are an essential foundation for health and well being. Fortunately there are therapeutic skills available to provide feelings of inner stability, clarity and happiness. In this retreat Dr. Smith will explore these skills and teach how to

elicit the fundamental states and feelings of well being using Zero Balancing.

This is the second annual ZBA Benefit. In addition to the main presentations, there will be breakout groups for everyone to practice the skills taught. The Benefit will be attended and assisted by many of the ZB faculty, resulting in a high ratio of faculty to attendees for the practice sessions. Happiness is not only the subject of Dr. Smith's presentation but is a theme for the entire retreat. There will be time to be alone and reflect, or to socialize and

hang out with new and old friends, and to drum, dance and enjoy the beauty of a West Virginia Spring. Come join us. Learn and refine skills of Zero Balancing while augmenting your happiness and inner sense of peace.

Thursday–Sunday May 1–4, 2003

Claymont Retreat Center
Charles Town, West Virginia

Fees:

\$595 tuition plus room and board

25 hours toward ZB certification

25 NCBTMB Category A CEUs

Registration through Upledger
Institute **1-800-233-5880**

New ZB Teachers in Training!

A group of 29 ZBers have embarked on a process to become Zero Balancing instructors. In the end of January the group, collectively known as TT3 (3rd group of ZB teachers in training), had their first of four training sessions at Rio Caliente, a wonderful retreat center in Mexico that has hosted numerous ZB events over the years. Over the next 21 months the group will meet in Southern California and in West Virginia to continue their journey in learning and teaching. Aminah Raheem, Michael Oruch and Jim McCormick will be regularly assisting Fritz Smith with the program; other faculty members will participate at various times. We are also pleased to let you know that Bhasa Markman, former ZBA Operations Manager, is managing the administrative aspect of the program through ServeWell. ZBA is very pleased to have this talented group of people bringing new energy and ideas to the world of Zero Balancing. Our new teachers in training hail from all over the United States and Canada. Welcome and congratulations to all of them!!!



Christine B. Bartasius-Baldwin, PT

Poland Spring, ME

Lisa Berger, L.Ac.

S. Deerfield, MA

Deborah Brigham, MT

Agoura Hills, CA

Donna Cerio, Ph.D.

Soquel, CA

Mary Alice Cullinan, MT

Blue Bell, PA

Mary Beth Curreri, PT

North Easton, MA

Michele Doucette, DC

Wilmington, VA

John Franklin, DVM

Lynchburg, VA

Jeanne Freebody, DC

Provincetown, MA

Thomas Gentile, M.Ac.

Columbia, MD

Verilee Herpich, MT

Goshen, CT

Mari Hotaki, CST

Santa Monica, CA

Olaive B. Jones, MA

Silver Spring, MD

Mary Kunkel, LMT

Spokane, WA

David Laden, MT

Madison, WI

Megan Lavery, MT

Bowling Green, KY

Sean Lynch, Chiro School

St. Louis, MO

George Mackie, L.Ac.

Mission, KA

Elizabeth Martin, RN

Afton, VA

Colleen Maurer, LMT

Bloomfield, NJ

Mary Catherine Moser, CMT

Vail, CO

Mary Murphy, NCTMB

Glenview, IL

Christine Parmley, PT

West Jordan, UT

Michael Rogan, NCTMB

Wheeling, IL

Chuck Ruland, MT

Huntington, NY

Karen Senffner, PT

San Francisco, CA

Cindy Tefft, LMT

Omaha, NE

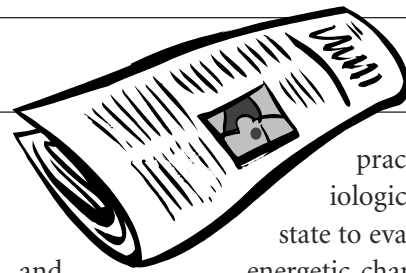
Linda Wobesky, PT

Cambridge, MA

Sheila Lukasiewich, PT

Victoria BC, Canada

ZBers in the News



Regina Golding recently spent time in **Bosnia** offering TLC and ZB to citizens affected by the war there. Regina volunteered through a British organization called Healing Hands Network. Regina wrote to ZBA noting "so many of the problems that the people were experiencing in their bodies were due to the trauma and psychological travesties they had endured - ZB was a perfect modality. The results were gratifying. I could work on many people effectively, in a small amount of time. They were so appreciative and so was I." ZB is reaching around the world in the best possible way!

ZB faculty members **Howard Evans** and **John Hamwee** pioneered **Zen and Zero Balancing** (ZZB) last September. ZZB is an advanced offering exploring the interface of insight meditation and ZB. Mindfulness and moment to moment awareness, as a day to day practices, bring a clearer field of attention to a ZB session and allow the ZBer to observe working signs, know which fulcrums are needed, and pace the session with greater clarity. Twenty participated in the first Zen and ZB class at the Morgan Bay Zendo in Surry, Maine, a Buddhist retreat center where Howard also leads meditation retreats. Howard and John will offer Zen and ZB again September 24 to 28, 2003.

In October, 2002 **Linda Wobesky** gave a ZB lecture and demonstration to physical therapists at the annual conference of the **Massachusetts and Rhode Island chapters of the American Physical Therapy Association**. The lecture was well received and the entire group of attendees remained after the end of the lecture with interesting questions and comments. Linda has been invited to speak again at next year's conference.

Tom Gentile gave a talk and demonstration on January 8th to **Johns Hopkins University** staff and faculty for career development and student life. Tom reports that ZB was well received with

good questions and "relaxing" results.

Florida ZBers **Ros Solomon** and **Donna Nothdurft** gave mini ZB's at the "**Holistica**" **Health Fair** in October. Ros reports that their booth was quite busy and the feedback was all positive. Even better, Ros met Donna, who lives around the corner so that now she can trade ZB regularly!

practitioner observes physiological signs of a working state to evaluate physical and bio-energetic changes. "Our rotation is often the first time physicians have been able to learn directly from bodyworkers, acupuncturists, homeopaths and chiropractors. We are able to offer a grounded approach to exposing the residents to working with the energy systems of the body, along with sound clinical reasons



Regina Golding offers ZB to a Bosnian woman.

At the **Center for Complementary Medicine** at Lutheran General Hospital in Park Ridge, Illinois, 2nd and 3rd year residents in family practice and internal medicine are offered a rotation in complementary medicine which includes an experience of receiving a ZB session and a discussion of its basic theory and practice. The residents receive a formal lecture curriculum on various complementary medical modalities, including therapeutic bodywork and have an opportunity to experience and discuss how a ZB practitioner works with the body's structure and energy to evaluate and balance both. **Mary Murphy**, certified ZBer, has been working with residents for the last 2 years, exposing them to the field of therapeutic bodywork through both the experience of receiving a session and through discussion on how a

for how these modalities operate and the benefits inherent in them."

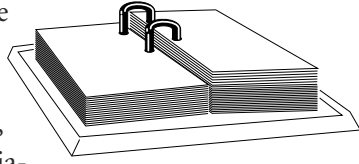
Sandra Savine will be presenting on ZB at the **American Massage Therapy Association** (AMTA) conference in Greensboro, North Carolina October 11-12th, 2003.

Donna Cerio will be presenting at the **AMTA Spring Conference** in North Carolina on April 26th - 28th, 2003. Her topic is Bodywork for Survivors of Sexual Abuse, which has been her specialty for 22 years.

Donna Cerio and **Karen Senffner** have been invited to present on ZB at an upcoming meeting of the **Sonoma, California** chapter of the **AMTA**.

ZB Awareness Week

You recently should have received an email or a hard copy announcement about ZB Awareness Week, February 3-8, 2003. We are excited about this initiative to promote ZB in the world and would like to thank ZBer **Cindy Tefft** for this idea and for helping to bring it to fruition. Cindy is in the Teacher Training Program and has chosen to create and shape ZB Awareness Week as her "Project of Excellence".



We are looking at this effort as one would look at a series of three ZB sessions. The first year, 2003, Phase I, we will implement the plan and gather ideas the ZB community may have. The second year, 2004, Phase II, will enhance and grow the work produced from Phase I. The third year, 2005, Phase III, will be a culmination of the experiences and ZB Awareness Week will be fully launched and incorporated. This will be a yearly event with much community involvement and a time we can all look forward to. We will be able to promote Zero Balancing locally, to connect with ZBers in our area, be of service, and in general raise our profile.

We need your feedback! Please let us know if you have other ideas or what would work for you. This is an important part of presenting Zero Balancing to the world. Please contact Cindy Tefft, LMT, at ctefft@mac.com, 402-558-7800, or by mail, 323 N. 38 Ave., Omaha, NE 68131-2303 if you have any ideas. You may also contact the ZBA Office at zbaoffice@zerobalancing.com or 434-244-2458 and let us know what you have done for Zero Balancing Awareness Week. This will allow us to build, and share, a bank of ideas and successful applications as we expand this event.

ZB Intensive Certification Program Underway

The third Intensive Certification Program for Zero Balancing began in October 2002, in the Boston area, with nine new students going through the Certification Program as a group. Faculty are Jim McCormick, Ida Smith and Judith Sullivan. Mentors and teaching assistants are Leah Anderson, Ken Fabian, John Franklin and Linda Wobesky. The program opened with Core Zero Balancing, and the next class is Freely Movable Joints in Charlottesville, VA, March 27-30. There are still openings in the program, and new people will be allowed to join as late as the FMJ class in March. If interested contact Jim McCormick at 617-354-8360 or jimmc5@attbi.com.

We wish the best to the following students in the ICP : Jane Danforth, Mercedes Dzindzeleta, Deborah Evans, Prasad Hutter, Sue Larkin, Nancy Stevens, Ardelia Stokes, Rita Talosi and Mary Williams.

Vipassana Meditation and Zero Balancing: Interface, Stillness and a Clearer, Stronger Field

by Lora Freeman

A simple Vipassana meditation practice had already begun its deeply transformative work in my life when I began my studies of Zero Balancing. Immediately, I was struck with both the profundity of the work and its similarity to Vipassana. Both Vipassana and ZB use interface, stillness and the introduction of a clearer, stronger field to facilitate increased clarity and balance. Let's explore this relationship a little more closely...

Vipassana literally means "insight." Originating from the Buddhist practice, Vipassana is a non-religious discipline that teaches the practitioner to use awareness of the breath and body sensations as a means to a peaceful, happy life. The majority of the practice is spent systematically focusing one's awareness on physical sensation, practicing equanimity (or "evenness of mind") toward one's continuously wandering thoughts and emotions and a myriad of painful and pleasurable sensations that arise during practice. The practitioner acknowledges each thought, emotion or sensation as it arises, and gently returns his focus either to the breath or to body sensation, without judgment or reaction. In this way, what were previously unconscious reactions to sensation become conscious, and a process of developing consciousness and releasing unconscious cravings and aversions unfolds organically.

The results of this simple practice are amazing. Ultimately, it empowers the practitioner with the ability to make choices regarding mental state and actions and to experience change in physical state of well-being. When I experience either a craving for pleasurable sensations or an aversion to the painful ones (previously the unconscious reaction to either state), Vipassana has taught me how to acknowledge the feelings without reacting to them. That moment of pause before reaction offers me the gift of choice: is this the action I really want to take? Is there an action that might serve better? And somehow from that process, from seeing reality of my state of being as it truly is, rather than how I would like it to be, also springs the will to make the better choice. Additionally, as I practice equanimity and stop adding to the energetic well of cravings and aversions to new pleasures and new pains respectively, old ones arise and are released from body memory, freeing my body from old energetic baggage.

See **VIPASSANA** on next page

Interface

Vipassana meditation is interface of the conscious self with the unconscious self. Instead of becoming embroiled in my own emotional, mental or physical states, I am able to observe them, acknowledge them, and take intentional, conscious movement in the direction I wish to go. Vipassana meditation teaches the practitioner how to observe thoughts, emotions and sensations without being attached to them, neither grasping to prolong the good feelings nor running to escape from the unpleasant ones.

As a ZBer, it is my responsibility to enter a session at interface, with a cleared agenda – no particular anticipated outcome, no imposition of my will or energy onto the client's experience. I take their stated desires (the "frame" of the session) and their donkey's messages as my guides, and I hold space for their healing experience to unfold in its own time and manner. If one has learned to be at interface with one's self during meditation practice, it's a natural extension of that practice to offer that to another person during a session.

Additionally, the client in a ZB session receives a Vipassana experience of his or her own: the release of stuck energy from bone, unlike that of soft tissue, can provide release of standing wave formations without as much of the emotional content often associated with soft tissue work. The body releases without engaging the mind or hooking the client into an emotional loop, and the client experiences greater clarity and freedom as a result.

Stillness

Stillness of the conscious mind is the fertile ground from which the unconscious mind springs with process and healing, both in Vipassana and Zero Balancing.

In Vipassana, as with most meditative disciplines, a practitioner learns that stillness in one's life can serve paradoxically as a tremendous source of effective and focused action. I have found that taking the time to pause from action, to cease from effort, has transformed the effectiveness of the time I actually do spend in action and in interaction into an exponentially more powerful and effective thing. The time spent in stillness is a transformational event in itself.

ZB leverages this truth, as well. In ZB, one sees this stillness at work in two places: in one, the fulcrums themselves and,

in the other, the spaces between fulcrums. These are spaces, pauses of stillness in activity, held for the tremendous wisdom of the unconscious mind to process, to integrate, to heal – this is where the real transformative work takes place. This stillness between the fulcrums is unique to Zero Balancing among bodywork and healing modalities, for while the fulcrums facilitate healing, they don't do the actual work. The practitioner, choosing stillness between fulcrums, practices observation and awareness, then returns to action with a focused intention. Then pauses again. And in the pauses, the recipient's mind and body are working to create change.

Also, as one practices Vipassana, one passes the mind's attention throughout the body, acknowledging body sensation – and observing change. From one sweep over the body to the next, one observes that change has already taken place. The energetic body has taken the fulcrum of one's attention on one's self and initiated transformation in the interim.



A Stronger, Clearer Field

Vipassana, like ZB, introduces a clearer, stronger field. I often sit for meditation with "monkey mind," the inexorable pull of many scattered, compulsive thoughts, about things that have already happened or that need to be done. The acknowledgment of the thoughts and emotions with a subsequent return to focus on the breath clears my

energetic field, bringing a peaceful clarity to my spirit. The emotional vortex becomes smoother, calmer, clearer when I apply the "fulcrum" of meditative focus. Just as importantly, as I apply the fulcrum of meditative focus to body sensation, and old energetic holding is released, my energy field becomes progressively clearer and healthier.

In ZB, our clients often approach us in stressed or agitated states, whether physically, mentally, or emotionally. For them, we facilitate an experience similar to that of Vipassana: consciously and intentionally applying fulcrums to clarify energy flow in body and mind. Whether old childhood issues, a recent injury or "monkey mind" from a hectic day, these dysfunctional patterns melt away (often palpably beneath one's fingers), restoring clear energy flow.

Vipassana meditation and Zero Balancing serve as practices that are complementary to one another. They accomplish the same goals with remarkably similar means. The study and practice of either one will certainly benefit the practitioner – and combining the two makes for a powerfully synergistic life event.

Touching the Spirit: A Conference That Did Just That!

by Seth Rosenblum

I've been a Chiropractor for 25 years and have attended countless conferences and seminars but never have I had the privilege to attend such a well coordinated and presented conference as the 2002 Zero Balancing Conference in Boston this June. Jim McCormick, Bill Mueller et al. did an unbelievable job of putting it all together and making it run like clockwork. We are all indebted to them for their labor of love.

In thinking about what to write for this article several conference highlights came to mind. The keynote presentations were all marvelous. Christine Page's Friday night interactive talk on intuition was both fascinating and fun. In Fritz's keynote address on Saturday morning entitled "Zero Balancing: Natural Paths to the Spirit" he discussed how touch can be a bridge to the spirit. It was a wonderful enlightening talk and Fritz as always was a selfless glowing being who touched each of us there with his love. Jim Oschman's talk on Saturday afternoon dealt with his work on the scientific basis for energy healing techniques. I was truly fascinated that there is so much scientific evidence to prove how and why energy medicine works. I bought his book "Energy Medicine: A Scientific Basis" and have since devoured it and recommended it to many friends and colleagues. The next event was Saturday night and was titled "Spirit Unveiled: Zuleikha in Concert." This was a magical performance with wonderful costumes, creative story dance, and dancing to the wonderful rhythm of Jerry Toporovsky's drumming. It was an experience that will linger for a long, long time. To top it all off was Aminah's presentation on spirit level work and its relationship to Zero Balancing, Process Acupressure and other healing arts. The keynote presentations alone were worth the trip.

Then there were the breakout sessions... when I think back to which one stands out the most in my memory it turns out to be one which was an impromptu creation to fill in for an instructor who could not make it. It was called "My Favorite Fulcrum" and was presented by Jim McCormick, Judith Sullivan and Michael Oruch. Each of these presenters described and demonstrated a fulcrum that most if not all of the audience had never seen before. For myself I have incorporated two of them into my regular protocol and use the third occasionally. What an unexpected treat that turned out to be. "Spirit of the Organs" presented by Judith Sullivan was a great hands on introduction to visceral work. I also attended Jim Oschman's talk on creating intentional space and once again he held me mesmerized. Holly Timmerman's talk on the connection of ZB and consciousness was another great session.

Staying in a college dorm room and experiencing some of Boston's wonderful restaurants just added to the magic of the weekend. One special note for me involved one of my ZB certification projects. Instead of an essay I wrote a poem about ZB and recited it to drumming which I recorded on a CD. I gave Fritz a copy of it back in February at his Art of ZB class in Borrego Springs. He loved it and asked me to bring some copies to the conference to sell, which I did as a donation to the ZBA. Several copies were sold and this helped make the whole experience one that will linger in my body, mind and spirit for a long time to come.

Thanks to Seth Rosenblum, a chiropractor and certified Zero Balancer, who was kind enough to contribute the above article about his conference experience.

CONFERENCE cont'd from front page

are gathered together. Many thanks to Jim McCormick and Bill Mueller who put in a tremendous amount of work organizing and hosting the conference. Their hard work was evident in the smoothness with which the weekend unfolded, the high quality of the offerings and the good will generated and felt by all. ZBA would like to express its gratitude to all those who donated their time and skills to offer ZB's and to those who purchased raffle tickets, both of which benefited the ZBA.

See the accompanying article by ZBer Seth Rosenblum about his conference experience.

Returning to Soul

Returning to Soul is a new class offered by Aminah Raheem, Ph.D. Aminah is a ZB faculty member, transpersonal psychologist and originator of Process Acupressure, a wholistic modality which integrates body, mind, emotions and soul. She is the author of *Soul Return: Integrating Body, Psyche and Spirit* and has taught psycho-spiritual transformation for 20 years internationally. Aminah will be offering "Returning to Soul" in Maryland and New York this Spring.

May 3-4, 2003 Laurel, MD
TAI-Sophia Institute

May 17-18, 2003 New York City, NY
Auditorium at Greenwich Village Center

Returning to Soul is a program about reuniting with your most essential self and its purpose. In this seminar you will be more empowered to reclaim your original essence and its strengths for this life, through mind/body/soul information, activities and ceremonies. You will be shown how to connect consciously with soul energy, guidance and purpose; move energy through the body for clearing, balance and strength; learn significant acupoints on the body for stress release and empowerment; find your own voice and heal from the inside out.

Fee: \$250 Register through the Upledger Institute at **1-800-233-5880**

Zero Balancing with Survivors of Sexual Abuse

© 2002 Donna C. Cerio

I have been a health care practitioner since 1979 and obtained certification in Zero Balancing in 1989. Since then, I have used Zero Balancing consistently in my private practice. I work extensively with clients who are dealing with the aftermath of recent and past sexual abuse. The results are profoundly effective and useful in assisting these clients' recovery.

Based on 20+ years of research and personal and professional experience, I have found that people who have experienced the trauma of sexual abuse are at risk of having flashbacks, dissociation, Post-Traumatic Stress Disorder, and other related symptoms. These symptoms can be triggered by any stimulus in any environment, from direct hands-on therapy to common everyday situations. I have worked with clients who have had the above symptoms triggered by common events, such as a routine medical exam, a dental procedure or a firm pat on the back by someone who intended the pat to be friendly, as well as instances where physical contact did not occur, for example a verbal conflict with a friend, a conversation with a clerk in a department store, or witnessing an automobile accident.

Due to the hands-on nature of bodywork (touch therapy) practices, this is an especially risky arena for the client. Any touch therapy can feel invasive and abusive to the client if the touch triggers symptoms related to the initial abuse. Because the experience may be internal or not even emerge until well after the session, the inexperienced or untrained practitioner may not realize anything has been triggered unless told so by the client. A client may feel the experience as surreal or imaginary, and/or feel confused and traumatized without understanding why. The client may not inform the practitioner about their experience at all.

While Zero Balancing is not meant to provoke experiences or memories from the past and is designed to be applied in a conscious, careful way with clothing on, it is not immune to the potential of triggering the symptoms I mentioned in the above paragraphs. I have found that there are a number of areas that are important for Zero Balancers to be aware of when working with clients traumatized by sexual abuse. I continuously find that the donkey of a client who has been sexually abused leans in a different way and at a different pace than the donkey of a client who has not. This client's donkey often does not know how to step up as the dirt is piled on top of its back, to borrow the analogy from the Winter 2002 Interface newsletter. One of the beneficial results of Zero Balancing is that the client will develop the ability to lean through the development of trust in the therapeutic relationship. It is miraculous how it works. I fashion the "client sitting" step of the protocol to accommodate the donkey. At this starting point, I set the stage by staying 100% present with the donkey's apprehension and reluctance. By detaching from any need to proceed, I quietly wait for the client's signal to go forward. Presence, patience, and choice are the keys to encourage the client to open into trust.

The energy field of a person who has been sexually abused often has an amplified antennae sensory receiving system. This means there exists an ultra-sensitivity to the obvious as well as the not so obvious in the environment. For example, if I have not taken care of and centered myself before the treatment, the client will pick up on this and it will influence their ability to let go into the session. At those times, they will almost always ask me how I am doing and be very concerned about my well-being before they can let go and let me assist them. I have found that my self-care has to be a priority in order to serve clients with a sexual abuse history. I receive a Zero Balancing every month as well as use the smile meditation each morning. I leave enough transition time in between sessions, use parallel breathing before each session and make sure I disconnect completely at the end of the session. These practices keep me well cared for, centered and grounded, which allows my client to take the focus off of me.

The usual monitoring system of a client with a sexual abuse history tends to under-function, making for weak boundaries. This means that the client may not let you know that something is not working for them in the session. They may not even know this themselves until long after the session is over. Sexual abuse is done to a person without consult or consent and as a result of being overpowered by size, verbal threat or authority. You represent authority in your work and this alone may awaken the victim in them. I prevent this by including the client from the very beginning as an equal participant in the health care I offer. I call this "participatory health care." I use an Intake and Framing protocol in session one as the vehicle for establishing the equality between client and practitioner.

See **SURVIVOR** on back cover

The Blue Line

by Cindy Marcus

Living, nearing the blue line
The looseness, the unconnectedness before
I am full of anxiety, there, not yet
Then, I am full of excitement...teetering...
I am there!
Endless possibilities fan out before me.

Anxiety in the looseness...excitement in the pause
Held, a body of energy, with infinite expression
To really feel the present at the blue line...the manifestation
Of pure energy, pure existence
I gasp in anticipation, filling up with the wonder of it all.

Am I really this close to the present moment?
Time almost stands still.

Zero Balancing Study Groups

Western MA	Lisa Berger	413-397-9800	lberger@crocker.com
Greater Boston area	Linda Squires	617-734-4455	
Omaha, NE	Ardyne Solomon	402-333-6617	ardyne@ditol.com
New York City, NY	Ben Watts and Tina Dohrman	718-963-2852	tboneandboots@mindspring.com
Denver, CO	Pat Dorsey	303-673-9902	louisvillemt@msn.com
Chicago, IL	Michael Rogan	847-808-8424	zbrogue@msn.com
Chicago, IL	Rob Alaimo	312-808-0400	robalaimo@hotmail.com
Detroit, MI	Connie Eiland	313-343-8808	CLShebear@aol.com
Englewood Cliffs, NJ	Roy Cappellero	201-816-8333	ZBRoyc@bigplanet.com
Torrington, CT	Verilee Herpich	860-491-9228	vherpich@snet.net
Los Angeles, CA	Deborah Brigham	818-878-9910	zbdeb@earthlink.net
Bowling Green, KY	Megan Lavery	270-842-1629	lavery@home.com
Charlottesville, VA	Robin Mechling	434-589-6705	cmtmech@aol.com

Congratulations Recently Certified ZBers!

Colleen Baker Clyde, NY

L. Jill Bath Louisville, KY

Frank E Boehm Rochester, NY

Jamie M Carmody San Antonio, TX

Kathy Estelle Doerfer Viroqua, WI

Therese Forsthoefel Erie, PA

Ellen Gannon Carmel, CA

Lynn Ann Harris Asheville, NC

Suzanne D Herbers McLean, VA

Celeste Homan Fulton, MD

Nano D. Johnson Rapid City, SD

Katie Keane Cambridge, MA

Sheila Marie Lukasiewich Victoria, BC

Valarie McGettigan Westminster, VT

Penny Lea Morris Seferovich Mission, KS

Judith Smalley Lancaster, OH

Stephen V. Smith Palo Alto, CA

Eileen Sperling Syosset, NY

Linda Van de Visse Prescott, AZ

Janice Samuelson Empire, NV

Gosia Mudy-Perloff Mammoth Lakes, CA

Mary Elizabeth Grady Kennebunk, ME

Irma Lynn Pacifica, CA

Mari Hotaki Santa Monica, CA

Richard 'Dick' Fancher Los Altos, CA

Lora Freeman Chicago, IL

lyla Winterfeldt Ft. Worth, TX

WEBSITE IDEAS? Do you have any suggestions for the ZB website? Something you would like to see added or changed? Let us hear from you at zbaoffice@zerobalancing.com or 434-244-2458.

TABLES ZBA is pleased to endorse both the Astralite and the Oakworks models of tables specifically designed for Zero Balancing. Call the ZBA office to order or for more information. Ordering through the office helps support ZBA!

NEWS FROM YOU? We welcome and need your input to make the newsletter lively and informative. You are encouraged to submit items of interest to Cindi Pridgen at the ZBA office.

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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There are modifications that have to be made in order to accommodate the special needs of clients who have been sexually abused. Customizing the approach and pace of applying the fulcrums & vectors is essential. Since the cellular and energetic imprints that are the result of the trauma are often deep and very close to the surface at the same time, any quick, unexpected touch might be felt or interpreted as abrupt and or rough, thus awakening deeply buried emotional, mental and or body responses from the time of abuse. One of the ways I tailor my work to the needs of my client is to start with an intake session. This time gives the client and practitioner the opportunity to set the pace and style of approach together by gathering information and setting a foundation and intentions for future sessions.

In the United States, bodywork practices are only recently accepted as viable, effective health care. Specialization is relatively new. Working with clients with a history of sexual abuse is a specialty, which needs to be defined and developed. I want to emphasize that the client with a history of sexual abuse benefits significantly from Zero Balancing. I am deeply committed to making alternative health care and Zero Balancing available to this population through my work, as well as educating other health care practitioners on the subject. It is a challenge I feel privileged to have the opportunity to meet.

Donna C. Cerio has been a Health Care Professional incorporating ZB as well as other bodywork systems for 23 years. She served as Founding Director of the Holistic Health Program at University of California, Santa Cruz for 20 years. Donna is currently in the ZB Teacher Training Program and working on her Ph.D in Integrated Health Sciences. Her work, Intentional Touch™ addresses the needs of people recovering from sexual abuse, suffering with serious illness, and dealing with chronic emotional, physical and/or mental pain. A member of the Zero Balancing Association, American Massage Therapy Association, and International Alliance of Healthcare Practitioners, Donna is in private practice and teaches Intentional Touch to health care professionals. She delivers educational seminars and on site services across the nation. Donna is pleased to be a resource for the ZB community on this topic. She can be reached at The Cerio Institute: email: dccerio@thecerioinstitute.com or (831) 475-5472, phone & fax. Visit her website at www.thecerioinstitute.com.