



INTERFACE

April 2017



Working with the Emotion of Anger

Excerpt from [Experiencing the Power of Zero Balancing: Case Studies](#)

Working with the Emotion of Anger

submitted by Certified Zero Balancer and ZB Faculty Member Maureen Staudt

BACKGROUND

Bill was 26 years old when he came for his first Zero Balancing treatment. His mother, who is a client of mine, referred him to me, and his older brother accompanied him to this appointment. Bill and his brother work at a factory where they cut and carve soapstone.

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When I asked Bill how he wanted to feel after the session was over, he said, "I want to feel less angry." I wanted to make the session comfortable and non-threatening for both Bill and his brother. I therefore decided not to ask any questions regarding this anger that Bill was feeling. As for me, the practitioner, the first thought that came to me was, "Gee, what am I going to do about anger?" As quickly as I questioned myself I remembered to trust the ZB protocol.

On evaluation, the quality of Bill's voice suggested low energy and I noticed that his eyes were twitching. The knuckles in both his hands were

dense and heavy; those on his left hand were reddened and his thoracic area was very heavy and dense, but his neck range of motion was full and free. (I assumed these physical findings were most likely due to the work he does at the factory.)

I performed a 40-minute session on Bill. I suggested that he be kind to himself, to notice any small changes during the next 24 to 48 hours, and to call me with any concerns or questions.

A week later, Bill came for his second visit. He stated that he felt improvement since his first ZB. He said his anger was not as noticeable and that little things that usually annoyed him did not bother him as much. He told me that his boss told him that whatever he changed this past week, he should, "keep it up." His mother also asked what I had done to him because she noticed he was significantly less angry since receiving his first ZB.

I continued to see Bill weekly for the next three months. Although he reported some ups and downs regarding feelings of stress and irritation, he repeatedly reported noticing that he did not get angry as easily as he did before ZB. His frame for each session was essentially the same: "I want to feel the same as I did after the last ZB; to feel stress-free." I also taught him a "marching in place" technique that we use in ZB that helps one feel more grounded after a session. Bill found this to be helpful and practiced this technique at the end of each session.

Due to the strenuous, physical nature of his job, Bill continued to have tension in his shoulders and scapula. During these sessions he admitted to me that he had lost jobs in the past due to his anger issues. He said his current boss at the soapstone factory was so impressed by the change in him that he wanted me to come to the company and work on everyone. Bill also commented that his co-workers had also noticed an improvement in his anger and "crabbiness."

I continued to work with Bill, as needed, throughout the next three years. Each time he came in he would say something like, "I am glad I am here today. I know that ZB will help me." And it always did.

I will say that when he first came to me and asked to feel less angry, I really stepped back and wondered how I could help him. By trusting the ZB protocol I allowed myself to get out of the way. Bill showed me that one cannot only bring physical goals to a session but one can bring emotional or spiritual goals as well.

The book, [Experiencing the Power of Zero Balancing: Case Studies of Journeys to Health and Wholeness](#) has been very well received. Order your copy today! It can be purchased at the [ZB store](#).

Early registration savings ends soon!

***Please join us for the
14th Annual ZBHA Benefit***

Building Stability, Creating Transformation

May 5 - 7, 2017

Claggett Center near Frederick, MD



Springtime view from Claggett Center. Photo courtesy of Amanda King

Register by April 10th and save \$25!

We invite you to join us for the 14th Annual ZBHA Benefit: **Building Stability, Creating Transformation**. This years program will include presentations from Zero Balancing faculty including founder Fritz Smith, Carla Van Arnam, Ty Romijn, Judith Sullivan, and Michael Oruch. The topics explored will provide an invitation for creating deep stability in our bodies, our practices and our community, helping to create regenerative transformation in ourselves, in those we touch and in the world.

Your participation is supportive in strengthening the reach of Zero Balancing in the world by deepening your connection to yourself, to your colleagues, to your clients, and between your unique community and the Zero Balancing community and faculty.

Plus - we always have a lot of fun!!

Please register early...more details available [online](#).

All registrations and payments are due on or before April 19th, 2017.

[STUDENT Benefit Registration Form](#)

[FACULTY Benefit Registration Form](#)

[2017 Benefit Flyer](#)

Are you taking advantage of sharing lodging opportunities while attending ZB classes?

See the ZB & B Lodging Listing on the News/Events page.

Are you looking for a way to save money when traveling to a ZB class away from home? ZB B&B offers local lodging with Zero Balancers.

We are pleased to report that lodging information for several states is now available online here: [ZB B&B Accommodations Lists](#) . Lodging in more states coming soon!

Thank you everyone for your contributions and opening your homes to traveling students and faculty. Thank you especially to Certified Zero Balancer Diane Bazin who has been working to create and maintain the master list used to create these listings.

In an effort to continue offering affordable lodging opportunities, the following invitation from Diane is shared:

Hello everyone,

I want to thank everyone who has joined the ZB B&B. It is exciting to have 68 Zero Balancers who have opened up their homes to visiting ZB students and faculty.

For those who have already sent information there is no need to respond unless you have updates. For those of you who have space available (and especially for those states not yet listed), please contact me directly at [Diane Bazin](#) and I can add your information for a future update.

I have had the pleasure to host and be hosted. It is the most rewarding experience - to not feel alone and isolated in a hotel room; to share your day with other ZBers; it is amazingly fulfilling.

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Office Hours: M, T 9AM - 5PM
W, Th 9AM - 4PM

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