



INTERFACE

November 2016



A new face in the ZBHA Office!

Welcome to Kristine (Krissy) Helmstetter



We are happy to welcome Krissy Helmstetter to the ZBHA office staff! Krissy is an acupuncturist at Blossom Within Acupuncture and a candidate for Zero Balancing certification. She has always been inspired by the teachings of Zero Balancing and by time spent with ZB faculty. Krissy will be in the office on Tuesdays and Wednesdays.

Remembering Bob Duggan



The Zero Balancing community has lost a dear friend, colleague and creative force in the universe. Bob Duggan, 77, died on October 6, 2016. We send our condolences to his wife Susan Duggan, his family and friends.

Bob had an extensive education in the humanities and in his earlier life was a Catholic priest. In 1971 he was instrumental in creating the first acupuncture class for Americans in England, taught by Professor Jack R Worsley. In 1973 he, along with Dianne Connelly, created the Traditional Acupuncture Institute (later known as the Tai Sophia Institute) in Maryland, working with Worsley to teach Five Element Acupuncture. Bob was a visionary and consistently focused on acupuncture, complementary medicine and health care practices. After many years Tai Sophia developed into the Maryland University of Integrative Health.

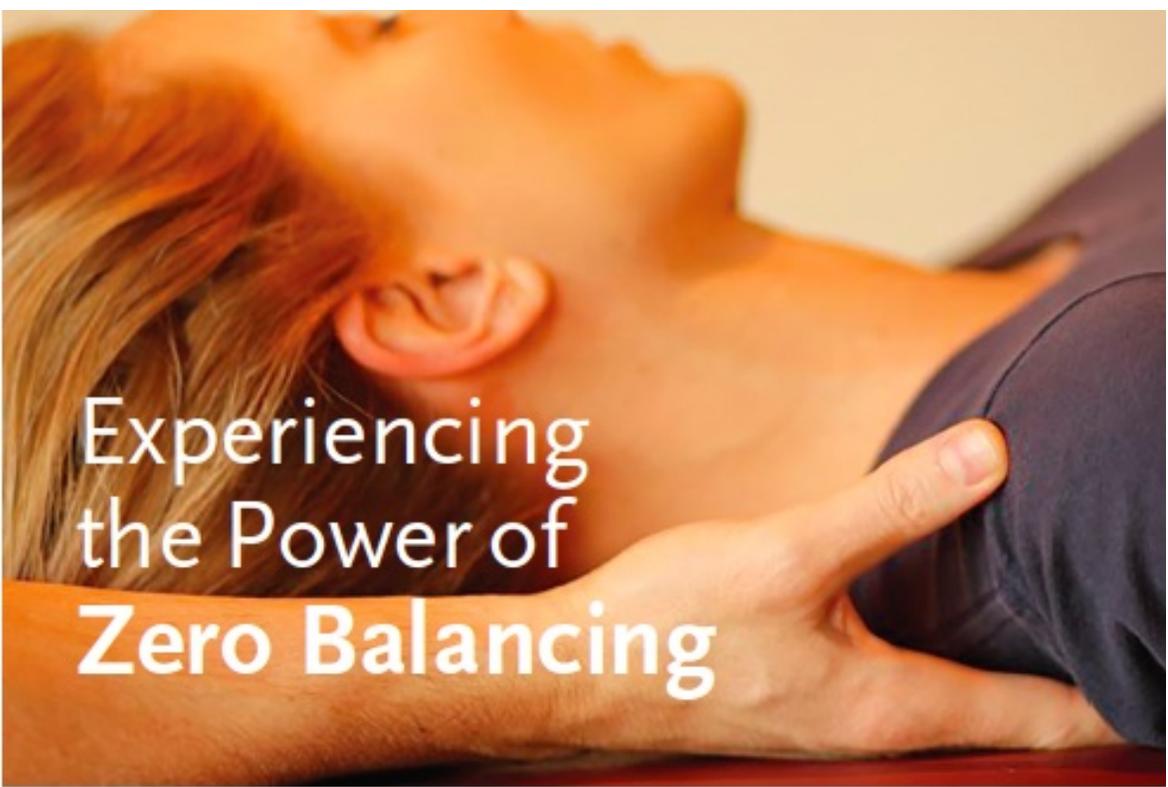
In some ways Bob was bigger than life and was a major fulcrum in the world of acupuncture, complementary medicine and Zero Balancing (ZB). It was in some of Bob's early acupuncture gatherings that Jim McCormick, Alan Hext and I met, along with others, who would later become key players in ZB. Zero Balancing was an outgrowth from the acupuncture world and Bob helped to get it rooted by having ZB presentations and classes at Tai Sophia for a number of years.

Bob achieved so many accomplishments. But beyond those, on the personal level, he was such a dear friend to many of us and a contributor to our personal hopes and dreams. Thank you, Bob, for all you have done, both collectively and personally. You have made a difference and will be missed. God Bless You.

Fritz Smith
October 15, 2016

It's here!
ZB Case Studies Book
Now available from your ZBHA Store

Experiencing the Power of Zero Balancing Case Studies of Journeys to Health and Wholeness



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

Upledger
Productions

Zero Balancing


Upledger
Productions

Experiencing the Power of Zero Balancing: Case Studies of Journeys to Health and Wholeness

This book can now be purchased online in the [ZBHA store](#) for \$16.95 plus S&H.

A compilation of 25 Zero Balancing (ZB) case studies by certified

practitioners of the modality, this new book is a must-read for all interested in this extraordinary therapy. Intended for healthcare professionals, as well as clients and others interested in this work, these case stories provide true testament to the potential of ZB.

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

"This collection of case reports by Zero Balancing practitioners is a gold mine of information for newcomers to the field and for current practitioners. Quarry and King's compilation of case studies by Zero Balancing practitioners will lead to rigorous scientific documentation of the practice, expanding the acceptance and practice of the modality."
- Margaret Siber, MD

See an excerpt from the book in the article below.

Psychotherapy and Zero Balancing: A Potent Synergy

Anne Wissler, LCSW, CMT, CYT, CZB

BACKGROUND

My first impressions of Zero Balancing, first as a receiver, and then as practitioner, sparked a vision of its potential to catalyze inner growth by accessing a felt sense of one's fundamental wholeness. Often, people with trauma histories are so organized to protect and defend that their very identity is woven into patterns of limitation. The defensive matrix, contrived to outside awareness to keep them safe, can deny direct access to their own wholeness and peace. By contacting primal bone-held energy, ZB reaches safely below the cognitive personality matrix, inviting an experience of one's original nature that is not entangled within this limiting matrix. This deep knowing helps to hold the caught or limited self in a bigger energy field as it softens, releases and reorganizes, freeing the receiver to continue to evolve.

--Read the full story in [Experiencing the Power of Zero Balancing: Case Studies of Journeys to Health and Wholeness](#)--

**Save The Date - 14th Annual ZBHA Benefit
Friday May 5th - Sunday May 7th, 2017!**

Claggett Center, Frederick, Maryland

**"I am peaceful, and I am happy!"
Reflections on Zero Balancing and the Process of Mastery**



ZB faculty members Jim McCormick, Hau Thi Long and Todd Williams
Cape Cod, Massachusetts, October 2016

While it has only been three short weeks since I said those words to a great friend and colleague while driving from Cape Cod to the airport in Boston, it also seems a lifetime of experiences have transpired since then. Although those words were shared only a few hours after leaving everyone at the end of the class I am truly blessed to say that the statement still rings true today, for I am peaceful, and I am happy. I know that this resides within me, even when I lose touch with it.

What stands out the most for me from this most recent experience is how much I have physically changed (my body feels so much different and new; several comments from colleagues and clients indicate to me that they have noticed these shifts as well) and the resulting general sense of peacefulness and well-being that arises out of this, even in the midst of uncertainties and feelings of loneliness.

Jim McCormick and Hau Thi Long have very successfully created the model for a safe "laboratory" for exploration and healing. What is unique about this model is that Jim and Hau are ready, willing and able to dive in and complete their own work alongside every willing participant in the class. The "laboratory" and ALL of the experiments that arise in this arena for SAFE exploration grow organically and allow for a deeper connection and release of old patterned ways of being that

may not serve.

The ZB sessions (during and even after the class) are deeper, richer, and more beautiful to experience, share, and participate in. The beauty that arises in a very fun familial (co-created family for sure) way, where everyone has their own contributions and experience, makes for a very meaningful and memorable opportunity for growth and healing.

Being able to relearn with friends (old and new) allows for a deeper connection with oneself. What arises from this connection is an allowing that is truly an individual journey where everyone simply holds the space for one another with no set agenda or expectations, and results in many surprisingly positive and unexpected outcomes. I LOVE THIS CLASS and the COMMUNITY that continues to grow and evolve from it and through it...from within the first few minutes of arrival through the entire week one has a sense that they are HOME, and very welcome to be there.

Here is a unique definition on [Achieving Mastery](#) - Jim and Hau (with everyone assisting) co-create an opportunity and an environment for everyone (all 20 of us who were there this year) to explore what this definition may mean for themselves, and to actually live that experience.

To all 19 of you who I had the opportunity to share this experience with I send much love and deepest gratitude! Thank you so much for introducing me to who I really want to be and supporting me through this unfolding. Thank you also for your willingness to dive in and do your own work right along side all of us. This alone is inspiring and encouraging; and is what makes this class so special.

//Stan\\

**"Where's the Love for Donkeys?"
New York Times - 31 October 2016**



About 5,000 years ago, 10 donkeys were laid to rest in painstakingly constructed brick grave chambers at a site connected with one of the earliest Egyptian kings.

They were buried in a place of importance, "where the highest lords would be," said Fiona Marshall, an archaeologist at Washington University in St. Louis who studies the domestication of donkeys. Because of their importance in trade across the Sahara, she said, donkeys had "superhigh status."

Unfortunately, even the most passionate defenders of donkeys recognize that the animal they love gets little respect in the wider world today.

Read the full NY Times Article [here](#).

Congratulations Certified Zero Balancers!



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

Timothy Schauerte (Duncan, BC, Canada)

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