



INTERFACE

August 2019

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ZB with Amish Clients

Deanna Waggy & Carol Reshan



Deanna Waggy (pictured left) recently picked up a number of Amish clients from ZB colleague Carol Reshan, (pictured below) who has moved out of state.

Carol had an active bodywork practice using a variety of tools in her belt including Occupational Therapy and Zero Balancing, Acupressure, CranioSacral Therapy and essential oils. She often treats colicky babies, newborns with latching difficulty during

breastfeeding and moms with issues related to the "4th trimester". The Amish in Indiana are open to holistic medicine including regular visits to the chiropractor, massage therapy, essential oils and nutritional supplements. They love Zero Balancing and Soul Lightening Acupressure, which tend to be a nice compliment to provide overall wellness, address specific symptoms and provide some "homework" with specific points/essential oils combinations. Since Carol occasionally comes back to the Indiana area to visit family and friends, we have a nice flow of seeing the Amish community between the two of us. I basically fill the gaps between Carol's visits, since she has a long-term relationship with most families.

We tend to use many of the skull, ear and mouth fulcrums from the advanced Zero Balancing Expanded classes. Moms report their newborns have a significantly stronger latch during breast feeding right after a ZB treatment. Children have less sinus and cold symptoms in the winter when seen regularly, especially when we use the skull work and ear pulls in combination with the Clinical Acupressure protocol for sinus relief. A number of moms report success in becoming pregnant again after receiving sacral and visceral work. Typically one family calls to schedule a block of time treatments, then they coordinate additional spots with the grandma, neighbor or sister's kids. Occasionally the dads come home from a full day at the local factory and want a session for their back, neck and shoulders if we have time. Most treatments are between 15 - 30 minutes in length. Tables are set up in the main living room with adults and kids sitting around the room watching the treatments and talking in Pennsylvania Dutch around us.

Those with migraines report a significant reduction in frequency and intensity with the ZB skull fulcrums and neck sweeps. One young girl saw specialists at a large clinic several hours away for her seizures, but discovered the combination of CBD oil and ZB treatments worked better than the treatments the clinic offered. She is seizure-free for 2 years and is currently seen every 6 - 8 weeks for ZB treatments instead of every 2 - 3 weeks. During Christmas break last year, Carol (pictured below) and I spent the day together and saw 21 clients in a 9 hour period of time. We stay at interface, pay attention to our fingertips and stay grounded during all the activity around us. It is a fun population to work with and very satisfying to see the results.

Flow.
Peace.
Comfort.
Happiness.
Health. Feel it in your bones.
Strength.
Vitality.
Charge.
Joy.



Zero Balancing[®]
Touch Foundation

In the service of personal transformation™

ZBTF at IONS Conference



The Zero Balancing Touch Foundation (ZBTF) was invited to participate in the 18th International IONS (Institute of Noetic Science) Conference on July 18-21, 2019 in Santa Clara, CA. This is the third conference where Zero Balancing has been represented. The theme this year was: The Possibility Accelerator; Creating Our Future, Now. Approximately 800 people were in

attendance and the speakers were amazing leaders in their fields, including Dr. Deepak Chopra (Physician, Integrative Medicine Pioneer), Dr. Robert Atkinson (Developmental Psychologist), Rosalyn Bruyere (Healer, Clairvoyant, Medicine Woman), Dr. Yvonne Cagle (NASA Astronaut and Physician), Dr. Larry Dossey (Physician, Author), Dr. Margaret Ann Goldstein (Molecular and Cellular Biologist and Professor of Medicine), Dr. Bruce Lipton (Cellular Biologist), Dr. Dan Siegel (Psychiatrist) and Dr. Rupert Sheldrake (Biologist). There were about 20 booths in what the organizers called “InnerSpace Village” where conference participants could get a one-on-one experiential session from a variety of modalities including Zero Balancing, Biofield Healing, energy healing, light healing, sound healing, guided meditation, and intuitive readings, with the overall goal of expanding consciousness.

The Zero Balancing Touch Foundation (ZBTF) was represented by Karen Senffner, MA PT and ZB faculty member from Burlingame, CA, and Laura Lamp, certified Zero Balancer from San Mateo, CA. Karen and Laura gave more than seventy 15 minute sessions over the 4 day event. Zero Balancing and the IONS community were a wonderful fit. The research work of the ZBTF documenting the health and wellness benefits of skilled touch was very much in synch with the IONS mission of “Bridging scientific exploration and experiential discovery to better understand a timeless truth — that humanity is deeply interconnected.” It felt wonderful having a constant stream of people interested in learning more about ZB and wanting to receive a mini-session. Several presenters stopped by for sessions as well as the conference organizers. The IONS conference organizers asked if Karen and Laura would be willing to visit IONS at their main headquarters, EarthRise, in Petaluma, CA and give ZB sessions to the entire staff, and of course, they will.

We look forward to continuing to collaborate with the IONS community and to accelerating the growth of Zero Balancing out into the world, amplifying health and wellness in individuals and organizations. We left the conference feeling inspired and hopeful, and enthusiastic about the future.

New England ZB Mini-Conference June 28–29, 2019

The ZB New England Conference Builds Community and Energy

More than 50 ZBers from Georgia to Maine gathered in Westminster, Vermont on June 28-29 for the second ZB New England Conference. The theme was ZB and

Transformation. The program included touch feedback, and thought-provoking presentations by teachers Lisa Berger, Michele Doucette, Tom Gentile, Amanda King, and Ty Romijn. Topics included Embracing New Insights from the Arm Fulcrum, The Power of 3 in ZB, Meeting the Donkey at the Ankles, and ZB and the Implicate Order.

People came to refine skills, recharge and receive great work! On Saturday there was a beautiful graduation ceremony for newly certified ZBers Susie Radcliffe and Lisa Harvey. Following the conference on Saturday there was a community pot luck, where attendees shared food, laughter and stories.

Students shared their feedback from the event:

"The depth of grace involved in everything we did was so much in alignment with how I want to work and be—gave me new encouragement on where to place my attention." Michelle Kinsella



"I love the arm work, and the reminder that transformation and healing can happen with intentional touch anywhere in the body." Kelley Kehoe

"Well organized. Excellent transitions from teacher to teacher, with a sense of the material building. Can't wait for the next one!" Alison Mott



NEW!! Monthly ZB Study Calls

Seattle-based ZB Faculty Katie Chase is hosting monthly "study calls" via Zoom with rotating co-faculty guests to discuss and

support ZBers and ZBers-in-training continuing development as practitioners. There is no official programming -- we want to come to the Blue Line as community to coach, mentor, encourage and skill-build...all from the comfort of our homes or mobile phones. These study calls are FREE!



[Click here to sign up on Katie's website.](#)

Upcoming ZB Study Calls via Zoom

**Friday, August 23, 2019 with Founder Dr. Fritz Smith
9-10am PT / 12-1pm ET**

**Friday, September 27, 2019 with Faculty Judith Sullivan
9-10am PT / 12-1pm ET**

New ZB Tables Through Oakworks!

Two NEW narrow tables are now available from Oakworks! Both tables are specifically designed for Zero Balancing and offer the advantages of narrow widths while being durable and lightweight. Toughflex fabric and Firm Response foam are added features for ease of working during Zero Balancing sessions.

The new portable Manipulation Table (aluminum frame) is 27" wide and 25lbs.
Price: \$593

The new Aurora model (wood frame) is 24" wide and 23lbs.
Price \$490

Certified Zero Balancers and Certification Candidates receive a 10% discount on purchases.

[For additional details, click here to go to the ZBHA store.](#)

Newly Certified Zero Balancing Practitioners



Joyce Karklel, Cheshire, CT

Breanna Boyd, Baldwin, WI

Farewell to Krissy Helmstetter

Our colleague, Krissy Helmstetter, will be leaving the ZBHA office. Her last day will be July 31st. Krissy has been invaluable and creative in helping us problem solve, think strategically, and stay organized. She is also the official Excel spreadsheet champion of the office!

Krissy plans to put more focus on expanding her acupuncture practice. We are grateful for everything she added to the ZBHA office and community and wish her all the best!



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