

## INTERFACE December 2018

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### Happy Holidays from ZBHA

The staff at ZBHA – Cindi, Lee, Lynda and  
Krissy–  
wish everyone a safe and happy holiday season!



## Holiday Office Hours

Closed 12/21 – 12/30/18

Monday 12/31/18 – 9 am to 3 pm

Closed 1/1/19

Reopen Wednesday 1/2/19 at 9 am

## ZBHA 16th Annual Benefit & Fritz Smith's 90th Birthday Celebration



**Save the Date!**  
**Celebrating the Gift of ZB**  
**May 9–11, 2019**  
**Miramonte Indian Wells**  
**Resort & Spa**  
**Indian Wells, California**

Mark your calendars now for a joyful celebration of Fritz Smith's 90th birthday and for ZBHA's 16th Annual Benefit, "Celebrating the Gift of ZB."

The Benefit will begin with lunch at noon on Thursday afternoon May 9th, continue on Friday May 10th and end on Saturday May 11th at noon. The birthday celebration will begin early Saturday evening.

Accommodations can be reserved now. Registration for events will open in January 2019.

Attendees for any or all of the events can make room reservations at Miramonte Resort by calling 1-800-237-2926 or by using the booking link below to



access the exclusive rates  
available for our group.

[Click Here for Birthday and Benefit  
Accommodations](#)

## Self-Actualization and Zero Balancing



by Jim McCormick, ZB faculty

Part of my passion has been to let more people know of the possibilities of Zero Balancing as a personal growth and transformational tool.

One term for this process is self-actualization. Self-actualization is a term originally introduced by Kurt Goldstein in the 1930s and 40s, and followed up later by many others, particularly in humanistic psychology by Abraham Maslow. In Goldstein's view self-actualization is the "tendency to actualize one's self as fully as possible, and is the basic human drive."

Maslow said there are a hierarchy of needs in life and that self-actualization represents the growth of an individual toward fulfilling the highest needs in that hierarchy: "creative self-growth, finding meaning in life and being." His belief was that "finding your core-nature that is unique to you is one of the main goals of life."

The fruits of self-actualization include knowing and understanding one's self, being able to be in the moment, a feeling of joy and peace and a sense of well-being that doesn't depend on what happens in the outer world. A self-actualized person is often involved in the quest for spiritual enlightenment, the pursuit of knowledge, and the desire to give to and/or positively transform society are other examples of goals of self-actualization.

To me, self-actualization is the best route to a successful, satisfying, and rich life. The deep meaning in life comes from being able to listen your core self, "letting the spirits lead the parade" where you feel you are in harmony with both your true inner nature and with the surrounding world.

There are many paths to self-actualization including meditation, psychotherapy, self-reflection and prayer to name a few. If people have heard of Zero Balancing at all they tend to think of it as beneficial for relaxation and certain physical complaints. This would put ZB in the category of massage, chiropractic or physical

therapy. What is much less widely known to the general public is that Zero Balancing is one of those tools which is also beneficial for self-actualization.

Zero Balancing has several advantages over other means of getting to self-actualization:

- 1) Zero Balancing adds the element of touch, which can help speed up this process tremendously. Through touch you can often help place the person in a deep meditative state and deep connection to their core self in a matter of minutes.
- 2) ZB works directly with the body and with a part of the body (the bones) that gives direct access to the core of the person and deep connection to the Self.
- 3) ZB is very good at reducing or removing the blocks in our bodies that make it harder to access our true self, thus allowing easier access to deeper parts of the self.

All of this is to say that Zero Balancing is a wonderful therapy that deserves to be more known and more used. It feels wonderful; it helps a myriad of problems; and it frees and unifies the body/mind/ and spirit in a way that permits and encourages self-actualization.

## Coming Soon! Online ZB Certification Program Application

In the next few weeks we will be debuting our new online certification program application. The application has been streamlined and simplified. No more printing and then scanning, faxing or mailing it to the office. Applicants will simply click, fill in their responses, and hit submit.

Remember, if you are a Core-Pak student, you must still apply to the [Certification Program](#) once you have enrolled in [Core-Pak](#).

Questions about Zero Balancing certification or about the Core-Pak program ?  
Feel free to contact us by phone or email at the office, we'll be happy to help you!

## ZB I at Omega Institute 2018

Omega Institute hosted a Zero Balancing class for the first time in over twenty years this past October. Fritz Smith and Jim McCormick taught ZBI to 30 students at this classic center for holistic studies in upstate New York. Plans are in place for another offering



of ZBI with Fritz and Jim  
next year, September 8-13,  
2019.

Visit our website, at the  
following link, to view Zero  
Balancing I calendar listings  
to find a class near

you. [http://www.zerobalancing.com/professional\\_training/course\\_calendar](http://www.zerobalancing.com/professional_training/course_calendar)

## Congratulations Newly Certified ZBers!

*Nicole Atkinson, Windsor, ON,  
Canada*

*Debra Columbo, Allentown, PA*

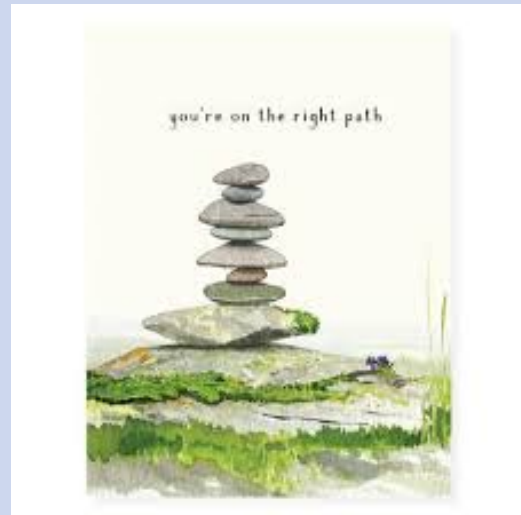
*Dianne Graves, Black Point, NS,  
Canada*

*Nancy Harnum, Denver, CO*

*Dawn Humbles, Indianapolis, IN*

*Carol Reshan, Hazelhurst, WI*

*Michael Sierota, Seattle, WA*



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