



INTERFACE FEBRUARY 2019

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ZB at the Pentagon

by Karla Moffet



In June of 2018, I received an email from AMTA's Virginia Chapter announcing, "Massage at the Pentagon." My immediate response was, "Yes, this is what we all have had in our hearts, minds and in our pyramids—a larger platform for ZB to be expressed and embraced!"

I immediately called, Steve, the organizer, and said that I would like to participate. Though “Massage and Reflexology” were the only bodywork modalities offered, I encouraged Steve to be open to the benefits of Zero Balancing—a calm mind, mental clarity and inner peace.

Our first day at the Pentagon, June 25, included 9 practitioners—4 massage therapists, 4 reflexologists and 1 ZB practitioner. My work was to educate prospective clients about ZB. Two people, from the same department, came in and when I explained that ZB reduces stress in the body, the women looked at her colleague and said, “You need ZB now, and I’m paying for it!” The man receiving ZB was very tall; when he stood up, his colleague and 4 others said, “you look taller!” He seemed to really “get” that ZB was and is an inside job.

We returned to the Pentagon in July. All 10 clients I had that day felt the relaxing benefits of ZB; in addition, there were 2 or 3 who experienced an expanded state of well-being. In August I had 3 clients. Two clients were in their mind, but not their body; as a result, it seemed they did not know how to experience, describe or discern the therapeutic touch of ZB.

In November I received confirmation that our Pentagon Bodywork Team will be onsite in January, February and March 2019!

I want to thank ALL ZBers for their support—especially Jim McCormick, Judith Sullivan, Cynthia Allred and Carla Van Arnam.

Registration is Open! ZBHA 16th Annual Benefit & Fritz Smith's 90th Birthday Celebration



May 9–11, 2019
Miramonte Indian Wells
Resort & Spa
Indian Wells, California

Please join us for a joyful celebration of Fritz Smith's 90th birthday and for the ZBHA 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. Presentations include:

**The Restorative Gift of Zero Balancing
with Michael Oruch**

**The Opening Half Moon Vector: Practical & Theoretical Insights
with Alan Hext**

**Inner Windows and Inner Bridges
with David Lauterstein**

**Widening the Lens: New Insights on Why ZB Works
with Michele Doucette & Mary Murphy**

**Lessons from Zero Balancing Sessions
with Jim McCormick**

**Win a ZB from Fritz Smith!
Saturday 11:00am-12:00pm
Fritz Smith demonstrates a ZB session
on the winner of the raffle. Ticket sales onsite only.**

Download the flyer with full details [here](#)

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](#)

Online ZB Certification Program Application is now LIVE!

You can now apply for Zero Balancing Certification using the new online application! The new 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 Abundance Raffle
Coming Soon in February!**



Our annual Abundance Raffle is on the horizon! Be on the lookout in your inbox for the full announcement soon.

Prizes include:

Full tuition to ZB by the Sea in Chacala, Mexico in January, 2020

Full tuition for the Art of ZB Retreat in Joshua Tree, California, August 6–12, 2019

Full tuition to the 16th Annual ZBHA Benefit in Indian Wells, California May 9–11, 2019

The Miracle of Zero Balancing

by Eliza Anna Falk

The Miracle of Zero Balancing

The secret power of Your touch
Supreme Energy Master
By doing little, does so much
Gives us new start and laughter

How blessed we are to have your force
To heal our bodies battered
To breathe new life into the souls
And reunite what's scattered

Our pain and loss live in the bones
Each trauma etched in tissue
Sadness keeps flooding our homes
With every stress and issue

Please have your holy touch restore
The Child in us forgotten
Bring us to 'nought'- the blissful state
Remove the strain begotten

Oh! how we long to dance and laugh
Let us enjoy the feeling!
Let us emerge from darkened past
And start from the beginning!



** from 'The Power Within. A Poetic Guide into Self-Power, Ancient Wisdom and Quantum Reality' by Eliza Anna Falk. Eliza experienced the amazing effects of ZB as a patient a decade ago and has been informally advocating its benefits ever since.*

Congratulations

Newly Certified ZBers!

Carl Arnold, Seymour, IN
Amy Cynowa Conklin, Anchorage, AK
Elizabeth Gorman, Bowie, MD
Hugo Navas, Chicago, IL
Corinne Peterson, Evanston, IL
Catherine Prescott, Roanoke, VA
Misty Rhoads, Mattoon, IL
Oley Smith, Durango, CO
Timothy Towers, Hazel Park, MI
Sarah Wood, Champaign, IL

Congrats!

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