



**Dr. Fritz Frederick Smith
May 11, 1929 - May 7, 2024**

Dear ZB Community -

It is with heavy hearts that we inform you of the passing of Dr. Fritz Fredrick Smith. He passed away yesterday, May 7th, in the early morning from a heart attack.

In the days leading up to his passing he was able to connect with many friends in the ZB community. ZB teachers and friends Jim McCormick and Michael Oruch were in CA to teach the Art of ZB and met with him just a few days ago. Longtime friend Doug Demming took him to see Borrego Springs for a last look. On Sunday he led the pyramid for the 1st Sunday Virtual ZB. On Monday Dr. Smith zoomed into the Art of ZB class and spoke with each of the 30 students, looking his radiant self. He moved all the way to the very end of his life with vitality and grace; a beautiful example of, and testament to, the power of Zero Balancing.

Megan had an hour long zoom meeting with him on Sunday during which he was fully engaged and they discussed projects he was working on. He shared his dreams for the future of ZB and the ZBHA, including that it continue to grow and prosper for as long as ZB is of service in the world. He also shared his acceptance that his life was coming towards a close and was at peace with that.

Please put Fritz in your prayers. And celebrate the gift of Zero Balancing and this community that he founded. And all the ways we have each been touched and enriched by it.

We will be in touch soon to create a space and time together to communally honor his contributions and work.

leaning in,

Michele Doucette, ZBHA Board Chair
Megan Lavery, ZBHA President

on behalf of the other ZBHA Board Directors: Cynthia Allred and Jennifer Allen

Words from Dr. Smith

"Beyond being a therapy, Zero Balancing is a community. Some of the most exciting and stimulating features of ZB are the people who have been attracted to study this approach, and the community and friendships we have made...I have been doubly blessed to be working alongside so many others..to create the Zero Balancing Community with its focus and frame to make the world a better, healthier, and more actualized place. We are all so blessed."

Borrego Springs, California, 2016 from *Life In The Bones*
by David Lauterstein

**If you feel inclined, please share any special moments or fond memories
with us about our beloved Dr. Fritz.**

Please send to zbha@zerobalancing.com



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