



Zero Balancing[®] INTERFACE



ZB Transformation

Zero Balancing is a powerful and transformational body-mind therapy. By addressing tension at the bone level with clear and gentle touch, Zero Balancing has been shown to reduce stress, promote better postural alignment, and amplify calm, mental clarity and well-being.



EXCITING ZB EVENTS

9 August - Candidate Cafe - Empowering your Certification Journey

6 September - First Sunday Virtual ZB - M. Oruch

20 September - Third Sunday -The Transformational Spiral of ZB - J. McCormick

8-13 October - Mastery in Zero Balancing - J. McCormick & M. Murphy (Cape Cod)

10-11 October - ZB and the Spirit of the Five Elements - M. Doucette (VT)

5-7 November - Bridges to Wholeness: ZB & Those Affected by Cancer - A. King (MA)

And many other foundational and advanced classes!

[Find a Class](#)

Alchemy of Touch: Learn the Skills to Empower your ZB Sessions

The Alchemy of Touch 4-day class expands on Core Zero Balancing principles and delves into working with amplified fields of vibration within the body. You will learn to create fulcrums and sessions that empower these amplified fields to offer your clients a direct experience of the healing state. In addition to presenting new material, Alchemy of Touch enables you to deepen foundational Zero Balancing skills through refined practice of Core protocol fulcrums and through ZB session exchanges.

27-30 August - Maui, Hawaii - R. Harbour

10-13 September - Flagstaff, AZ - H. LeClair

30 Oct - 2 Nov - Mill Valley, CA - L. Wobeskya & D. Edmunds

[Find a class](#)



Mastery in Zero Balancing: A residential program on Cape Cod with Jim McCormick and Mary Murphy

8-13 October

Join Jim and Mary for a mastery-level creative laboratory in advanced Zero Balancing. Explore ways to enhance our Zero Balancing sessions and our lives. By paying closer attention to our connection with our clients and to our personal growth work, we aim to create deeper opportunities for transformation.

We can help our Zero Balancing sessions form a stronger rapport with our clients by starting with a more profound connection before we begin any work; by maintaining that connection until we feel attuned to the client's structure and energy; by making each evaluation and fulcrum both global and local; and by deeply attending to their emotions and spirit, so the client feels safe, met, acknowledged, and expanded.

This class has always been a blast and a significant learning experience for everyone involved. We cook together, eat together, and collaborate to deepen our personal experiences and Zero Balancing skills. And it all takes place at a lovely house on the beach in Yarmouth, MA.

Essential Energetics of Zero Balancing (EEZB) is well underway

EEZB is a 6-month program led by Lisa Berger, Michele Doucette and Amanda King aimed at deepening our understanding of the touch skills and principles highlighted in the Alchemy of Touch, Freely Movable Joints and Geometry of Healing courses originally developed by Dr. Fritz Smith and taught by ZB faculty. These courses are fundamental to mastery of Zero Balancing.

With three in-person modules held in Vermont, homework, Zoom calls, peer support, reflection and creative expression, participants in the Essential Energetics program are going beyond taking or repeating a course that introduces new concepts. They are stepping forward in their practice, giving and receiving fulcrums of greater clarity, and making these options their own. The field is amplified and our sessions are more powerful.

After a May weekend focused on Alchemy of Touch, the group met in July to explore Freely Movable Joints, including the energetics and principles to address joints outside of the Core ZB protocol – shoulders, knees, wrists and more.

The group also held a beautiful ritual to honor Dr. Fritz Smith for a life dedicated to health, healing and making the world a better place.

Students shared:

"This is an amazing program, no matter the level of experience. This takes the students on a self-discovery journey through the landscape of Zero Balancing and themselves."

"I'm so glad this class is part of a series and that we have ongoing 'connective tissue' between the meetings."

"Touch feedback was phenomenal – more please."

The teachers plan to offer EEZB again in 2027 – watch the course calendar for updates!



20-hour/week administrative position open
at the ZBHA

Lend your excellent technical and communications skills to support the ZBHA community of students, practitioners, teachers, and the public in the ZBHA virtual office.



The ZBHA serves as the central membership and education organization in North America for everyone interested in Zero Balancing as a therapeutic healing modality. The ZBHA office serves as a hub for our thriving community. The administrative support role is the face of ZB, serving the public, students, practitioners and faculty, carrying out administrative work in service to the executive director. On-the-job training is included.

To learn more, please email stevie@zerobalancing.com by August 14th to be considered.

Feel free to share with others who might be interested.



Zero Balancing Pillows!

ZB faculty member Jared Urchek is now making the two-level foldable ZB pillows. These durable pillows are \$50, which includes shipping costs.

Order by texting Jared 330-606-6376.

Contact Jared



Coming Soon: The ZBHA Swag Store!

One of the highlights from this year's Zero Balancing Community Benefit was seeing so many of you interested in ZBHA merchandise!

We're excited to share that the official ZBHA Swag Store is coming soon! We've taken a few of the community favorites from the Benefit and are expanding the collection so our community can celebrate, represent, and share their passion for Zero Balancing wherever they go.

Our new virtual store will offer a variety of items designed with our community in mind.

We can't wait to share it with you!

Friends and Fulcrums

MENTOR CORNER

Write Up Your ZB Sessions: The Value of Reflection

By Alison Lara Mott
Mentor Committee

ZB session write-ups are one of the optional enrichment activities for certification. At a recent meeting of Certified Mentors we considered why might we want (or want our mentees) to write up ZB sessions and share them. Here are some ideas and tips gleaned from our conversation.

Reflection is a key growth strategy. It deepens awareness and lets us see patterns and effects of ZB over time and across clients. Consider keeping a journal to gather notes, ideas, sketches, reflections, quotations, etc. Make time to gather your thoughts immediately following a session, so they don't scatter to the winds.

Prime your process with a focus. For example, choose a ZB principle (Interface, Blue Line, etc.) or a new fulcrum you learned in a class and describe how it showed up for you in the session.

Or, ask yourself some questions. Here are a few:
What came up for me?
What excited/surprised me?
What did I struggle with (that a Mentor might help with)?

When in the session did I notice the frame bubbling up?
What were my most and least favorite fulcrums today? Why?
What thoughts and patterns did I notice arising as I worked?

Then comes the alchemical step. Whatever form your reflections take, the most amplifying thing you can do with them next is to share them with someone. This could be a ZB buddy, a study partner, a willing and curious spouse, a ZB teacher or a Certified Mentor. Who knows? Maybe your reflections will become the seed of a speaking series or a book or other ways to introduce ZB to a wider audience. Or maybe they will just be for your own delight and growth. Wherever you are on your ZB journey, I hope you feel inspired to begin your reflective exploration today.

[Email The Mentor Committee](#)



Remembering Olaive Jones with Love and Gratitude

Olaive Jones passed away on 8 July of this year, just days before her 86th birthday. Olaive was an active and talented musician, teacher, mother psychotherapist, painter – a true Renaissance woman. She was also a passionate member of the ZBHA community,

a practitioner since 1989, a Board member from 2001-2007, and a Zero Balancing faculty member since 2004. She mentored many practitioners through certification.

In her own words - Olaive's statement in 2006 for her re-election to the ZBHA Board:

My ongoing study of Zero Balancing began with Dr. Fritz Smith in 1989. A few years later I certified and became a full paying member of the ZBA. Later, at Board request, I chaired the ZBA Ethics Committee. In 2001 I was asked to serve on the Board of Directors and continue in that role to the present. Happily I joined the Teacher Training Three cohort who became faculty members in 2004 and I now serve on several faculty committees. I am a Zero Balancer who practices psychotherapy and teaches Zero Balancing.

I believe that our faculty and membership have tremendous talent and love for Zero Balancing. My vision is that we can build a strong structure from which to establish widespread public awareness of the quality and usefulness of Zero Balancing. I also envision that we can develop increasingly effective ways to support each other in our professional practices and teaching. This reorganization around steward ownership and leadership of ZB Inc. engages our passion and releases tremendous energy to realize our visions for ZB. I want to invest my energy in continuing to help Zero Balancing flower in the world.

Olaive Burrows Jones, a Life Well-Lived

[Olaive] was lovely, kind, curious, open, free, forceful, welcoming, and a beautiful and extraordinary human being. She was also, by nature, a spiritual person and a healer, both of which qualities drew her to religion, philosophy and the healing arts. Olaive trained in a body work technique called Zero Balancing – moving energy through the body by manipulating the bones. She taught and practiced it for over 30 years.

[Read about the life of Olaive B. Jones](#)

Feature a Teacher

20 September - Third Sunday Open

Forum: The Transformational Spiral in ZB -
with Jim McCormick

Each time we have a transformational experience (in ZB or elsewhere) that experience becomes the launching pad for our next advances.

"New capacities spontaneously arise and lead to new pursuits and experiences, bring more energy in to the system and recharge the spiral yet again." - Diana Fosha.



We get new motivations; new skills; new desires that push us forward in to our next cycle or growth. So the transformations build on each other. We can look at how this influences our Zero Balancing sessions, and how our ZBs can impact our transformations.

About Jim McCormick

Jim McCormick, L. AC., began his Zero Balancing training in 1974 with ZB's founder, Dr. Fritz Smith, and became the first teacher of ZB after Dr. Smith, in 1979. He began the study of acupuncture with Dr. JR Worsley in the UK in 1972. He teaches Zero Balancing worldwide, and is the author of Zero Balancing: Conscious Touch and Transformation

[Register Now](#)

Coming in 2027 - A new class developed and taught by Linda Wobeskya
Expanding Perception: Kinesthetic Signatures in the Body
6-10 October 2027 - Joyful Journeys, Colorado

When we give a Zero Balancing session, we are engaging in a conversation in which the language is vibration. We tune our perceptual faculties to receiving the frequencies broadcast by the person on the table. There is a wealth of information coming at us in vibratory form.

Increasing fluency in the language of vibration leads to increased presence, sensitivity and proficiency when giving Zero Balancing sessions.

This advanced course provides a laboratory in which to explore and increase awareness of the multiple senses through which we perceive what is happening during a session. Practitioners will be guided through an experiential process of self-discovery, highlighting modes of perception such as inner vision, inner hearing, intuition, and body signals. Instruction will include deep practice in remaining grounded, stable, in the Witness State and at Interface while utilizing expanded perception when giving a Zero Balancing session.

[Details & Register](#)

Do you have ZB-related news, poetry or artwork to share?

Please email us at zbha@zerobalancing.com

Items should be no more than 200 words. We reserve the right to edit your work for space and clarity. Thank you!

A Note of Inspiration

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

— Maya Angelou



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