



The monthly newsletter for the Zero Balancing Health Association community

ZB Transformation

Happy Spring!

It's hard to believe that it's here again, especially now that we've passed the one year mark of a very trying year, for many reasons around the globe.

The good news is that we will gather again for the annual **Zero Balancing Community Benefit** which we'll do virtually the weekend of May 15 - 16. The Faculty Committee is hard at work putting together a program full of exciting content and chances to immerse yourself in a weekend of all things ZB so we hope you can join us for any or all of it.

In connection with the Benefit, there is also **aspecial t-shirt** now available for purchase! Get your orders in by April 19th for these beautiful 100% cotton tees.

Finally, there are a still a few items left for our **Spring Cleaning Sale** so be sure to check those out.

Be well and take care until next time!

Friends & Fulcrums

Blue Line Blues

by Julie Sargent, LMT, CZB

Since the sad day that the pandemic landed,
the ZB community all but disbanded.

we WENT on the web and we found the Blue Line,
Calling our bones to come forth and align.

Connecting through space and field fulcrums apace,
Softening links to a mutual grace.

Depletion was felt and a pause we embraced,
the STILLNESS so pure and sublime that we faced.

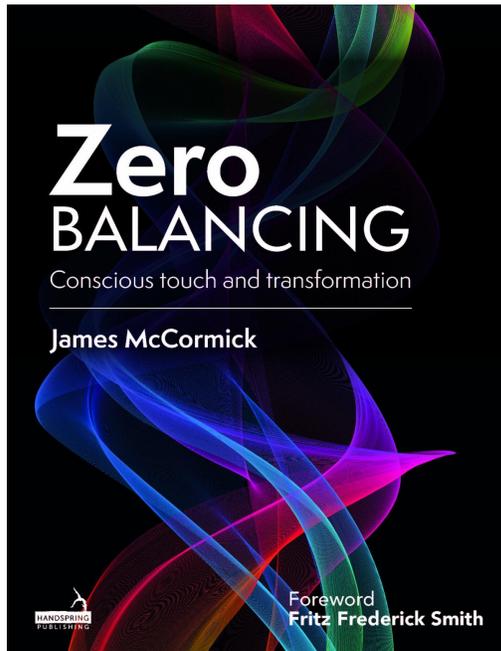
Our donkeys cheered us as we played on our own,
as LEARNING continued with seeds we had sewn.

our PYRAMIDS sound they'll uplift and inform,

our BEAUTIFUL lives are at peace in the storm.

Collective resilience will carry us through,
TILL I can meet at the Blue Line with you.

Feature a Teacher



Jim McCormick is known for creating a caring and creative environment, where participants feel safe to be their full selves, while exploring new ideas and skills. In the pages of **Zero Balancing: Conscious touch and transformation** he has woven his 50 years of experience in alternative medicine.

His explanation of the unique principles behind Zero Balancing and how to apply them is presented clearly, warmly and with good humor and joy, resulting in an engaging and enlightening book which offers a practical and multi-layered approach to personal transformation for practitioners of this unique body mind therapy.

Starting with an explanation of the basic principles of Zero Balancing, the text goes on to demonstrate how to use those principles in bodywork through the use of fascinating case

histories and detailed stories of individual sessions with clients.

It provides a step-by-step guide for clinicians, and a guide to clients, of the value of deep personal change and Zero Balancing's unique ability to assist in personal transformation. The book illustrates how working with the body and mind through touch can lead to a richer sense of self and a more satisfying life as well as assisting with numerous health issues.

Register [here](#) to be notified on publication and get 10% off your copy!

(Publishing July 2021)

Last Call! Spring Cleaning Sale

Life in The Bones: A Biography of Dr. Fritz Smith and Zero Balancing

by David Lauterstein ZB, LMT

was \$42.95, now \$25.00 ***Limited Quantity***

Inner Smile Meditation and Commentary CD

by Dr. Fritz Smith

was \$12.00 now \$5.00

ZB Overview DVD by Dr. Fritz Smith

was \$26.00 now \$10.00

Parallel Breath Meditation DVD video

by Dr. Fritz Smith

was \$22.00 now \$10.00



Visit the Store

Have news to share? Please email us -
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A NOTE OF INSPIRATION

"Don't let yesterday take up too much of today."

-Will Rogers