



The monthly newsletter for the Zero Balancing Health Association community

HAPPY HIGH SUMMER FROM THE ZBHA

ZB Transformation

Mark your calendars!

Third Sunday with Michele Doucette - Aug 21

First Sunday Virtual ZB returns September 4

ZBHA Online Community Benefit - Oct 28-30

ZB by the Sea 2023 - Jan 27- Feb 4

[Find Classes
Here](#)



Are you a Certified Zero Balancer?

Active members, now is a great time to refresh your practitioner profile. Make sure clients can find you! Log in at the bottom of the home page and go to **My Profile** to update your photo, contact details and bio.

[Log In
Here](#)

Friends & Fulcrums

Honoring the life, scholarship and service of Michael Krepon

Michael Krepon, who died on July 16, 2022 at 75 at his home near Charlottesville, VA, was among the leading voices of nuclear nonproliferation, reaching policymakers on Capitol Hill and activists and academics worldwide for decades. Michael, married for 47 years to ZB faculty member Sandra Savine, generously offered his time and expertise to the ZBHA Board and to the ZB Touch Foundation Board as a Board Director. We will remember Michael with love, respect and gratitude. We extend our deepest sympathy to Sandra and her family. Learn more about Michael's incredible life and work in [The Washington Post](#).

[Read More
Here](#)

Mentor Corner

Profiles, Interviews and Musings to enhance Your ZB Journey *by Chris Allen for The Mentor Committee*

All fifteen Zero Balancers who graduated from the Mentor Advancement Program (MAP) participated in peer mentoring as part of our training and certification. We each mentored one of our colleagues and were mentored by another. Reflecting on the experience and providing feedback deepened our individual and collective learning, as well as our skills as mentors.



Zero Balancing principles and guidelines provided the container for our peer mentoring sessions, including being present, staying at Interface, listening deeply, and working with the mentee's frame.

Here are some comments from Certified Mentors about their peer mentoring experience:

- I appreciated that my mentor listened to me without advice, which supported me to move to my own solutions.
- Mentoring helped me focus and determine my direction.
- It helped with my own personal growth, self-reflection, and seeing how I might be holding limitations for myself.
- I loved the opportunity to tune touch skills and explore the subtleties.
- It helped to be heard.
- It felt great being in the ZB community, being listened to, and being helped to focus.
- Developing trust is essential. Revealing yourself and your intimacies (and hearing that as well) is the gift of mentoring.

If you would like to experience this directly, we invite you to reach out to a Certified Mentor: ZBMentorCommittee@gmail.com

Feature a Teacher

HIGHLIGHTS from July Third Sunday with Pat Dorsey Working Signs Explored!



Pat Dorsey, ZB faculty member in Colorado, led a lively discussion about how working signs – involuntary feedback loops from the client – inform our touch. The group included folks from Vermont to Colorado to California: new ZB students, certified ZBers and teachers, and ZB Founder Dr. Fritz Smith.

Working signs include changes in the breath, eyes, and voice vitality -- and a host of other signs such as stomach gurgling, tissue changes, and body movements. These give us insight into the body-mind of the client as we place fulcrums. What if we see no working signs? One possibility is that the person is tracking what the ZBer is doing. If we guide them to relax and enjoy, they may go deeper.

“When you see a working sign, you know you are affecting them. It opens a deeper healing relationship to the person on the table.” – Fritz Smith, MD

One participant shared that as she practices ZB, working signs help her feel validated that her fulcrums are engaging the person. “I feel supported by this awareness. This is part of the brilliance of ZB.”

Fritz also mentioned his favorite working sign: “I see the head drop off to one side. I know the person is in an altered state. It usually happens when I begin working on the second hip. Because they are in a special state, I change my focus. I’m more present.”

If you witness special or new working signs in your sessions – please let us know!

Join us for Third Sunday in August with Michele Doucette
“Touching the Spirit with ZB”

[REGISTER HERE](#)

Certified ZBers and Certified Mentors!

Want to assist Core ZB training in Costa Rica? David Lauterstein needs one more table assistant for ZB I and ZB II at the Costa Rica School of Massage to be held later this year. ZB I runs Nov 28 - Dec 1 and ZB II runs Dec. 4-7. Expect to pay for your own travel, lodging and meals. Class details [here](#).

For more information, contact David directly [here](#).

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

Please email us at zbha@zerobalancing.com

Items should be no more than 300 words. We reserve the right to edit your work for space and clarity. Thank you!

A Note of Inspiration

“I am driven by two main philosophies: know more today about the world than I knew yesterday and lessen the suffering of others. You’d be surprised how far that gets you.”

--Neil deGrasse Tyson