



Holiday Greeting from the ZBHA

The ZBHA Board of Directors would like to wish you a happy, healthy, and regenerative winter solstice and holiday season. May our spirits be lifted by all the ways we celebrate life on Earth and our connection to the Heavens. May 2023 be a year of transformation and actualization of the true beauty and gift of humanity.

We thank you for all you've contributed to the field of ZB and invite you into an even richer and more fulfilling engagement in the coming year. We are all rays of light that fill the ZBHA pyramid, and everyone's personal bandwidth adds to the vibration of our collective field. The Board hopes to cultivate meaningful connections to the gifts you have to offer.

Happy Holidays and a Joyous New Year!

If you have a project or idea you would like to volunteer to champion and manifest, contact the ZBHA Board.

[Email The ZBHA Board](#)

ZB Transformation

Upcoming Events

- **Inviting Heart into ZB** - Sheila Palmer & Amanda King - December 18
- **Working with Gender Diverse Clients** - Dr. Misty Rhoads - January 14
- **The Pubic Bone** - Linda Wobeskya - January 21
- **ZB by the Sea in Mexico** - Michael Oruch - January 27- Feb 4

[Full Class Calendar is Here](#)

ZBCB Recordings

If you registered for ZBCB and want to revisit the exciting presentations, log in

to your account on zerobalancing.com and access the recordings and slides through the ZBCB Committee page.

How would you rate ZBCB this year? We would love your feedback.

[Take the Survey](#)

End of Year ZBHA Virtual Sale

Our inventory is marked down and would make great holiday gifts!

- Inner Smile CD - \$5.00
- Parallel Breath DVD - \$10.00
- ZB Overview DVD - \$10.00



[Order Here Before They're Gone](#)

ZBHA Study Groups

Did you know there are ZBHA online and in-person study groups around the country to help you deepen your learning and connect to local community? These study groups are offered by individual faculty, certified mentors and certified practitioners. For more information, visit our study group page.

[Visit the Study Group Page Here](#)

Friends & Fulcrums

Mentor Corner

“Feel how it feels to be held in the highest regard.”

by Chris Allen for The Mentor Committee

I heard these words during three

recent pyramid meditations and have been reflecting on how powerful they are. One brilliant ZB teacher went on to suggest that we infuse each cell of our being with that experience. Wow!

It is no small matter to be part of a community whose founder included holding ourselves and each other in the highest personal regard (HPR) as a guiding principle. Having worked within many organizations over the years—full of significant dysfunctions—the fact that highest personal regard is foundational to Zero Balancing is a reason to proactively and joyfully affiliate with this community.

As easy as it feels to embrace the sentiments of highest personal regard, it sometimes is challenging to actually follow through. On some level we are all a piece of work and at times rub each other the wrong way. And high regard for ourselves...well, that is sometimes even more challenging.

What can help? Some suggestions include the following.

- Deepen your understanding of “regard” with these synonyms: appreciation, respect, dignity, honor, love, value, interest, concern, care, consideration, esteem, interest, attention, recognition, notice, and curiosity.
- Listen deeply when HPR is highlighted in the pyramid meditation and ZB teaching.
- Tune into our inner child with nurturing care and loving attention.
- Set a frame to anchor high regard as a guiding principle; to remember it and deepen skills in applying it.
- Consider this Goethe quote, “If you treat a man as he is, he will remain as he is. But if you treat him as if he were what he ought to be and could be, he will become what he ought to be and could be.”
- Reach out to a mentor who will model this principle and assist you on your ZB journey.

During this season of gratitude and good will, highest personal regard for each other and ourselves is in the field! Let’s amplify it together.

To learn more about working with a Certified Mentor email the Mentor Committee



[Email The Mentor Committee Here](#)

Feature a Teacher



Honoring Hau Thi Long

Hau Thi Long, a longtime member of the ZBHA faculty, is in good care in Redwood City, CA following a stroke she sustained in June. Recently, she was also ordained in the Zen Buddhist tradition in a beautiful ceremony called a Jukai for lay practitioners. Hau received her Buddhist name (Myokai Zenshin: Wondrous Ocean, Complete Heart), as well as a lineage chart. On that day she officially became a daughter of the Buddha!

Joining her to celebrate this honor were dear friends and colleagues Jim McCormick, Karen Senffner, Gosia Perloff and Verena von Dehn. Says Jim, "It was really wonderful to see Hau, to share that time with others and to see her honored. It was such a pleasure to see all the warm, caring people Hau has around her. She is doing well in many ways--her spirit is still strong."

Many of us know Hau for her inspiring teaching, touch and presence at Mastery classes. Jim and Hau have co-taught ZB Mastery together for many years, sparking new levels of ZB skill, insights, healing, and joy.

**Support Hau's Healing
Journey**

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

"Of all the gifts we can give to people, the gift of our touch is one of the most priceless. Through our hands we convey a kind of radiance. A warmth seeps out from our inner fire, a wrap for someone's chill, a light for another's dark."

—Jan Phillips



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