



The monthly newsletter for the Zero Balancing Health Association community

ZB Transformation



The Zero Balancing Health Association is proud to celebrate Lee Bean and her service to our community.

Lee joined us in 2012 has been lovingly tending our community for the past 10 years.

Coming from a career in Administration at the Baltimore School of Massage, Lee brought her gifts in tending a bodywork community and threw herself into serving our community with her bubbling joy and vitality.

Lee has been with us through many changes, and has been a steady presence and fulcrum. Her warm smile and generous presence greeted us at the annual benefits. Her contagious joy met us when calling into the office. Lee has increased our light.



With the deepest gratitude, we honor her service and her tending of our community.

As Lee steps into a new chapter of her life we wish her enrichment, abundance, and great happiness.



Thank you, Lee!

Friends & Fulcrums

Don't Work So Hard You Said

By Arthur Tobias, Member of the ZBHA

Karli this year I've made it my business
to stay alert and pay attention
discovering that working too hard
begins in the mind and not in the fingers
when the mind is free then the hands are free
to find the flow and follow it through allowing
the work to do itself

Today on the porch of Clare's house
overlooking Niantic Bay
a vibratory breeze blowing off the water and
the sound of the waves play counterpoint to
what's happening on the table
closing the session with a hug
we look out at the vista before us

nothing has moved yet everything has changed

Mentor Corner

Profiles, Interviews and Musings to Enhance Your ZB Journey



Leaning in with Curiosity

"The important thing is not to stop questioning... Never lose a holy curiosity." –Albert Einstein

One of the hallmarks of an effective ZB session is approaching the person on the table with **curiosity**. Curiosity invites openness and profound listening while dispelling judgment. With deep awareness in our hands and fingers, Zero Balancers listen to what wants our attention. We notice what we feel and tune into what we notice. We

...

- Notice our own body feeling relaxed and grounded;

- Notice the quality of our touch.
- Notice how we can listen with our whole being while our attention is in our fingers;
- Notice what is happening underneath our fingers, including subtle sensations;
- Notice how the person's body responds to our fulcrums;
- Notice how what arises connects to the person's frame;
- Notice what else arises and wants to be addressed; and
- Notice signs of expanded consciousness.

[Read More Here](#)

Feature a Teacher

A big donkey lean from David Lauterstein

On November 29th, I was privileged and excited to begin teaching Zero Balancing I and II at the Costa Rica School of Massage Therapy.

Most fortunately, I had two assistants from the soon-to-graduate fifth ZB Teacher Training (TT5), Lisa Bardarson and Clare Gowen. Before the third day of the class, I developed serious food poisoning and had to be flown by helicopter to a hospital in San Jose, where I spent two nights and then had to return early to the States.

My assistants took over the remainder of the class, teaching for five and half additional days. What a tribute to them - and lucky break for all - that they were willing, ready and able to take over this class and do a fantastic job!!

Hats off to Lisa, Clare, the staff at the Costa Rica School, and all the wonderful, gracious students. What a testament to them, to the 5th teacher training and to the entire Zero Balancing community!

Love and support is alive and real in this world.



Do you have news to share? Please email us:

zbha@zerobalancing.com

A Note of Inspiration

“When you get into a tight place and everything goes against you, till it seems as though you could not hang on a minute longer, never give up then, for that is just the place and time that the tide will turn.”

- Harriet Beecher Stowe

