



February is the
border between
winter and
spring.

ZB Transformation

"Everything came back into balance." - ZB client

In this video, a longtime client shares her love of ZB – and how a gap in treatments impacted her well-being. Deep thanks to Lisa Bardarson.
(A 3-minute listen)

[Watch Here](#)

EXCITING ONLINE EVENTS

Third Sunday: What is the Donkey? with Jim McCormick - Feb. 19

First Sunday Virtual ZB with Michael Oruch - March 5

Third Sunday: Presentation from the Memory Palace of Bones with David
Lauterstein - March 19

[Full Class Calendar is
Here](#)

Friends & Fulcrums

Mentor Corner

Enthusiastic Endorsement for a Visit from Certified Mentors in Core ZB Classes!

By David Lauterstein, ZBHA Faculty



I was to teach my first consecutive ZB I and II in Costa Rica early this past December. And it occurred to me to do a Zoom with the Mentor Program since the students in my class would be halfway to certification already! The Mentors were more than enthusiastic and accommodating – soon arranging a date for them to visit with our group. Diane Bazin and Beverly Peirson

did an interactive presentation that made obvious the wonderful support inherent in the ZB community. It made certification even more of a no-brainer. The 15 students in the class were indeed enthusiastic about the presentation and learning about these resources available to them. They gathered around the computer attentively and asked all sorts of useful follow-up questions about the program. The information on the ZB website was also a helpful reminder. One student who might want to become a mentor himself wanted to know if certification was a prerequisite to the training. (The answer is yes!) Other students wanted to know how many mentors are available (15) and in what areas of the country. They were glad to know that they might be able to interview prospective mentors to insure a good fit.

For new students who may sometimes feel confused or lost, clearly having a Certified Mentor is a wonderful way to help them feel even more engaged in their journey. It adds a new dimension of depth and support for the ZB community. Talk about a clearer, stronger force field! All this then makes the certification process even more inviting. With this support, beyond just the teacher(s), how could one not want to take this journey to learning so much more about oneself, ZB, and the deep form of health care it embodies?

I recommend every teacher invite the zoom participation (or live presentation if possible) of a Certified Mentor or Mentors. Thank you to all the Mentors for your willingness to add this alchemical dimension to the process of studying ZB!!

David Lauterstein and teacher/assistant, Julie Sargent

P.S. Our new ZB Certification Intensive begins in Austin this May and will feature mentor support throughout the whole process. We couldn't be happier!

Find a Certified Mentor in the practitioner search at
www.zerobalancing.com



Learn more about ZB Certification Intensive in Austin, Texas

Feature a Teacher

IS ZERO BALANCING ONLY ABOUT REDUCING STRESS?

by David Laden, ZB Faculty

ZB reduces stress. There is no doubt about it. We know this from our own experience receiving sessions and in observing our clients over time. It can even be “proved” by the recent research into brain wave changes and other physiological markers tested on people giving and receiving ZB. This is all well and good.



But “stress reduction” can be legitimately claimed by hundreds if not thousands of different modalities and methods, everything from massage techniques to biofeedback to better diet and work/life balance, etc. So we are in good company.

But does this really describe how ZB is unique and desirable? Does stress reduction really encompass the full power and potential of our work? Does it appeal to the public imagination as something above and beyond the many ways available for temporarily calming the nervous system?

Dr. Smith says, “With ZB we have the ability to introduce a person to a deeper level of who they are.”

Shall we take him at his word? What does this profound statement mean to us? Do we understand how this “deeper level of a person” is contacted through Zero Balancing?

I suggest we investigate and try to better understand the spiritual science behind Fritz’s words that point us to the Causative Principles of transformative

evolution beyond the indicators provided by our instruments of measurement. Like telescopes or microscopes these instruments expand the ability of the senses to “see” an experience happening. But the map is not the territory. The experience of ZB, by Dr. Smith’s definition, takes us to the boundary of what can be felt and experienced by the senses.

So how do we, as teachers and serious practitioners, explain and embody what “a deeper level of who we are” means in relation to Zero Balancing?

I’d suggest that learning and meditating on these questions, individually and as a collective, will be the essential thing that will propel ZB into the future, appealing to a public desirous of spiritual renewal.

If we can develop a more inclusive definition of ourselves – understanding and embodying a definition that includes but also transcends the therapeutic model, we will attract many more people to ZB – a method which acts as a rudder, steering us towards a deeper experience, a more loving and fulfilling experience of who we all truly are.

“Let ZB do the work.” –Fritz Smith, MD

[Read more about David 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

“The more you are motivated by love, the more fearless and free your actions will be.”

–The Dalai Lama



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