



*The monthly newsletter for the Zero Balancing Health Association community*

## ZB Transformation

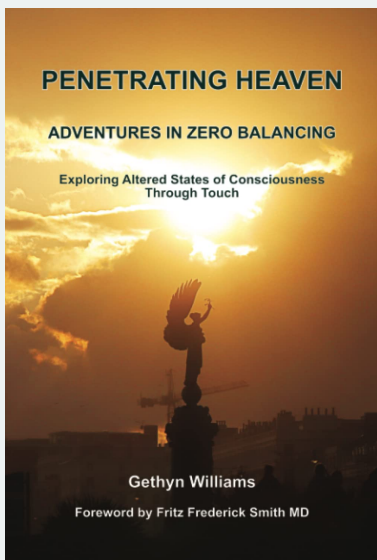


***May 2022 bring peace and love to all of earth's inhabitants***

### HALF MOON AT THE FEET

*By Arthur Tobias, Member of the ZBHA*  
Our nestling hands cradle their heels  
Leading them gently to the blue line  
Then we cross into the void together

## Friends & Fulcrums



### PENETRATING HEAVEN *Adventures in Zero Balancing*

One of our own, Gethyn Williams, with a forward by Dr. Fritz Frederick Smith, just released a book that provides methods to that allows us to be our very best each day.

The answer is within you...

Life is full of questions. Penetrating Heaven, a technique that combines Zero Balancing with the wisdom of Chinese Acupuncture, offers a simple yet effective method for finding our very own answers. By allowing us to access our deepest and

highest potential, Penetrating Heaven enables us to receive meaningful guidance for our everyday life.

Zero Balancing, a profound bodywork that relaxes us right down to our bones, has been called “bodywork for the mind” because it can allow us to enter altered states of consciousness. Through the use of touch on a specific Acupuncture point, Penetrating Heaven enhances and provides a focus for these altered states of consciousness, giving us the opportunity to explore hidden parts of ourselves that yield insights and inspiration for our personal path.

**In this fascinating and inspirational book, Gethyn Williams describes how he developed Penetrating Heaven, how the technique is applied and how it is incorporated into the Zero Balancing protocol.** Aimed first and foremost at trained Zero Balancing practitioners, the text is also easily understood by laypeople interested in how one can tap into the nature of consciousness for the purpose of healing and personal growth.

The powerful effect of Penetrating Heaven is documented in case examples and client feedback. The inner experiences that recipients of this new healing art share in the pages of this book are highly intriguing, deeply moving and at times nothing short of life-changing.

To receive your own answers, come on a journey and look within...

[Click Here to Order Your Copy](#)

## About the Author

Gethyn Williams has been studying and practicing different healing modalities since 1990. Originally trained as an Acupuncturist, he broadened his approach by adding several other healing methods to his repertoire.



He has combined ideas and principles from Acupuncture, Zero Balancing, Bowen Technique and The Emmett Technique to create Penetrating Heaven, an original approach for accessing altered states of consciousness and receiving answers from within.

Gethyn continues to explore different ideas and divide his time between Wales and East Sussex.

## Feature a Teacher



David Lauderstein is co-writing a new book with Dr. Jeff Rockwell, entitled, "The Memory Palace of Bones: exploring embodiment through the skeletal system." It will be published in 2022 by the wonderful publisher (also of Jim McCormick's book), Handspring Publishing.

In it, David and Jeff explore each individual bone of the body, integrating energetic and structural perspectives, science, art and imagination - plus sidebars with interoceptive exercises and techniques.

[Click Here for Details](#)

Do you have news to share? Please email us:

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## **A Note of Inspiration**

“The world is full of magic things,  
patiently waiting for our senses to grow sharper.”

— W.B. Yeats