



# Happy and Healthy New Year



## ZB Transformation

Zero Balancing is a system for wellness and personal transformation

Zero Balancing teaches a form of skilled, conscious touch to the deepest part of us, our bones. It was first described by founder Dr Fritz Smith as a structural acupressure system of healing. Over the past 50 years, as an understanding of the healing potential of ZB has deepened, with many thousands of people around the world across all age groups receiving sessions, Zero Balancing has been shown again and again to serve as a profound tool in support of wellness and personal transformation.

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"With ZB we have the opportunity to introduce a person to a deeper level of who they are."

-Fritz Smith, MD

[Find a Certified Practitioner Here](#)

## EXCITING EDUCATIONAL EVENTS

Deepen skills with online and in-person classes.

19 January - Third Sunday: Addressing Legacy Burdens with M. Doucette & M. Lavery

25 January - ZB by the Sea in Mexico with Michael Oruch

2 February - Protocol Review with Michael Oruch

2 February - First Sunday Virtual ZB with Michael Oruch - SI-DH-Lumbar

16 February - Third Sunday: ZB and Transformation with Jim McCormick



[View the Course Calendar Here](#)

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## CONGRATULATIONS!! Newly Certified Zero Balancers in 2024

Erin Beatty (MI)  
Rachel Creager Ireland (TX)  
Peter Deckinga (TX)  
Joshua Flowers (TX)  
Amy Gregory (TX)  
Hannah Ground (TX)  
Magdalen Hsu-Li (RI)  
Jessica Jones (TX)  
Richard Kern (MI)  
Blair Kershaw (NH)  
Kenna LaForge (CO)  
Aimee Levine Dickman (CA)  
Gail Lewis (TX)  
Donna Lieblang (NC)  
Shawndee Looney (TX)  
Meghan Martin Kern (MI)  
Maria Solis (TX)  
Wajida Syed (MD)  
Alma Tan Torres (IL)  
Susan Wallace (CA)

[Join ZB Certification](#)

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Gratitude for our Amazing ZBHA Staff

A huge thank you to Consulting Director Jenny Ash and Operations Consultant Stevie Johns for your outstanding work in 2024! You offer a tremendous lean to support each person who practices and studies ZB in North America. If you interact with

them this month, don't forget to give them some love!



[Learn More](#)

## Remembering Dorothy Haag 1931-2024

Dorothy Marlene Haag, a holistic Registered Nurse who also spent more than 60 years singing barbershop harmony as a Sweet Adeline, died on the winter solstice, Dec. 21, 2024. She was 93. Dorothy considered herself a lifelong learner, completing a bachelor's degree in California a dozen years after she finished her registered nurse's training in Illinois. She held credentials as a school nurse, a holistic nurse and in the modalities of healing touch and Zero Balancing. She maintained a private practice in holistic nursing until her a few years before her death. Dorothy was a regular participant at First Sunday Virtual ZB meetings.

[Remembering Dorothy](#)

## Friends & Fulcrums



### **MENTOR CORNER** **ZB classes are augmented by the presence of Certified ZB Mentors**

By Michele Doucette, DC, ZBHA Faculty Chair, ZBHA Board of Directors

I have had the pleasure of having excellent class assistants thanks to the dedication and enthusiasm of Certified ZB Mentors.

Mentors participate in a unique way in core ZB classes. They are watching out for students who may look confused, they are sharing their own ZB experiences, they are building bridges and making community, they are learning about how ZB students learn, and perhaps most importantly, they are giving informed and careful touch feedback. They are growing and learning by being exposed to the brilliance of Core ZB principles and practice from a new

perspective.

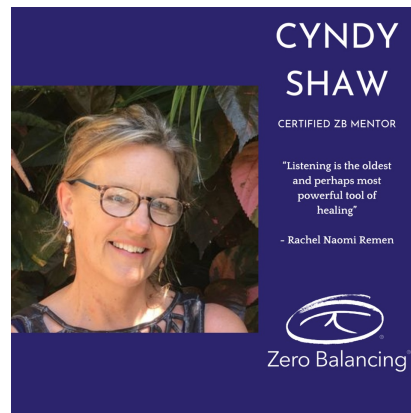
Recently, I have had a number of Certified Mentors repeat Alchemy of Touch. They want to embody the principles of Alchemy for their own work, and so they can counsel students and gain clarity on what the different advanced courses offer. On several occasions, I witnessed mentors giving their fellow students excellent and creative feedback on touch skills, principles, technique, timing, etc. I felt so grateful for this group of advanced practitioners who are helping to make learning ZB easier and helping students embody the work more deeply,

I encourage all faculty and all Zero Balancers to get to know the Certified Mentors. They are dedicated ZBers who are helping to build a culture of deep learning and connectivity in the ZB community. Mentors have been serving on committees, participating in Third Sunday presentations, and at the ZB Community Benefit. In 2025 they are planning to unroll a schedule of innovative online study groups to keep new ZBers engaged and learning, and keep seasoned practitioners connected and expanding.

I admire the passion and commitment our Certified Mentors have for Zero Balancing, and I feel they will continue to become an integral part of how Zero Balancing functions in the world.

To connect with a mentor, go to [zerobalancing.com](http://zerobalancing.com), click "Find a Practitioner" and choose Certified Mentor in the category drop down menu.

[Connect with a Mentor](#)



### **JANUARY IS NATIONAL MENTORING MONTH!**

Look for profiles of Certified ZB Mentors on Facebook and Instagram this month @ZBNorthAmerica.

[Follow Us on Facebook](#)

**ZB at 2024 NH AOTA and NHPTA Conferences**  
By Sarah-Elizabeth Anderson, ZBHA Faculty





Last November, I, along with Nancy Amour and Corinne Sturdee, two of my students, attended the New Hampshire American Occupational Therapist Association annual conference. With two massage tables, we were able to offer 10-minute ZB sessions to conference participants. In the morning there was slow foot traffic, with 12 people prior to the lunch break. By the end of lunch, a buzz was created by those who had been on our tables in the morning. At the afternoon break we had a line of excited first-time recipients of ZB. Nancy and Corinne gained confidence in offering ZB as conferees arose from their tables feeling relaxed and supported. That day more than 40 people received their first ZB session. We made a number of good contacts throughout the day for new clients as well as potential students for ZB I. Earlier, in October I also offered short ZB sessions at the NHPTA conference held at Franklin Pierce University in Manchester, NH.

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### **My Journey into the Art of Engagement: Zero Balancing Workshop Reflections** by Jen Jacob

I finished a 4-day workshop called Forms and Fulcrums 1: The Art of Engagement in Zero Balancing, taught by Michael Oruch. To say I'm feeling deeply moved would be an understatement. Michael Oruch, a beloved teacher and practitioner of Zero Balancing for nearly 30 years, he is the kind of teacher you know you'll remember forever. He studied under the founder of Zero Balancing, Fritz Smith, and has since brought his own blend of wisdom, artistry, and the practice of Qigong into his teaching. This combination makes for a workshop that's not just about learning the technicalities of Zero Balancing, but also about deeply connecting with ourselves and, through that connection, with our clients.



Michael teaches us that "we are only able to engage our clients to the degree we ourselves are engaged."

[Read More](#)

## **Feature a Teacher**

**19 January - Third Sunday Open Forum:**  
Addressing Legacy Burdens through Zero Balancing  
with Michele Doucette & Megan Lavery

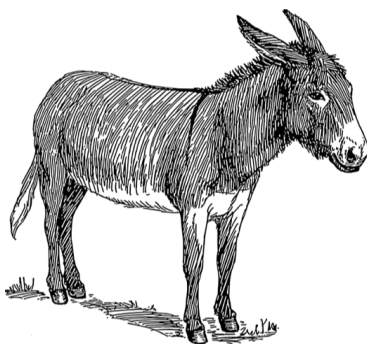
We have all inherited legacies, including both gifts and burdens, transmitted across generations through energetic and epigenetic imprints. These include negative beliefs,

memories, generational trauma, cultural expectations, emotions, and energies pass down the family line. Over time the stories and context can be lost, but the feelings can remain in the body. In this open forum Megan and Michele will lead an exploration of recognizing these burdens and ways to facilitate healing through Zero Balancing.



[Register](#)

## ZB Classifieds



### Donkey Wish List: ZB Classifieds

Get the word out to fellow ZBers about a special event, table for sale, and more! Create a free ZB classified ad for Interface.

#### Ad Guidelines:

- 35 words max
- Include a clear message or offer + accurate contact information.
- Must be submitted by the 15th for inclusion in following month.
- Send your Donkey Wish List Ad to Amanda King, Interface editor at [amandamtzb@gmail.com](mailto:amandamtzb@gmail.com)
- The ZBHA is not responsible for the content of these notices.

[Submit Your Ad](#)

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

Please email us at [zbha@zerobalancing.com](mailto:zbha@zerobalancing.com)

Items should be no more than 250 words. We reserve the right to edit your work for space and clarity. Thank you!

## A Note of Inspiration

“Spirit is omnipresent in matter, for all matter is the manifestation of Spirit. Matter is Spirit in action - vibratory activity within a certain range that our senses can perceive.”

-Paramahansa Yogananda



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