



The monthly newsletter for the Zero Balancing Health Association community

SAVE THE DATE

The ZB Community Benefit • ONLINE • October 28-30
Stay tuned for more details!

ZB Transformation



Two ZB Researchers Present Findings

Mary Murphy, MA, LMT, CZB, and Misty Rhoads, PhD, CZB, both ZBHA faculty members, were accepted into the **2022 Summer Research Institute (SRI)** hosted by the Mind and Life Institute in early June. SRI brought together contemplative researchers, educators, practitioners and others to explore the science of contemplative practices.

The theme in 2022 was Othering, Belonging and Becoming.

[Read More Here](#)

Mary and Misty offered a poster presentation of their recent research: "Investigating the Effects of Zero Balancing on the Physical, Mental, Emotional and Spiritual Dimensions of Wellness". They found that stress manifesting in the body often has its roots in experiences of personal, intergenerational, or collective trauma, being "othered," left out, or isolated. The researchers explored how neuroaffective touch, Zero Balancing, can help cultivate embodied awareness, support healing and evolutionary growth, downregulate the autonomic nervous system at the bone level to create a sense of safety, support people in having a greater ability to co-regulate with others, and amplify well-being and interpersonal harmony. The poster will be available to SRI attendees for six months.



One participant commented: *"What an amazing research line... 'safe touch' or 'neuroaffective touch' can be such a powerful way to reset our connections with one another, especially for those who feel threatened or othered... I can immediately see the clinical applications."*

Friends & Fulcrums

Mentor Corner

How can a Mentor Enhance Your ZB Journey?



In the following interview, Diane Bazin, CZB and Certified Mentor, shares her experience of working with a mentor during her own ZB certification process.

How did your relationship with a mentor help you on your path toward ZB certification? My mentor was in my corner to boost me up when I felt discouraged. I felt heard. She knew I had more to offer.

If you didn't have a mentor during your certification journey, what do you think might have been different? I might not have had the courage to step out of my comfort zone without my mentor's perspective and encouragement. I probably would have only done the basics and might not have embraced all the ZB principles. I probably would have felt lost, scrambling to find out what classes to take, not knowing which ones I would benefit from most and who I could feel comfortable enough with talking about my greatest fears.

What else would you like to share about your experience of partnering with a mentor on your way to ZB certification? My mentor believed more in me than I did myself. She encouraged me to come out and play, to enjoy what my ZB journey had to offer, and to believe in who I am and what I have to give. I will always treasure the many gifts my mentor gave to me.

Find Certified Mentors here! Request a free discovery session to discuss your goals.

Feature a Teacher

May Third Sunday Highlights - Grounding with Mary Murphy

Mary Murphy offered effective and practical tips to help us stay grounded in the treatment room and in our everyday lives. What is grounding? It's the state when we feel embodied, connected to the earth, psychologically calm and able to self-regulate. Mary noted that when we're anxious, distracted, or on autopilot, we are probably ungrounded. It's even harder to ground ourselves when we're rushed or working too hard. The good news is for Zero Balancers, simply touching bone is grounding.



Participants then shared ideas in small groups.

MaryAnn Reynolds: "My group agreed that mental chatter, trauma, time pressures,

and fatigue make it difficult for us to stay grounded. Here's what helps us: practices like meditation, Tai Chi, and breathwork; making the time to slow down; bringing attention to our feet and even our toes; using 3D awareness of our bodies; being in nature; cleaning and setting up the treatment room so it supports our grounding; rolling around on the floor to stretch and connect to our bodies. Also, staying hydrated!"

Lisa Bardarson: "Feeling grounded feels good and feeling ungrounded feels crummy. I believe that grounding and self-care are related. Being/becoming grounded is a process that involves connecting to oneself. To get to that place requires that I slow down, pay attention, pause and find the natural rhythm of my breath."

Don't miss the July 17 Third Sunday presentation:
Exploring Working Signs with Pat Dorsey

[REGISTER HERE](#)

Do you have news to share?

Please email us: zbha@zerobalancing.com

Please send submissions of 30 to 300 words maximum. If you include links, please doublecheck that they are correct. We reserve the right to edit your work for spelling, space and clarity. Thank you!

A Note of Inspiration

"The more we learn about touch, the more we realize just how central it is in all aspects of our lives — cognitive, emotional, developmental, behavioral — from womb into old age." Maria Konnikova