



The monthly newsletter for the Zero Balancing Health Association community

ZB Transformation



March is here, and we are already in full bloom!

Check out the latest news and stories from our Faculty and Practitioners as we stretch and expand into the soon-to-arrive spring season.

Be sure to take advantage of all the support and information being shared across the community and [sign up for a class today!](#)

Interface Expanded

By: David Laden, ZB Faculty Member

Twenty-eight years after being introduced to the concept of Interface in my first Zero Balancing class, I'm still growing into the possibilities. It is essentially a universal principle, rare in our times, not only for illuminating how people touch each other but **how we can learn to relate to each other.**

Interface rests on a principle of respect and impersonal love, impersonal in the sense that it is not possessive, has no personal agenda or needs associated with it and no judgement. It implies acceptance and high positive regard. **In that sense it is an ideal, a potential to be cultivated throughout our lives in relation to how we see others and ourselves.**

[Read More Here](#)

Friends & Fulcrums

Zero Balancing, Kunlun Mountain, and the Soul's Regenerative Cycle

By: Michele Doucette, ZB Faculty Member

The inspired symbol of Kunlun Mountain from Chinese Medicine represents the connection of Heaven to Earth and our soul's regenerative cycling from spirit into form and back again through the process of alchemical transformation.

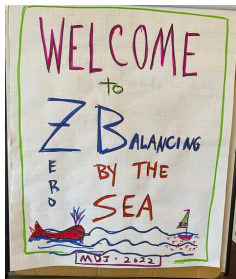


I call upon the wisdom of Kunlun Mountain often when I practice Zero Balancing and when I teach, especially in the advanced class ZB and the Spirit of the 5 Elements.

Read on...

ZB By The Sea - A Milestone Year

By: Michael Oruch, ZB Faculty Member



This was our 10th year at Mar de Jade for ZB by the Sea, and it was quite different from the past. It was the first time in 30 years, for me, that Fritz was not with us in Mexico (for him it was likely more like 40+ years!) That said, **Fritz's support and presence were certainly felt**, and he was able to FaceTime with the entire class. Fritz continues to be our inspirational leader, founder, and guide.

Peter Woodgate, ZBNZA Faculty, was there as a super competent and valuable assistant. Peter is a videographer and was able to document the teachings. One day he presented a piece on "how to ZB buildings" which was well received. **David Laden** also gave a beautiful talk on the "Spiritual Nature of ZB" of which he is an expert having been a follower and practitioner of Yogananda's teachings for now many decades.

The overall theme this year was one of Personal Restoration. After the past two years everyone certainly needed deep rest, healing, a break, and many ZB's to reconnect with self and inner resources. All of this with the amazing background support of the Pacific Ocean, beach, organic beautifully prepared food from the Mar de Jade farm, and each other.

Due to the small class size this year I was able to give each person a full ZB session, all of which were meaningful and some provided a wonderful base for additional teachings.

I taught a set of specific **Restorative Fulcrums** that are unique in their guidelines and allow the client to bathe in an energetic restorative field usually out of time and space where, as we know, healing vibration can do its work.

A group of students did go out whale watching and had some spectacular performative experiences. Many days we also saw whales from shore....always a special treat.

Each year we have a **special Day of Conscious Choice and this year added "and Celebration"**. It is a day dedicated to giving oneself permission to do exactly what you want. In past years this has been done in silence but as

many had already had much silent time, this was an optional choice. For me it was wonderful to not talk for a day and have a personal retreat.

Next year we will return to our regular 8-night retreat schedule from Friday Jan 17 to Sat. Feb 2, 2023.

Stay tuned for more details on early registration!



Notes from ZB By the Sea participants

“A beautiful week full of many gifts...” - *Phoenisis McEachin*

“Thank you for a lovely week...Michael is always clear, concise and helpful to everyone. An excellent learning atmosphere.” - *David Laden*

“Magical!!! What an experience....I feel restored, playful, happy” - *Ann Alesio*

Mentor Corner

Profiles, Interviews and Musings to Enhance Your ZB Journey

Thirty-one ZB enthusiasts gathered on February 10th via Zoom for a Mentor-Faculty Meet-up, with a focus on building connections and community.

The program introduced the first cohort of Certified Mentors and participants in the current Mentor Advancement Program (MAP). Following that were presentations and discussions about how skilled ZB Certified Mentors can support the ZBHA, faculty, and students/practitioners of Zero Balancing. Below is an excerpt from that evening: **Alison Mott’s presentation about Mentoring as a Web of Connection.**



Mentoring is a different project from teaching.

Mentors hold space for a mentee to discover something. It’s about letting the mentee set the direction and the agenda. It’s about letting the mentee define

what success is. It's supporting the mentee's being in the driver's seat and holding open a map to help them navigate to their destination - even if their destination changes in the middle of the journey. A mentor can help a mentee integrate what they've learned, but a mentor is not responsible for transmitting a curriculum.

A Certified Mentor is an advanced-level practitioner, but instead of being "the expert," they are more like a mirror. A smart mirror, if you will. A mentor reflects back what they sense, whether in words or touch, whether in person or at a distance. The process of reflecting "turns up the volume" on the mentee's experience, allowing them to hear themselves more clearly, sensing right down into their bones. A mentor also reflects back what isn't seen - like the back of your head - helping the mentee know themselves more fully.

When a mentor senses a gap somewhere in the mentee's process, they ask rich, open-ended questions, the kind that make a person stop in their tracks and think hard. Or perhaps they offer an experiential exercise to help grow a skill or sharpen an inner sensing.

For those many of us who suffer from the "must do it by myself" syndrome, a mentor can be an unfamiliar and very welcome antidote. "Barriers to action," which can look forbidding when one is alone, may look considerably more manageable when two people look at them together. Mentors accompany mentees as they find their way over, around or through, as they determine next steps and decide how they want to hold themselves accountable. Mentors emphasize and celebrate successes, small and large.

Certified Mentors are equipped for, and have the potential to be, an important part of the connective tissue of Zero Balancing and the ZBHA. They strengthen Webs of Connection within the organization, keeping practitioners and learners engaged in the spaces-in-between. For example, working with a mentor is one way to create a structured environment in which to integrate skills and information following a four-day, intensive class. Mentors also convene study groups as small, peer-led venues for deepening skills and relationships with other ZBers, and work one-on-one with practitioners, both novice and experienced.

We Certified Mentors are excited to deepen the conversation with you! Reach out to us at ZBMentorCommittee@gmail.com.

Sincerely,

The Mentor Committee (Chris Allen, Diane Bazin, Alison Mott

The MAP Faculty: Lisa Berger, Michele Doucette, & Amanda King)

Feature a Teacher

Deanna Waggy, an upcoming ZBTT5 graduate spreads the wealth of ZB.

Part of her Project of Excellence for ZBTT5 was to promote ZB with a wider audience, especially Occupational Therapists.

ACUPRESSURE FOR STRESS AND TENSION



She was recently featured on a podcast hosted by Occupational Therapist Emmy Vadnais in which they discussed Zero Balancing, Soul Lightening Acupressure and the principle of Interface as Therapeutic Presence.

Thank you for spreading the ZB love, Deanna!

Do you have news to share?

Please email us: zbha@zerobalancing.com

A Note of Inspiration

“You can cut all the flowers but you cannot keep spring from coming.”

– Pablo Neruda