



Happy Spring Equinox from the ZBHA

ZB Transformation

EXCITING EVENTS

March 19 - *Memory Palace of Bones* Virtual Book Signing with David
Lauterstein

April 2 - First Sunday Virtual ZB with Michael Oruch

April 16 - The Art of Relaxing with Judith Sullivan

May 4 - Intensive ZB Certification Program Begins - Austin, Texas

June 6 - Art of ZB in Joshua Tree - with Jim McCormick & Michael Oruch

[Full Class Calendar is
Here](#)



ZB MARKETING TIP

Use #ZBTOUCH on social media!

How can we all help to get the word out about how much we love Zero Balancing? The volunteer ZBHA Marketing Committee encourages you and your clients to use the hashtag **#zbtouch** on your social media posts or photos (with proper permission) related to Zero Balancing. Please make sure you

mention the full name of Zero Balancing somewhere in your posts. Not on social media? You can still do an internet search for #zbtouch and see some of the info people are sharing.

Deanna Waggy created this Image of ZB haiku by Rhys Dwyer

**Follow ZBHA on
Facebook**



Happiness is ZB by the Sea 2023 at Mar de Jade

Highlights from 2023 ZB by the Sea By Michael Oruch, ZBHA Faculty

It was wonderful returning to Mar de Jade for ZB by the Sea 2023 which has become an annual retreat and celebration of ZB and community. Our retreat center, Mar de Jade (MDJ) supports the local Chalaca, Mexico community and is a cornerstone of the small town. In addition to class time, part of our retreat each year is to dedicate an afternoon offering ZB sessions for the local staff which we all find rewarding. Dr. Laura, the founder of MDJ, noted how much they enjoy, appreciate and look forward to our yearly visit.

Two of the topics we explored were Clearer, Stronger Fields (CSF) and Stable Vibrational Fields (SVF). The major teacher of these concepts is the beautiful Pacific Ocean which is always in our view and field, appealing to all of our senses. As Fritz always encouraged, we looked to Nature for inspiration and guidance as it is abundant at MDJ with bird and marine life including a baby whale being nurtured just offshore.

I want to thank all who attended and a special thanks to Peter Woodgate for doing such a stellar job assisting in every aspect of the retreat. We missed Fritz who was able to check in via zoom which added a lovely element of connection and continuity.

We hope you can join us next year, January 26 to February 3, 2024, for this restorative experience in a beautiful nourishing environment.

**Reserve your spot for
2024**

ZB at the AMTA

by Deanna Waggy & Sheila Palmer,
ZBHA Faculty



"As a therapist if you only address muscles, you're missing half of the musculo-skeletal system! Zero Balancing adds that missing piece."

~ David Lauterstein, ZBHA faculty

The American Massage Therapy Association (AMTA) provides continuing education opportunities for massage therapists. This year two state chapters are offering the Intro to Zero Balancing class for 6 CEUs (NCBTMB). The first is with Deanna Waggy on March 26 in Fort Wayne, Indiana. The Texas Chapter will host the same class with Sheila Palmer on April 27, 2023 in El Paso, Texas.

This is a great opportunity for massage therapists to have a short introduction to the principles and touch of Zero Balancing. Deanna and Sheila will be highlighting the importance of learning to work with ease with Interface Touch. If you have friends in Indiana or Texas or surrounding states, please invite them to check out these Intro classes. Many practitioners discover Zero Balancing when someone invites them to take a class or receive a session. Who do you know in your circles of influence who might be interested in discovering the transformative touch of ZB!

AMTA Indiana Conference

Mentor Corner

Mentors to Launch Online Study Group Pilot

by Alison Mott for the Mentor Committee

We've written a lot in this space about mentors as companions for your ZB, and life, journeys. Mainly, the model has suggested one Mentor working with one Mentee. Recently, though, we have been hatching a whole new way to keep company; through virtual Core ZB Study Groups.

The Intensive ZB Certification



Program, led by David Lauterstein at the Lauterstein-Conway Massage School in Austin, Texas, which you have also read about recently, is a perfect testing ground. This group of new ZB students will have an opportunity to participate in a pilot study group program, offered for free this year in exchange for their ongoing feedback. The program will comprise six virtual meetings over the course of the Certification Intensive. Mentors and students together will build on the ZB class culture of collaboration and curiosity while reinforcing the basic principles of Zero Balancing.

Even though we'll be at a distance on Zoom, we will still connect deeply. In addition to structured

discussions about ZB principles, there will be opportunities for students to share what's working and what needs support as well as lots of experiential activities. We'll explore the power of reflective listening, by both mentors and peers, to amplify our own experience and bring ZB touch alive in our fingers.

When this study group pilot program is complete, in November 2023, our vision is to have a model we can build on. We hope to be able to show that ongoing mentoring helps students master basic ZB skills and concepts with greater ease than journeying solo. We'll know more about what works in group mentoring environments and have ideas that can be expanded upon and replicated more widely in the ZB community. And, in 2024, we hope to offer ZBHA-sponsored Virtual Core ZB Study Groups to support a Certification Candidate near you.

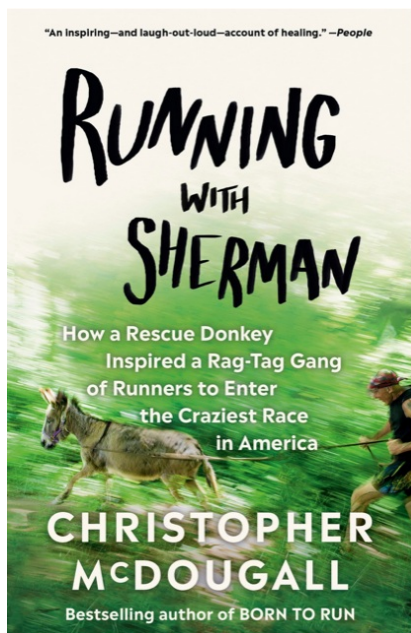
Find a Certified Mentor in the practitioner search at www.zerobalancing.com

Learn more about the TLC Intensive ZB Certification Program [here](#)



Healing Ceremony Held for Hau Thi Long

Karen Senffner thanks the Zero Balancing community for raising \$1700 towards a healing ceremony for ZBHA faculty member Hau Thi Long. Hau has been an inspiration in her decades practicing Zero Balancing. This past year she suffered a severe stroke and then was subsequently diagnosed with two types of cancer. She is currently on Hospice care and her health is in decline. She remains full of light and love. The healing ceremony was performed by a Chinese healer to clear past karma and prepare Hau for her transition from this physical world. We are grateful for all of the love and support shown by the ZB community for Hau.



A Good Read for Donkeys

by James Damman, M.A., Dipl. Ac., CZB

Recently I read a book called *Running With Sherman*. It's an enjoyable true story about a donkey and the interactions he has with people and other animals. ZB principles such as holding others and ourselves in high personal regard and, of course, Donkey-Donkey touch are easily found in this delightful story. If you're looking for an entertaining, soulful read I highly recommend this book.

Running with Sherman: How a Rescue Donkey Inspired a Rag-tag Gang of Runners to Enter the Craziest Race in America

<https://a.co/d/12sfOOv>

James Damman is located in Montrose, CO and can be contacted at www.acubalance.info

Empowering Touch: A Personal Journey

By Diane Bazin, CZB, Certified Mentor

I believe the power of touch comes in many forms depending on how we contact another person: through physical touch, verbally, listening, mentally, facial expressions, and body language. Touch also affects the deepest part of me, my divine spirit, my soul.

ZB touch feels particularly good to me, allowing me to sink deep into my body, my core, my deepest self, touching all of me.

In a session, mentally, I can touch through framing. Framing establishes boundaries and therefore constitutes a container and a potential empowered space. As I listen deeply to a person's story the sense of being heard can be empowering for my client and has a healing value of its own.



Then, my first touch at Interface reassures my client of their self-worth as they connect to something beyond themselves, knowing they are part of the whole. As I touch

compassionately and with clarity, allowing the moment to unfold, they relax deeply into their own body, helping to contain the dance within.

Embracing and deepening my skills through the Mentor Advancement Program (MAP) I have embodied touch more as a mentor. Taking Forms and Fulcrums with Michael Oruch gave me confidence in my touch skills and being present in my body. In Jim McCormick's Touching the Whole Person, I embodied being present, refining my touch and listening skills. And, in Alchemy of Touch with Michele Doucette, I embraced this class the second time around on deeper level, allowing the touch to go beyond the walls I had unknowingly created. Here, I was able to feel safe and supported so that I could drop beneath levels of fear, anxiety, and uncertainty. In that moment, as I was being held in the highest personal regard by my friends and colleagues, I could feel the warmth of group's heartbeat.

It's true that ZB touch can provide extraordinary experiences on the deepest level.

"Every moment is a moment of creation, and each moment of creation, contains infinite possibilities." Shakti Gawain

Feature a Teacher

ZB and Spring Cleaning By Michael Oruch, ZBHA Faculty

I was vacuuming the other day and afterwards the area looked and felt dust free and sparkly, calmer and more organized....much like clients look and feel after a ZB. Certainly after a session clients look more clear, centered, grounded, integrated and generally feel happier, lighter, freer and more focused.

This reminds me again of the principle of 'Clearer Stronger Fields' and also the fact that built into ZB is that we address the Physical, Emotional, Mental, and Spiritual aspects of a person. Those layers are then clearer, more harmonious, integrated, connected and more in communication.

The fact I was vacuuming from the Lower Dantien may have assisted in how the room field felt so good. It was a reminder that anything we do can be Qigong, and not only will we feel better, but it also positively affects the outcome because we are more fully engaged.

Certainly this is true in Zero Balancing. If we move from the Lower Dantien with full presence it is like 30 minutes of Qigong. This will have a positive affect on our clients and the engagement thereof.

These concepts are central to the Form and Fulcrums series I continue to teach and develop, which has allowed me to consistently dive deeper into ZB and advance not only my understanding and interest but my own general health and well-being.

This is one example of how ZB can become and is a Life Practice with a set of principles, theories, movements, and signature energetics, which when incorporated and practiced make life and work more meaningful, engaging, interesting and fun. Even when vacuuming!



[Listen to Michael's talk about ZB on the Field Dynamics Podcast](#)

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 deep roots never doubt spring will come."

—Marty Rubin



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