



The monthly newsletter for the Zero Balancing Health Association community

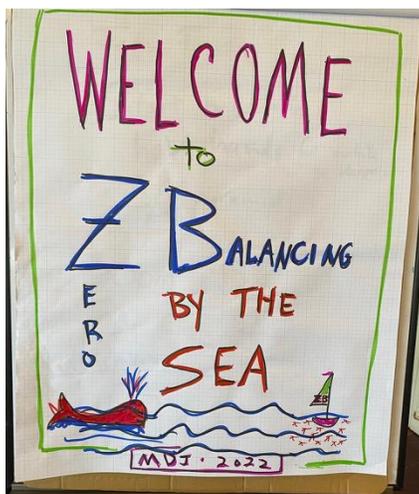
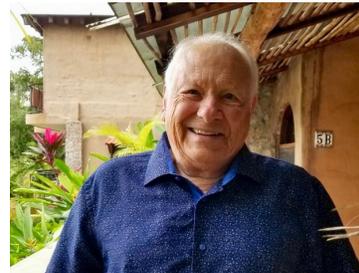
ZB Transformation

Spring is here! May the energy of the new season bring you health and rewarding connections.

A deep bow of appreciation to four ZBHA Board members who have served our organization at an unprecedented time and who have kept the ship stable and sailing ahead. Thank you to Lisa Berger, Erica DeLorenzo, Linda Wobeskya, and Pat Dorsey who are stepping down this spring after extraordinary service. We applaud your brilliant efforts!

We wish a very Happy Birthday to Dr. Fritz Smith who turns 93 on May 11.

Thank you, Fritz for the gift of Zero Balancing, and for touching so many lives.



Preparing for togetherness, **ZB By The Sea is returning in 2023**. The program will start the evening of Friday, January 27th, and conclude on Saturday, February 4th. More details are coming soon!

Friends & Fulcrums

Exclusive Interview with Jim McCormick



Listen in as Amelia Vogler, Grounding and Energy Medicine Specialist, interviews Jim McCormick, worldwide Zero Balancing teacher and author about the transformative aspects of Zero Balancing. This exciting conversation explores the role of bone tissue as a way to access the deepest aspects of a person. Jim also explains practitioner skills specific to ZB, such as Interface Touch which can support clear boundaries in all aspects of life. Throughout this conversation, what flows through is Jim's deep experience and passion for both his work and life. You will feel your Highest Self ringing with the deep-hearted way that both Jim and ZB meet you where you are and offer a space of transformation.



The Benefits of Virtual Zero Balancing by Dan Sullivan

During the pandemic, the Zero Balancing Health Association has been offering Virtual Zero Balancing via Zoom on the first Sunday of the month. After reading an email reminder to register for December's First Sundays Virtual ZB, I remembered the sessions were recorded and posted on zerobalancing.com for those who register for the live session.

Although I could not "play" November's recording, I could access October's. This was perfect because I was recovering from COVID and Fritz Smith, MD, Founder of Zero Balancing, led a parallel breath exercise to help clear COVID and a pyramid meditation. The Virtual Zero Balancing session was given by Faculty Instructor Michael Oruch. After listening to the recording, I felt better.

During a typical Zero Balancing session, the practitioner often asks the receiver, "How would you like to feel? What would you like to get out of the session?" This process helps to "frame" the session. So the next day I decided to do it again. However, that day I decided to be even more intentional. Instead of just mentally thinking the frame to "feel better", I wrote down "Feel better and clear headed." After the session I felt better and my head was clearer, feeling more air and space in my sinuses.

So the next day, Saturday, I repeated the experience. Three days in a row of receiving Zero Balancing virtually via recorded Zoom sessions.

On the fourth day I participated in the live Zero Balancing session on the first Sunday of December. At the end of the session, I was able to thank Fritz, Michael and Patrick, letting them know how helpful the recordings were for my

recovery.

To have my senses of taste and smell return within a week was amazing!

Dan Sullivan, LMT, Certified Zero Balancer and graduate of the 2021-2022 Mentor Advancement Program, Saranac Lake NY

Join us for a virtual ZB in June before we pause for the summer.

June 5, 2022

Mentor Corner

Profiles, Interviews and Musings to Enhance Your ZB Journey

Guide to Choosing a Mentor

by Alison Mott, for the Mentor Committee



Mentors are Bridges:

Do you remember the thrill of your first ZB class? The overwhelm after four, intense days? The satisfaction of suddenly so much in your hands? The worry about remembering everything? The close connections you established with your classmates?

How did you integrate all of that?

Perhaps you were one of the lucky ones, with a friend or colleague experienced in ZB to practice with, or ask questions of, or receive sessions from. The more ZB is in your field, the more readily you absorb and digest practice and theory. For many people, though, the shine gradually disappears, leaving a few clear ideas and a lot of empty space. Maybe you work in a few fulcrums to supplement your main modality, but you sense so much more potential there. And perhaps you feel kind of lonely. Like you're all on your own with everything. What to do?

Take more classes for one; and this is the path most of us have taken. Classes are a rich opportunity to steep in new skills, as well as to deepen connections with colleagues. But before long, the next class ends, the intensity fades, and there you are again.

Mentoring can break the feast-or-famine cycle of learning. Imagine again that first ZB class, only this time you set a date with a Mentor for a few weeks in the future. Your Mentor checks in to see how you are managing the transition from the intensity of class back to regular life. They ask what's working and how ZB is coming into your hands. Perhaps you practice "air ZB" together; either a specific fulcrum that you've been confused about or you review the flow of the whole protocol together. You leave that conversation reenergized, reconnected with how you felt when the class ended, with a little more confidence in your skills. You feel companioned. So you schedule another date.

Over time, your connection to your Mentor, to ZB, to the community at large

deepsens. Your Mentor is there to help you navigate Certification, as you discover the value of a Really Good Listener, as you figure out which class to take next, or how to make ZB a bigger part of your practice. Your skills blossom. And your Mentor is there, like a verbal ZB session, to help you hear yourself more fully along your path of continuous learning and growth.

If you are interested in working with a Certified Mentor, reach out to the Mentor Committee with your questions and your interests.
ZBMentorCommittee@gmail.com

Feature a Teacher

A Zero Balancing Member Benefit A Phenomenological Mixed Methods Pilot Study

Misty Rhoads, PhD, CZB, and a team of researchers, investigated the effects of Zero Balancing on the physical, mental, emotional, and spiritual dimensions of wellness. She and Deanna Waggy, ZB TT5, have created a collection of flyers outlining research highlights that practitioners can share with clients and colleagues. As a Zero Balancing practitioner, we invite you to explore these findings in greater detail by visiting the **'Certified Practitioner'** or **'ZBHA Faculty'** Committee on your ZBHA Member Portal.

ZBHA Member Portal

ZERO BALANCING
 Investigating the Effects of Zero Balancing on the Physical, Mental, Emotional, and Spiritual Dimensions of Wellness: A Phenomenological Mixed Methods Pilot Study

METHODS
 This study was a phenomenological mixed methods pilot study. The research was conducted over a 12-week period. The study was conducted in a laboratory setting. The study was conducted in a laboratory setting. The study was conducted in a laboratory setting.

CONCLUSIONS
 The study found that Zero Balancing had a positive effect on the physical, mental, emotional, and spiritual dimensions of wellness. The study found that Zero Balancing had a positive effect on the physical, mental, emotional, and spiritual dimensions of wellness.

RESPONSES
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THE STATISTICS
 The study found that Zero Balancing had a positive effect on the physical, mental, emotional, and spiritual dimensions of wellness. The study found that Zero Balancing had a positive effect on the physical, mental, emotional, and spiritual dimensions of wellness.

The Evidence for Zero Balancing

Physical Ease
 Physical ease is a state of relaxed alertness. It is a state of relaxed alertness. It is a state of relaxed alertness.

Nervous System
 A relaxed nervous system is a state of relaxed alertness. It is a state of relaxed alertness. It is a state of relaxed alertness.

Body Relaxation
 Body relaxation is a state of relaxed alertness. It is a state of relaxed alertness. It is a state of relaxed alertness.

Mindfulness
 Mindfulness is a state of relaxed alertness. It is a state of relaxed alertness. It is a state of relaxed alertness.

Tension and Pain
 Tension and pain are a state of relaxed alertness. It is a state of relaxed alertness. It is a state of relaxed alertness.

Energy and Rest
 Energy and rest are a state of relaxed alertness. It is a state of relaxed alertness. It is a state of relaxed alertness.

Physical Comfort
 Physical comfort is a state of relaxed alertness. It is a state of relaxed alertness. It is a state of relaxed alertness.

Zero Balancing
 Investigating the Effects of Zero Balancing on the Physical, Mental, Emotional, and Spiritual Dimensions of Wellness: A Phenomenological Mixed Methods Pilot Study

Physical Findings

Physical Ease The study found that Zero Balancing had a positive effect on physical ease.	Body Awareness The study found that Zero Balancing had a positive effect on body awareness.
Nervous System The study found that Zero Balancing had a positive effect on the nervous system.	Body Relaxation The study found that Zero Balancing had a positive effect on body relaxation.
Mindfulness The study found that Zero Balancing had a positive effect on mindfulness.	Physical Comfort The study found that Zero Balancing had a positive effect on physical comfort.
Tension and Pain The study found that Zero Balancing had a positive effect on tension and pain.	Energy and Rest The study found that Zero Balancing had a positive effect on energy and rest.

Do you have news to share?
 Please email us: zbha@zerobalancing.com

A Note of Inspiration

"How wonderful it is that nobody wait a single moment before starting to improve the world."
 — Anne Frank