



The monthly newsletter for the Zero Balancing Health Association community

We are so grateful for you!

ZB Transformation



The ZB Community Benefit was a huge success!

Over 120 attendees enjoyed 10 inspiring presentations by 13 teachers—including Dr. Fritz Smith—offering rich learning and sharing. Thank you to everyone who attended! Thanks to the brilliant presenters, to the ZBCB Committee Sheila Lukasiewich and Karen Senffner, to our technical team Carla van Arnam and Sarah-Elizabeth Anderson, and to our outstanding office staff, Stevie Johns and Elizabeth Schwerman, for all your hard work to make this event so special and memorable. Videos recordings will be available in the course group page very soon!

Dr. Fritz Smith leads participants through the Inner Smile Meditation on Sunday

ZB by the Sea - Reserve your spot today!

ZB by the Sea is the annual residential ZB program in Mexico led by Michael Oruch. This year's theme will be 'The Restorative ZB and Nature's Inspiration.' The program is designed to be a multidimensional experience, deepening one's understanding of ZB and creating a container for personal growth, rejuvenation and change. This is all done in an environment of support, using time-honored rituals to enhance the wonders and intensity of the retreat. Highlights include a Day of Conscious Choice, a Temescal (sweat lodge), whale watching, and a night of music and dancing. We hope to see you there!

[REGISTER HERE](#)

[View all upcoming classes](#)



Michael Oruch Podcast

Michael shares how we can connect to ourselves in a deep way using ZB in this exciting October 24 Field Dynamics Healing podcast. Scroll down the page to access Michael's podcast.

[Click here to listen](#)

Friends & Fulcrums

Mentor Corner

Mentors Gather, Envision a Strong Future for ZB

by Alison Mott for The Mentor Committee

The first annual Mentor Retreat, September 24-25, was a magical event. Eleven Certified Mentors and three Mentor Advancement Program (MAP) faculty gathered for the first annual Mentor Retreat: two days of hands-on work, touch feedback, sharing, hilarious role playing, potluck meals, and fun, all in the beauty of Vermont in the fall. It was part reunion and part getting-to-



know-you, as we knitted together two cohorts, honing our skills and "Getting to the Heart of the Matter" – how we might best serve ZB students and faculty. In the end, we experienced amplification of the mentor field as we each underwent our own transformations. It was an honor to step into the planning and leadership of the Retreat along with our beloved MAPfac, as well as to savor the ripples in the pond after it was over. Mentors shared their favorite moments of the weekend:

"The most significant fulcrum I experienced was in an exercise where, after a one-word frame, the practitioner paused to read my field and then gave a single fulcrum to address that frame. I felt seen and met and held in a deep, exquisite way." Chris Allen

"Waves of energy moved through the group, making a palpable sensation, gathering us all in its gentle, yet powerful, cohesive capacity." Suzan Sutton

"It was a wonderful integration of advancing our ZB touch skills, our understanding and application of ZB concepts, and creative exploration of our role in the ZB community." Shirley Lynch

"I felt immensely privileged to be in such good company -- participating in the circle with talented, highly skilled ZB mentors and faculty." Leslie Connell

"Being asked to give the pyramid meditation on Sunday was honoring for me. I had the courage to speak from my heart; all the right words flowed easily and effortlessly. It was humbling and powerful." Diane Bazin

"It is delightful to see ZB Mentors become natural leaders and facilitators of positive change in our organization." Michele Doucette

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**If you've taken ZB I, you can work with a Mentor!
Go to zerobalancing.com and check the Practitioner Search under
"Certified Mentor" or contact ZBMentorCommittee@gmail.com**

Texas ZB Community meets for the first time in 3 years!

In mid-October David Lauterstein, ZBHA Faculty member, hosted an enthusiastic group of 11 ZBers at The Lauterstein-Conway Massage (TLC) School in Austin. David led a pyramid meditation with accompaniment on guitar, followed by a group check in. David then introduced Sheila Palmer, the newest faculty member in Texas, a recent graduate of TT5, the fifth ZBHA teacher training program. Sheila gave a short talk on how her view of the skeleton has evolved, and, with that, how her approach to ZB has expanded.



Sheila writes, "It was so wonderful to be with this group again as three of us certified together in 2015 when Fritz was in Austin for his ZB and Consciousness Class. David did a wonderful program about unmasking and using face fulcrums to reconnect to the pre-birth face we all have inside us. He connected the trigeminal nerve foramina with his face fulcrums. It was lovely!!!" The group swapped ZB sessions using the new face fulcrums, and everyone was glowing afterwards. There was also a graduation celebration for **newly certified Katie Johns**. Congratulations, Katie! Texas ZBers plan to meet again in early 2023.

A Center for ZB Education

The TLC School has been a center for ZB education in Texas, hosting many classes. In 2023 the TLC School will offer practitioners Intensive Certification in ZB with lots of support to help students successfully complete ZB coursework, hands-on practice and certification exams in just a year's time.

Learn more about the Intensive ZB Certification Program in Austin

Feature a Teacher

What Makes ZB Special?

By Rebekah Harbour, ZBHA and ZBNZA faculty



Someone asked me yesterday “what makes ZB special? Why would I want to seek out this system of healing instead of another?” An important question. I love so many modalities, and I believe that what matters most is your practitioner's level of skill and mastery of their chosen art, along with the rapport that you have with them.

That said, I have personally chosen Zero Balancing as my primary system, because of some of what makes it unique.

ZB works with bones, and bone energy. This has to do specifically with trauma, with early childhood beliefs and programming, with structural issues from repeated patterns of movement.

ZB works with both structure and energy consciously and intentionally, and has the potential to shift deeply held tension patterns quickly and forever.

ZB brings to the forefront the concept of touching another person at Interface – where their energy and structure begins, and yours ends. This creates a touch therapy which is very safe for both client and practitioner. There is little likelihood of taking on energies that aren't yours. It also feels really good!

ZB always works with the whole body. All the joints are interconnected and have an impact on one another. So even if shoulder pain is the focus, I will

address your lower back, hips and more. Who knows where a compensating pattern will be found!

There is more, but these are some of the keys that stand out for me in ZB. Other practitioners and recipients of this art, what stands out for you?

[FIND A ZB PRACTITIONER HERE](#)

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

"Wear gratitude like a cloak, and it will feed every corner of your life." Rumi



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