



The monthly newsletter for the Zero Balancing Health Association community

HAPPY OCTOBER FROM THE ZBHA



ZB Transformation



Lean into Community!

Don't miss the ZBHA Online
Community Benefit - **Oct. 29-30**
2-5 PM EDT • 1-4 PM CDT
11-2 PM PDT

Featuring presentations by:
Jennifer Allen, Michele Doucette,
David Laden, David Lauterstein, Jim
McCormick, Mary Murphy & Misty
Rhoads, Michael Oruch, Ida Smith,
Dr. Fritz Smith, and more!

[Visit ZBCB Website Here For More
Information](#)

[REGISTER HERE](#)

Friends & Fulcrums

Mentor Corner

"Just What I Needed"

Mentees share their experiences

"I've been working with my mentor since 2019. Over the past months and during the trials of COVID, she has been a steady ZB presence in my life. She is a patient and observant guide and has the gift of putting me at ease so learning and growth can unfold....The subtlety of Zero Balancing continues to amaze me."

∞

"Working with a mentor has been a great learning experience during Certification. I only wish I had connected with a Certified Mentor sooner. I intend to continue working with her, as the opportunity to get feedback was so useful!"

∞

"I found the mentoring program to be just what I needed ...I encourage all Certification Candidates to be paired with one. My mentor helped guide me through the process and helped me make goals, and our monthly FaceTime meetings gave me motivation to meet them. We even did a virtual feedback session that was incredibly helpful. I worked on my husband, and she watched me work, and afterwards we talked about the session. I am so grateful for her continued presence in my professional and personal life. I made a good friend."

∞

"[My mentor's] call asking me if I wanted to finish my certification for ZB really meant the world to me, and the continuous check-ins helped me to stay accountable to my goal. I just completed my final touch feedback and I passed! I'm so incredibly grateful to [my mentor] for her time and energy getting me to where I am today."

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



Holding Space

Remembering Nancee Meeker

Many years ago, I met Nancee, at some ZB gathering somewhere. I loved that after so many years as a world renowned pottery creator, she began touching humans, with massage and Zero Balancing. How blessed her clients were! There was an event where she brought some of her pottery - whisper thin, exquisite creations from clay collected all over our world. I believe Fritz was gifted or purchased a piece or two. What a



talented and accomplished creator she was! I spent a few days at her home near the beach in Westport MA, remembering eating great food she cooked and walking the beaches with her labradors. Her presence remains, and I find it so sad that she's left this life so soon.

-Verilee Herpich

Nancee Meeker 1951 -
2022

Feature a Teacher

Inspire Yourself: Volunteer

By Judith Sullivan



A team of Zero Balancers, including Roxanne Broadbent and myself, have volunteered short Zero Balancing touch sessions once a month for 13 years for staff, volunteers and sometimes guests at The Haven, a multi-resource day shelter for the homeless in downtown Charlottesville, Virginia. This effort supports the community in many ways -- and inspires everyone involved!

The Haven's first Director, Kaki Dimock, recalled, "A clothes-on session was comfortable for staff, volunteers, and guests. We started with staff first—which was an astonishing gift of time, touch and kindness to overworked, dedicated people. Then you included some guests, which was an equally astonishing gift to people whose bodies are liabilities; demanding to be fed, kept safe, etc; all things that are made nearly impossible without housing or money. Radical to help these folks stay in, take care of, get reconciled with their vessels....[We experienced] practical gains from Zero Balancing of relaxed focus, deep connection with our bodies, recognition that self-care is important enough to take time during the work day."

Are you volunteering ZB in your community? Let us know!

[READ MORE 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

“When we love, we always strive to become better than we are. When we strive to become better than we are, everything around us becomes better too.”

~Paulo Coelho



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