



*The monthly newsletter for the Zero Balancing Health Association community*

**Happy September and Autumn Solstice Blessings**

## **ZB Transformation**

**Mark your calendars!**

Third Sunday with David Lauterstein - 9/18  
First Sunday Virtual ZB - 10/2 & 11/6  
ZBHA Online Community Benefit - 10/29-30

[Find Classes  
Here](#)

## **Friends & Fulcrums**



### **Art of ZB at Joshua Tree**

A high-energy group met in the desert in early August to enjoy community connections, refine Zero Balancing skills and share empowered ZB sessions. This class was led by Jim McCormick and Michael Oruch with Dr. Fritz Smith joining by zoom to connect personally with each participant. Thanks to Karen Senffner for this photo!

[Check Out Upcoming  
Classes](#)

## ZB for Community Healing

by Mary Murphy, ZB Faculty

After the July 4th parade mass shooting in Highland Park, IL, local ZB practitioners Mary Murphy and Yael Mirelman brainstormed on how they could offer short ZB sessions to those affected by the traumatic events of that day.



Working with Bright Bowls, a local health food business that also has a studio space, Yael and Mary offered 15-minute ZBs on July 15th and August 5th to residents, first responders and other community members feeling stressed from the tragedy. Bright Bowls was one of many businesses that sheltered over 100 people in their basement after the shooting before the area was secured. They kindly instituted a week of healing services from many different practitioners in their studio space, and Zero Balancing sessions became part of their program.

"Experiences like these are simple, meaningful ways each of us can give back to the communities in which we live and practice," said Mary Murphy. She added, "I also had the honor of offering a ZB session shortly after the July shooting to a woman who had been at the parade with her kids and parents and who had to run to escape the shooter. She had been feeling severe anxiety, disassociation and difficulty functioning normally. Near the end of the session, when I asked her how she was doing, she said in a clear voice, 'I feel safe'. It brought home to me the fundamental gift we have when offering ZB that we can help others feel safe, the prerequisite our nervous system needs for any self-regulation and healing to occur."

## Mentor Corner

### Deep Listening

*by Alison Mott for The Mentor Committee*



I think we've all had this experience: you go to a friend with a problem you need to think through and either they start telling you about a time they had a similar problem or they tell you what you should do about it. Neither response is very satisfying, is it?

What you really want is to be met with open, interested curiosity and the space for you to discover for yourself what you want to do about your problem. ZB practitioners do this with their hands, and ZB Certified Mentors do it with their whole being as well.

The first step is to have an agreement with your companion. With a friend, it might be as simple as, "Hey, do you have fifteen minutes to help me think about this problem I'm having?" With a Mentor, this

will be a deliberate agreement between the two of you, in which your roles are clear.

Then your Mentor can come into Witness State; they listen at Interface: receptively, peacefully, without agenda or preferred outcome. You lay out your concerns and they say, “Mmm, yes.” They ask neutral, clarifying questions, not so they get all the details, but so you understand the details and your feelings about them. From the way they frame their questions, you can tell they really don’t have a stake in the answer, that they’re completely unattached to what you might eventually decide. You are held in high regard and feel deeply listened to.

Dr. Smith writes, “If you can balance something to neutral without judgment or comparison by holding it in its own space, it will naturally move to its highest possible benefit.” This is a hallmark of Zero Balancing and of thoughtful, compassionate mentoring.

To experience a lean with a Certified Mentor, go to [zerobalancing.com](http://zerobalancing.com) and check the Practitioner Search, or email [ZBMentorCommittee@gmail.com](mailto:ZBMentorCommittee@gmail.com)

## Feature a Teacher

### 2023 is the Year of ZB at TLC School in Austin, Texas



photo by Giovanni Pescetto

In 2023, the Lauterstein-Conway Massage School in Austin, TX will offer a unique opportunity for ZB Certification -- the TLC Intensive Zero Balancing Certification Program! Normally offered as a self-paced certification program with up to three years to complete, the special TLC ZB Faculty-guided program will assist participants in obtaining ZB Certification in under one year. This a chance for accelerated certification with the stewardship of an experienced ZB Faculty Member, David Lauterstein!

Knowing that Zero Balancing is at the growing edge of continuing education and understanding that therapists are wanting certification programs, the Lauterstein-Conway Massage School is very excited to offer this complete 100+ hour [ZB Certification Program in 2023](#)

The TLC Intensive Zero Balancing Certification Program will include: **ZB I** (May 4-7, 2023), **ZB II** (July 20-23, 2023), **Alchemy of Touch** (September

14–17, 2023) and **Geometry of Healing** (November 9-12, 2023). The program will also include a free **Advancing Skills Day** (August 13, 2023) and **Practical Exam** (Mondays, November 27, 2023 - March 28, 2024).

The primary instructor will be ZB Faculty member, David Lauterstein, who is a past AMTA and AFMTE Teacher of the Year, with support from the Texas ZB community and others. All segments of the TLC Intensive Zero Balancing Certification Program will be available as individual "a la carte" workshops as well. For details, contact David at [DavidL@TLCschool.com](mailto:DavidL@TLCschool.com)

**Do you have ZB-related news, poetry or artwork to share?**

Please email us at [zbha@zerobalancing.com](mailto: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**

"If in doubt, do less."

-Fritz Smith, MD

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