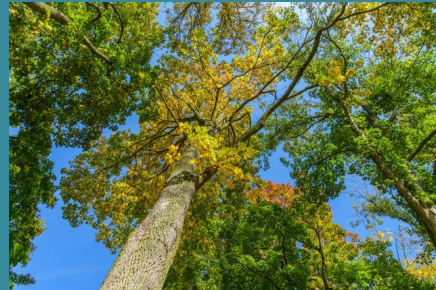




Happy Autumn Equinox!



ZB Transformation

EXCITING ONLINE EVENTS

- 17 September** - Third Sunday: The Magic of a Great Frame with Amanda King
24 September - Refining Freely Moveable Joints with L. Berger and M. Lavery
30 September - The Pubic Bone with Linda Wobeskya
1 October & 5 November - First Sunday Virtual ZB with Michael Oruch
15 October - FREE - Third Sunday: Telling Your 'ZB Story' with V. Quarry
19 October - FREE - Learn about the Mentor Advancement Program 2024
28-29 October - ZB Community Benefit - PROGRAM now online
—and many other fantastic classes around the country!

[View the Course Calendar
Here](#)



Remembering Dr. Aminah Raheem Smith with Love and Gratitude

Dr. Aminah Raheem, the beloved life partner of Dr. Fritz Smith, passed away on August 23. We hold her in our hearts with deep appreciation for a lifetime of work in the service of healing and transformation.

Dr. Raheem was a transpersonal psychologist, Diplomat of Process Oriented

Psychology, a Zero Balancer and Zero Balancing Teacher. She was the originator of Soul Lightening Acupressure and developed the holistic methods of Process Acupressure and Clinical Acupressure after extensive study in various psychologies, hands-on modalities and in conjunction with over four decades of personal spiritual practice. She founded Soul Lightening International, a non-profit foundation dedicated to the health and wellbeing of individuals and our planet.

An ardent supporter of Zero Balancing, Dr. Raheem trained in the first Zero Balancing Teacher Training from 1987-1989. Afterwards she taught and mentored countless Zero Balancing teachers and students and served for years on the ZBHA Board of Directors. She was the creator of the Pyramid Meditation.

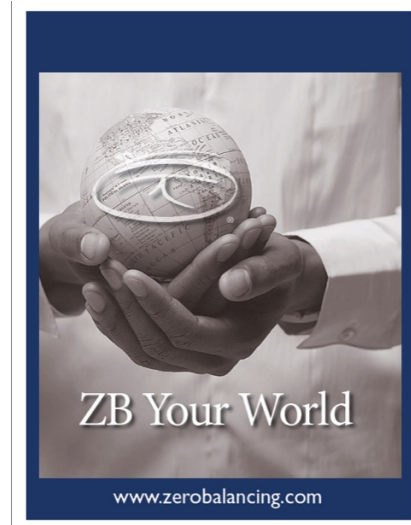
Dr. Raheem is the author of *Soul Return: Integrating Body, Psyche and Spirit*; *Soul Lightning: Awakening Soul Consciousness*, and *The Way of Soul Lightening*. Through her writing, we can move along more confidently on our own soul journeys.

Fritz & Aminah 2012
Photo credit: Giovanni Pescetto

CONGRATULATIONS TO NEWLY CERTIFIED ZBERS

IN 2023 (Jan-August)

- Pamela Altomare, Lancaster, NH
- Aaron Giles, Colorado Springs, CO
- Jewelie Lewis, Brookline, NH
- Sarah McCartney, South Bend, IN
- Verena von Dehn, Menlo Park, CA
- Tonya Zarlengo, Oak Bluffs, MA



Learn About ZB
Certification

Friends & Fulcrums

Learn about the
Mentor Advancement Program
(MAP) 2024

FREE INFO SESSION

Thursday, October 19, 8PM ET • 5PM PT
Save the Date!

Are you a Certified ZBer looking to step into an



empowered role as mentor? Find out more about The ZB Mentor Advancement Program (MAP). MAP is a 6-month intensive in-person and online program of enrichment, personal growth, and learning for Certified Zero Balancers who want to deepen their Zero Balancing skills, embody ZB principles, support ZB students and teachers, and be of service to our community and the wider world. Program teachers Michele Doucette, Lisa Berger and Amanda King co-created this program with a group of dedicated CZBers who became its first graduates in April 2021. There are now 15 certified Mentors supporting students and the ZBHA! MAP 2024 will start in March and meet in April, July and

October in Wilmington, Vermont. Applications will be available this fall. Please note that this cohort will be limited to 12 students.

In this free session on Thursday October 19, get details about the program, meet some of the graduates and hear answers to your questions.

If you are unable to attend, please register to receive the recording.

"There is something profound about building this community of mentors. We all need ongoing support and it is a skill that needs training... Having the focus be on learning together and the clarity of touch skills that MAP provided was essential." - Eliza Mallouk

[Register Here](#)

MENTOR CORNER: A Mentee's Experience

I have been working in a mentor/mentee relationship since 2019. Over past months and during the pandemic, my mentor was a steady presence and a patient and observant guide. She put me at ease, so learning and growth could unfold.

In my last touch feedback session, it was suggested that we follow the Practical Exam and Self-Assessment Form. The brilliant idea gave both clarity and order to the session and provided me with a logical follow up and written study sheet.

The subtlety of Zero Balancing continues to amaze me. Working one-to-one gave me the chance to hone my skills in a safe, neutral environment. The mentor connection created comfort to ask questions and get feedback about protocol or concepts. Classes are great, but often learning occurs over time, questions arise, and being able to reference them in a meaningful way was part of my development. I was encouraged to write up my sessions, and from that platform, the discussion made a rich dialogue for both of us.

The positive feedback given was a conversation about trusting myself to find areas that call for fulcrums and being confident enough to put in fewer, rather

than more fulcrums! I appreciated the input on the application and delivery of fulcrums, their speed, structure, timing and pauses, and ultimately about the process of building fulcrums in the field. Besides fine-tuning the process, We went through the entire protocol together, and it allowed a sense of my working rhythm to emerge.

My comfort level, ease, and personal performance is enhanced because of working with a mentor. In my experience thus far, the donkey leaning in relationship between mentor and mentee is an integral part of the ZB program.

Pamela Altomare, CZB

[To connect with a mentor, contact the Mentor Committee](#)

ZB at a Farmer's Market

by Diane Bazin, Certified Mentor, Vermont

I had the pleasure of working side-by-side with another Certified ZBer at a farmers' market several years ago. One young gentleman sat on my table eager to know what Zero Balancing was. Not quite understanding what what it was he needed or what the frame was, he mentioned feeling disconnected, lost and lonely.

He dropped in easily and by the time I was doing the closing sequence, placing my hands on the back of his knees there was a serene calmness. It took him a bit to come around and when he sat up taking a deep cleansing breath, he looked into my eyes, and with tears he said, "When you held the back of my knees, the warmth felt like the deepest feeling. I had come home and it felt so peaceful." This has stayed with me all these years the power of what ZB can do for us.

Feature a Teacher



Refining Freely Moveable Joints - Online 9/24/2023

by Lisa Berger & Megan Lavery, ZBHA Faculty

The idea for this 3-hour class arose after recently co-teaching the in-person Freely Moveable Joints. We recognized that engaging with principles and practices following the class allows for greater confidence and embodiment. Our hope is that this class will deepen your embodiment of the concepts, skills and fulcrums taught in Freely Moveable Joints. The format will include student sharing, presentations, demonstrations and discussion, with ample time for questions.

If you haven't taken FMJ, you're welcome to attend to get an introduction of what to expect in the 4-day class.

Topics will include:

- Principles of evaluating these joints and creating fulcrums
- Addressing the foundation & semi-foundation joints of the limbs
- Bone palpation and bending
- The power of nestling fulcrums

[Register 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

"The more we learn about touch, the more we realize just how central it is in all aspects of our lives — cognitive, emotional, developmental, behavioral — from womb into old age."

Maria Konnikova



Zero Balancing Health Association | 1405 S. Fern St. , Suite 90510, Arlington, VA 22202

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