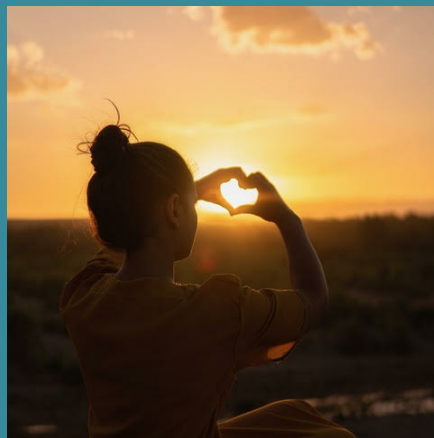




Happy February



ZB Transformation

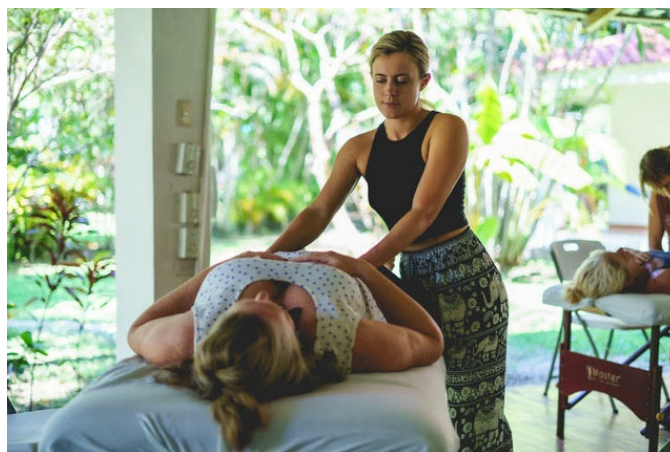


Photo by Bill Burden, Costa Rica School of Massage

Inspire yourself with a ZB class!

- 18 February - Third Sunday: Energy Follows Attention with Michele Doucette
- 3 March - First Sunday Virtual ZB with Michael Oruch
- 10 March - Power in the Therapeutic Relationship with Rebekah Harbour
- 4-10 May - Art of ZB in Joshua Tree, CA with Jim McCormick & Michael Oruch

and many other classes, in-person and online!

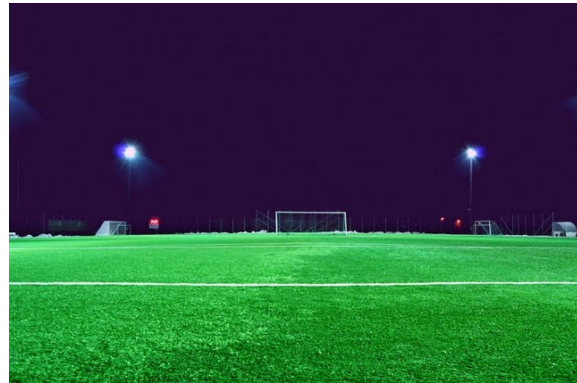
[View the Course Calendar](#)

A FIELD IS WHERE THE GAME IS PLAYED

By David Laden, ZBHA Faculty

As Zero Balancers we are aware of fields and consciously work with them. But what is a field?

One way to define a field is to say it is the way energy as vibration is structured in the body. It is energy (and thus consciousness) held in a certain shape and form that determines its behavior and potential. A field is consciousness in-formation. It is “where the game is played”.



You cannot play football on a baseball field because the shape of a baseball field determines only the behavior known as baseball. Conversely, you cannot play baseball on a football field or a basketball court because those field formations make possible only those particular games (behaviors). In other words, structures and behaviors are interactive and interdependent. So a field determines not only where the game is played but what game is able to be played.

What game are we as ZBers involved in when we talk about clearer, stronger, more organized fields? Why “the game of life” of course - the process of maturing spiritually - growing out of our limiting karmic, family and social conditioning while expanding our experience of inner peace, true happiness, our creative capacity and connectedness to all life.

This process of personal transformation depends on the reorganization of the subtle body of energy and consciousness towards greater alignment with our true nature as Spirit. ZB is designed to facilitate this process.

Zero Balancing helps align a person’s individual personal field with the Greater Universal Field that exists innately within. ZB helps to awaken the spiritual potential of a person by allowing weaker field structures to dissipate as the stronger more organized Greater Field is allowed room to present itself. As this unification process proceeds through life, it is a “game changer” - we grow happier, healthier and more loving.

Therefore Zero Balancing can be defined as a facilitated meditation that brings both receiver and practitioner into greater alignment with Spirit. In doing so it serves to help repair a world profoundly out of touch with reality. As ZBers we are privileged to be involved in a work that has been given to the world through Dr. Smith for this purpose.



Use the question below to create a post about ZB or your practice for social media. Include the hashtags #zerobalancing and #zbtouch

Describe the feeling of your first ZB session.

Courtesy of the Marketing Committee, Deanna Waggy, Sarah-Elizabeth Anderson and Sheila Palmer

Friends & Fulcrums

"AT ITS BEST,
MENTORING HOLDS
THE OPPORTUNITY
FOR A SACRED
RELATIONSHIP..."
Chris Allen

Mentor Corner

From Mentored to Mentoring

by Diane Bazin, Certified Mentor

After receiving my first Zero Balancing session, the desire to study ZB was deep in my bones. What I didn't realize was how lonely it could be without support. I wanted someone to hear my frustrations and to clarify differences between an evaluation and a fulcrum.

Lacking a full understanding of anatomy, I struggled through ZB I and II. I wondered where my hand placement should be. I was embarrassed to ask questions, as I felt everyone knew more than me. It was then that my first growing edge unfolded. "We are all learning something new, together."

When class ended, I felt disconnected from the community. Taking Forms and Fulcrums with Michael Oruch helped me connect to other ZBers and encouraged me to trust the protocol and myself.

As I moved forward with certification, I was assigned a mentor. What a relief! Leaning on a trusted guide during my journey relieved feelings of isolation and confusion. Guidance from my mentor encouraged me to believe in myself and inspired me to expand my perspectives.

Now, after completing the Mentor Advancement Program, I and 14 others are trained to mentor ZB students. A mentor will offer support by helping you understand all that you have to offer. You will have rich conversations together and gain clarity on what is working, what you need help with, and participate in hands-on sessions with positive, constructive feedback. Imagine how amazing it is to be heard, supported, encouraged and to hear the words, "I am proud of you," or "I knew you could do this."

Lean in with a mentor at the beginning of your ZB journey and onto certification. Together, you will make amazing things happen.

**CONNECT WITH A
MENTOR**

Feature a Teacher



My ZB Story

by Sarah-Elizabeth Anderson, MA, LMT, CZB and ZBHA Faculty

Part I – How ZB changed my practice.

In the summer of 2016 when I was having a hard time, an OT colleague said I needed a ZB session. I had no idea what to expect. I relaxed into the session and nearly fell asleep. I hadn't realized how much tension and anxiety was stored in my body. When the session was complete, I sat up and noticed that something was fundamentally different in my whole being. When I stood on my feet, they met the floor, and the floor met my feet. Most surprising was half of the anxiety and tension I'd been carrying had dropped away.

Looking at my colleague, I asked "Where can I learn more about Zero Balancing?"

Within two months of that session, I attended ZB I in Salem, MA with Amanda King. On returning to my office, I offered my clients three ZB sessions at a reduced rate so that I could practice the protocol and see what it could do to help them. One client returned for their second ZB saying how they felt reorganized inside themselves. They had returned home and chose to clean and reorganize their home, so the space felt better. This client went on to say they wanted nothing but ZB from me going forward.

Another client wrote: "After struggling for 15 years with back issues, I am pain free! Last spring, I took on overseeing a week of horse barn chores, which I

couldn't have imagined offering to do before I had ZB." ~ P. S.

My practice shifted from Massage Therapy and CranioSacral Therapy to Zero Balancing and Massage Therapy. The following year, I attended ZB II, Alchemy of Touch, and then ZB Mastery on Cape Cod. In 2018, Freely Moveable Joints, and Forms and Fulcrums rounded out my initial study of ZB. By April of 2018, I passed my exams and became a Certified Zero Balancer. *(to be continued...)*

[SHARE YOUR ZB STORY
HERE](#)

ZB Faculty Member and Acupuncturist Ty Romijn featured in Martha's Vineyard Times



[READ HERE](#)

ZB Classifieds



Donkey Wish List: ZB Classifieds

Get the word out to fellow ZBers about a special event, table for sale, and more! Create a free ZB classified ad for Interface.

Ad Guidelines:

- 35 words max
- Include a clear message or offer + accurate contact information.
- Must be submitted by the 15th for inclusion in following month.

- Send your Donkey Wish List Ad to Amanda King, Interface editor at amandamtzb@gmail.com
- The ZBHA is not responsible for the content of these notices.

**Submit Your
Ad**

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

“With ZB we have the opportunity to introduce a person to a deeper level of who they are.”

-Fritz Smith, MD



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

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