



Giving thanks for community!



ZB Transformation

Upcoming Special Events

19 November - Third Sunday: The Power of Stillness with Misty Rhoads

3 Dec - First Sunday Virtual ZB with Michael Oruch

26 January - ZB by the Sea in Mexico

—and many other classes around the US and Canada!

[View the Course Calendar
Here](#)



Join the Mentor Advancement Program in 2024

Would you like to deepen your ZB skills and community connections? Are you a Certified ZBer? This 6-month journey in a small group focused on ZB touch, mentoring skills and personal growth can build confidence, enrich your practice and forge new connections, while strengthening the field of Zero Balancing. The

program starts online in March and in person April 2024. **APPLICATIONS ARE DUE 1/15/2024.**

Hear from past graduates:

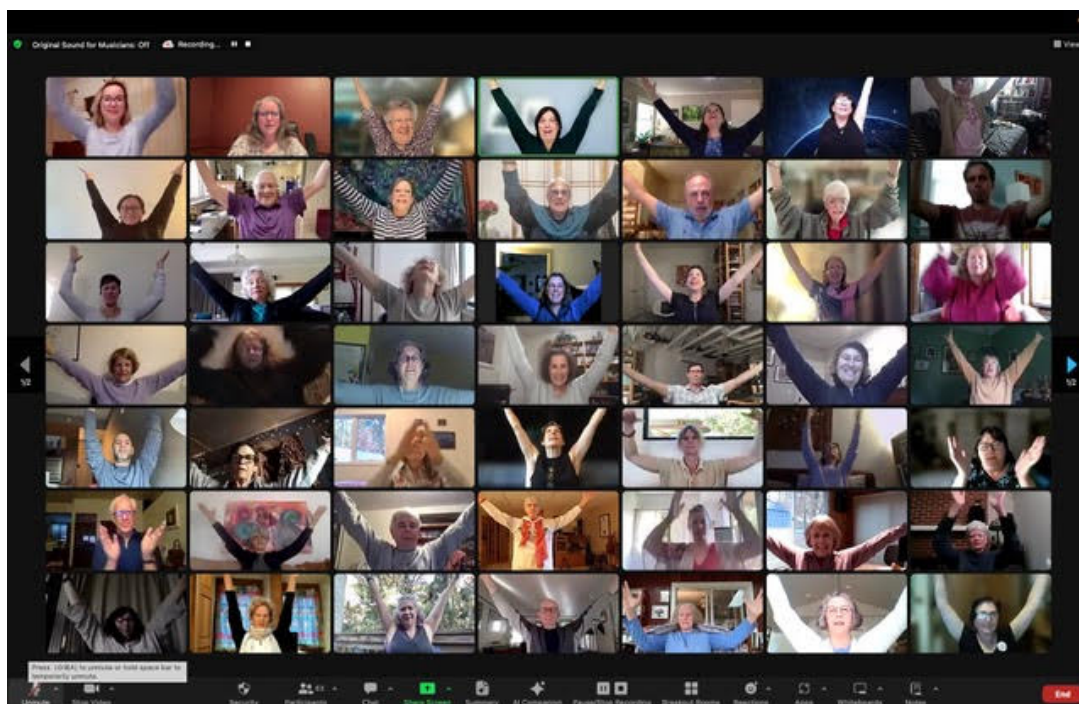
"This was a great experience for me to realize that asking for help and sharing

my uncertainties is not a burden on another person, and can be very elevating and inspiring." Kelley Kehoe, Certified Mentor, MAP graduate 2022.

"The mentor program was an important part of my ZB journey because I wanted to learn more about ZB, how to support others in learning ZB and cultivate the skills of offering feedback using the principles of ZB."
Sarah-Elizabeth Anderson, Certified Mentor, ZB faculty, MAP graduate 2021.

LEARN MORE

Friends & Fulcrums



Thank you for making ZBCB 2023 a huge success!

A heartfelt thank you to registrants, attendees and presenters of the 2023 Zero Balancing Community Benefit. It was wonderful to celebrate 50 Years of Passion and Practice together. For all registrants, look for the recordings and other materials in 'My Committees' in your ZBHA Member Portal. A deep bow of appreciation to our outstanding organizers Sheila Lukasiewich and Karen Senffner! A big shout out to expert tech support Sarah-Elizabeth Anderson and Carla Van Arnam.

Gratitude to Acting Board Secretaries Cyndy Shaw and Shirley Lynch, Certified Mentors

The ZBHA Board of Directors would like to acknowledge certified mentors Cyndy Shaw and Shirley Lynch for stepping into our board secretary role this summer while Jennifer Allen was on a leave of absence. Cyndy and Shirley, the board certainly appreciates your graceful

presence and service, and we enjoyed your company! Thank you.

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Michele, Megan, Clare, Jennifer, Cynthia



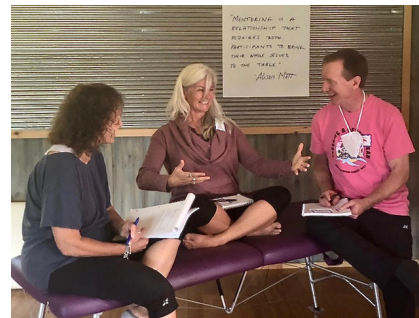
MENTOR CORNER

Mentor Training Strengthened Skills and Community

by Dan Sullivan, Certified Mentor

The mentor program allowed me to be more vulnerable about my skill level and get a variety of support to take my skills to the next level.

Eden, Michele Doucette's teaching space in Vermont, and Zoom provide great in-person and virtual space for developing bonds between donkeys and the MAP community as a whole.



Often when taking a ZB class there is this wonderful positive sense of community. Afterwards there can feel like a disconnect if you are isolated geographically. The relationships developed with MAP are deep, and the structures of the websites, committees, zoom and in-person travel allow for sustained community.

Now I'm much clearer in knowing the protocol and have received multiple in-person touch experiences to practice ZB calibrated closer to the "Middle C." In not trying so hard, in knowing the protocol, I'm able to practice with more ease, efficiently and effectively. This experience will continue to foster development of a lovely middle C touch for myself and those we mentor.

[FIND A ZB MENTOR](#)

ZB Client Testimonial

by Joanna Johnson,
ZBHA Faculty Member in Colorado

"The whole time I felt very cared for..."



Feature a Teacher



The Power of Stillness: The Pause Within the Practitioner with Misty Rhoads November 19 Third Sunday Open Forum • 3:50 PM - 5:00 PM ET

There is power in stillness and silence. Those who have mastered their craft have established a still point deep within themselves, a level of stillness that transcends all technique. The most powerful healing sessions I have experienced have been with practitioners that mastered the art of stillness and the internal pause. Come join us for a rich discussion in cultivating our stillness and leaning into the power of the internal pause.

[Register Here](#)



The Donkey Wish List Your ZB Classifieds

Need to get the word out to fellow ZBers about a special event, table for sale, or other item of interest? 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

"Everyone is looking for freedom, freedom to live their lives, to control their own destiny."

-Maya Angelou



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