



Happy 94th birthday to ZB Founder  
Dr. Fritz Smith on May 11



## ZB Transformation



### **ZB IS 50! (1973 to 2023 and beyond)**

A letter to the ZB community from Founder  
Dr. Fritz Smith

2023 is the 50th anniversary of Zero Balancing – our Golden Jubilee!!! It is a time of celebration and a time to give thanks to the hundreds of people who have made this possible – ZB Practitioners, ZB Teachers and Students, Committee Members, ZB Staff, Authors, Clients, and, of course, The Zero Balancing Touch Foundation, and our International ZB Associations. It is a time to give extra special recognition to those folks who have worn multiple hats during this time. ZB continues to prove its healing effectiveness and remains a springboard of creativity. With this 50-year history, the future of Zero Balancing looks very promising. I wish we could all be here for its 75th anniversary – the Sapphire Jubilee!!



Read the story of ZB founder Dr. Fritz Smith

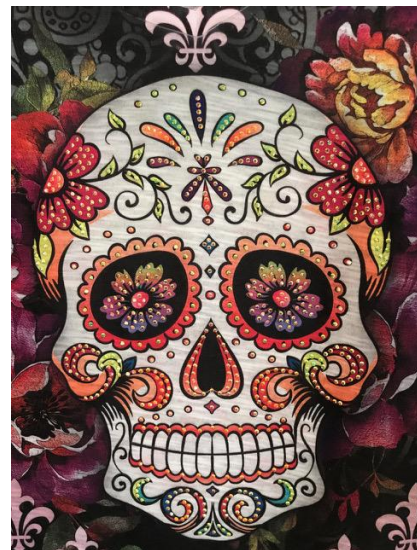
## Exciting Events

- 7 May - Virtual ZB with Michael Oruch
- 21 May - ZB as Facilitated Meditation with David Laden
- 3 June - The Extraordinary Occipital Bone with Judith Sullivan
- 4 June - Virtual ZB with Michael Oruch

Check Out the Full Course Calendar Here

**Free Online ZBX: Skull Taster** with Lisa Berger, Amanda King and Mary Murphy  
Wed. 24 May - 7:30 - 8:30 PM ET

Discover some of the exciting anatomy and touch skills you'll learn in a **Zero Balancing Expanded: Addressing the Skull** 4-day class. (formerly Secrets of the Skull). Meet the teachers, try a few powerful skull fulcrums, and get answers to your essential skull questions. There are two upcoming in-person Skull classes in August in S. Deerfield, Massachusetts and in September in South Bend, Indiana.



Register Here

## Friends & Fulcrums

### MENTOR CORNER

**Hearing Myself through Mentoring**  
by Chris Allen for the Mentor Committee

“It is so noisy, I can’t even hear myself think!”  
Have you ever experienced this? Does it



sometimes seem that your mind is that kind of noisy—full of chatter, of things to do, of confusion, of self-criticism? Too much going on to be present to what is actually going on?

So, what to do? Pause, take a breath, ground and center yourself—all useful for sure. Sometimes it helps to reach out to another person, someone who is fully present and listens deeply with curiosity and openness to you and your process.

I have had the opportunity to experience being listened to at Interface, without judgment or advice, during peer mentoring with my Certified ZB Mentor colleagues. I have explored my growing edges, emerging ideas, and confounding issues in the precious space they held for me. Clarifying questions helped me look more deeply onto myself. During this unfolding exploration, I actually heard myself in new ways, felt a deepening self-awareness, and experienced a sense of new solutions arising. And I realized the noisiness had dissipated, replaced by a quiet confidence.

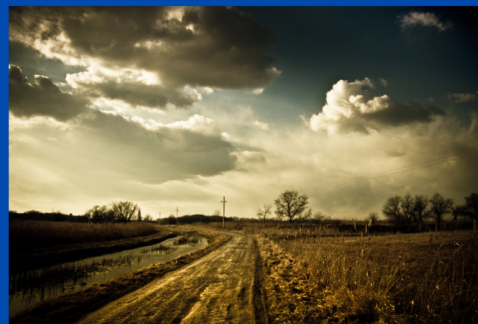
**Mentors offer an opportunity for a shift from too much noise to a space where increased clarity, insight, and resolution can emerge.**

To experience hearing yourself more deeply through mentoring, go to [zerobalancing.com](http://zerobalancing.com) and check the Practitioner Search, or email [ZBMentorCommittee@gmail.com](mailto:ZBMentorCommittee@gmail.com)

**Connect with a Certified Mentor**

The magic of Bones  
Connects Us to All that IS  
Bringing Us Homeward

~ Monika McCoy



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#zbaiku #zbtouch  
#ZeroBalancing

MM 2023

**LOOK FOR ZB HAIKU POEMS on social media**

For Fritz's birthday month of May, we will be honoring the founder of Zero Balancing by posting haikus and poetry about this amazing body-mind modality by practitioners and lovers of ZB. Happy birthday, Fritz!

## The Extraordinary Occipital Bone by Judith Sullivan

June 3, 12-3 PM ET • \$100

The occipital bone is one of the more important bones of the skull. It relates to several cranial nerves and the brainstem and is connected to most of the cranial bones and many muscles, especially muscles of the neck. Working with the occipital bone, you can find and release physical strain such as that caused by whiplash. We will review and enhance our skills with excellent ZB fulcrums for the occiput and learn new fulcrums taught in Zero Balancing Expanded: Addressing the Skull.



Judith Sullivan has over 40 years of experience helping adults, children and infants heal from many painful physical issues. Combining CranioSacral Therapy, Zero Balancing and Visceral Manipulation, Judith treats the whole mind/body matrix of each individual to correct imbalances and restore optimum homeostasis in the body. Judith is the author of Zero Balancing Expanded: The Attitude of Awaiting a Fish and creator of the Zero Balancing Expanded curriculum, ZB Kids and Fabulous Fulcrums.

**REGISTER  
NOW**

**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

"When you receive or study Zero Balancing, you run the risk of being yourself."

—Fritz Smith, MD, Zero Balancing founder



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