

# ZERO BALANCING:

## A REUNION OF THE BODY AND SOUL

*The process of Zero Balancing assumes that all sentient beings are two bodies: Structure or physical body and Energy or spiritual body. The body houses the soul and the soul animates the body. These bodies are reflections of one another. When either body gets disorganized through illness or injury or trauma, the effect is on the whole being.*



Dr.  
Fritz Smith

**“T**hat’s you, that’s you!” we hear a friend say on seeing us in a new hairstyle or dressed up for a special occasion. We hope for such confirmation when telling another about our plans and dreams. We meet a special someone and know we were made for each other. We speak of things fitting us, suiting us.

We trust such responses because they are immediate and spontaneous. They are based on a felt sense rather than a thought. Some one else has recognized our inner true self through an outer sign. Packaged in such encounters are

by Elliot Abhau,  
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elements of essential connection of Self-with-Other and Self-with-Self. If even for just a moment, a person has been acknowledged as being at one with their surroundings—and feels whole.

I have mentioned essential encounters that are communicated verbally and that touch our souls. Such experiences can also be communicated without words; though direct touch. One such way is a body work modality called Zero Balancing, whereby after a thirty-minute session, a person will get up from the mas-

sage table feeling more “at home.” One’s awareness is not of the practitioner or of the protocol but of feeling better about one’s self. Zero Balancing invites a person to “feel how good it feels to feel good.”

Celinda is a physical therapist who needed Continuing Education credits to meet her licensing requirements. A colleague had mentioned a Zero Balancing workshop being held near her home. Because she was not familiar with Zero Balancing, she received a demonstration session from one of the instructors the first day.

Celinda made it clear that she is serious about her career, dedicated to her spiritual path and committed to her two children.

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Her ten-month old son has a chronic condition that wakes him up crying several times a night. Celinda feels duty bound to get him back to sleep. Last night she heard him cry, woke calmly and took him to the kitchen where the two of them sang songs and ate pudding. Both then slept peacefully through the night.

Celinda said the universe had been known to give her a nudge to lighten up. The zero balancing session had been such a nudge. The circumstances were the same but her choices were now different. Rather than further distress, Celinda and her son found comfort together.



Elliot Abhau Zero Balancing Cougar

Cougar is a steeplechase horse with tremendous talent, but is difficult for the exercise rider to handle and wears himself out. His talent and promise have never been realized. The owner, barn manager and trainer were all present for his first Zero Balancing session. They warned us that we would probably be kicked and bitten because he didn't like being touched. We listened to their concern but had no difficulty. His tension and apprehension lessened as we worked. The exercise rider did not know anything had happened and commented on how easy he was to ride the next day. A week later Cougar was looking down the barn aisle and called out. By the third session, he wanted fifteen minutes of affection before we started. The following weekend he was barely nosed out as the winner of one of the season's biggest

races. The jockey couldn't believe how well he had run. No fussing, never a wrong step, no wasted energy, and every jump perfection.

Fred is a massage student. Intrigued by the invitation for a complimentary mini-ZB at the National Zero Balancing Conference, he signed up and was subsequently amazed as to how much better he felt. At first he didn't know what had changed, then he realized what the change was: he didn't feel angry. Anger had become his, unconscious identity. Its absence made him aware. He even tried getting angry but couldn't. Fred was free again.

As different as these three stories are, they share a common factor: Unplanned for and unexpected outcomes. One's best self had come forward to negotiate familiar territory in an unfamiliar way. The results came without apparent effort or concern.

I find Cougar's success the most telling. He was neither conscious of being treated nor of a relationship between the sessions and the race. Cougar could run better because his mind and body felt better and worked together naturally.

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Zero Balancing is based on the principles of Osteopathy (the alignment of bones) and Acupuncture (the flow of chi through meridians). Its practice is to touch both the structural body and the energy body simultaneously and consciously. The protocol always addresses the whole body rather than any part.

Repeated fingertip contact made primarily on bone creates a stillpoint around which disorganized tissue may re-balance itself. The work must feel good or hurt good—never hurt bad. The purpose is to invite change—never insist or over-

ride. Like Celinda, we may work too hard to do "the right thing." Like Cougar, we may feel out of sorts and have no way to ask for help. Like Fred, we may find a short term strategy has become a habit that interferes with living well.

We can't stop the world or start our lives over. When things go well we don't want to anyway. Perhaps all we need is a little time out. The offer of Zero Balancing is the feeling of neutrality so we can start renewed.

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*Line drawing is used with permission of artist, ZB Faculty member Gina Michael Philadelphia.*

*Elliot with horse photo used with permission Richard H. Smith of Rockville, taken from video on Zero Balancing for his Montage Public Access Television Series on Body V Modalities.*

*Black & white photograph is used with permission of ZB Faculty Member Giovanni Pescetto. They see of Dr. Fritz Smith treating I Abhau.*

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A web page is in the works!

In the meantime, go to:  
[http://www.wholeliving.com/Ads2/WWW2\\_018270/zerobal.html](http://www.wholeliving.com/Ads2/WWW2_018270/zerobal.html)

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