



## **INTERFACE**

### **December 2019**

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**NEW BOOK!**  
**Zero Balancing & Transformation**  
by Jim McCormick

ZB faculty member Jim McCormick's new book is now available in PDF version.

The book begins with two case histories without a lot of theory, to let the reader dive right into the



*ZERO BALANCING AND  
TRANSFORMATION*

BY

JAMES McCORMICK

experience of Zero Balancing. Each chapter in Part One describes one of the basic principles of Zero Balancing and illustrates that principle through one or more case studies of Zero Balancing sessions. Part Two is a more general discussion of healing principles that are widely applicable beyond Zero Balancing, also illustrated by appropriate ZB case studies. Part Three is a description of a series of ZB sessions with the same person, in order to give a better idea of how ZB works over time. These sessions began in response to a physical need, but led to a transformation of a much deeper sort.

Part Four is a write-up by the receiver of a ZB followed by Jim's comments on the same session.

The book can be valuable both to Zero Balancers, to expand ideas of how ZB can affect clients, and to the general public, both for a greater understanding of the power of Zero Balancing and for the value of personal transformation in whatever form it comes.

If you would like to order a PDF copy of the book please complete the form linked [here](#). The cost is \$15. All PDF copies will be delivered via the email address you provide. Payments will be accepted in the form of Venmo payment, check, Paypal, or phone-in credit card order. Specific details are available on the order form.

## 17th ZBHA Annual Benefit May 1 – 3, 2020

Remember to mark your calendar to attend the 2020 ZBHA Annual Benefit! Our 17th Benefit will be held at the Claggett Center near Frederick, Maryland from Friday May 1st through Sunday May 3rd.

The theme of this year's benefit is "*Transformation Through Enhanced Touch.*"

Information on presentation topics, speakers and registration details coming soon!

## Music and Zero Balancing by Tom Gentile

Both practices require and engender a deep listening. In ZB we listen through the bones of our fingers and connect from the bones

of our feet. Ears (sound) and bones are both aspects of the Water element in Chinese thinking -- as are flow and power and reaching into the unknown. And like a great jazz musician riffs within a thematic song composition, a good ZBer improvises within the ZB protocol. Both involve unhampered movement and clearly defined structure. Both explore the unknown. Both induce extraordinary states of consciousness. And making good music and giving good ZBs also gives rise to and in fact requires a deeper connection to the source of who we are. What great gifts!



## Building Bridges: Community-Building Calls with Katie Chase

Are you a Zero Balancer who wants to connect with other Zero Balancers? Building Bridges with ZB is an ongoing series of talks via the online Zoom platform that lets us come to the Blue Line from the comfort of our homes (or wherever we choose to be) so together we can build community and skills that serve our lives and this work. Each call dives into a specific topic.



Information on how to connect is sent with your registration and we record each call and send a copy to everyone who has registered, in case you don't make the live call. Also, its FREE!

Pre-requisite: Zero Balancing I.

[Click here to sign up via Katie's website.](#)

## 2020 ZBHA Abundance Raffle February 17 – April 2, 2020



The 2020 ZBHA Abundance Raffle will be held starting February 17, 2020 with the drawing held on Thursday, April 2nd.

Check the ZBHA website starting February 17th to purchase tickets for some fabulous prizes including

- tuition for ZB by the Sea (*January 2020*)
- tuition for the 17th Annual Benefit (*May 2020*)
- tuition for the Art of ZB (*August 2020*)

# Oakworks ZB Tables

Two custom tables, made especially for ZBers, are now available through Oakworks. Both tables offer durability, narrow width, adjustable height and lighter weight. Toughflex Fabric and Firm Response foam are added features for ease of working during Zero Balancing sessions. Tables can be purchased in royal blue or black and accessories are also available.



## Custom ZB Portable Manipulation Table

Aluminum frame; Toughflex fabric (royal blue or black) & Firm Response Foam  
27" wide and 25lbs. *Price: \$593*

## Custom ZB Aurora Model Table

Wood frame; Toughflex fabric (royal blue or black) & Firm Response Foam  
24" wide and 23lbs. *Price \$490*

***Certified Zero Balancers and Certification Candidates receive a 10% discount on purchases. Call the ZBHA office @ 410-381-3956 to order or***

*For additional details, [click here to go to the ZBHA store.](#)*

## Let's Keep in Touch!

Have you moved or changed your email? If so, remember to let us know! The Zero Balancing Health Association wants to stay in touch with you. You can email changes to us at [zbha@zerobalancing.com](mailto:zbha@zerobalancing.com) or you can go to the ZBHA website and complete the form by clicking on "let's connect" below.

*Let's Connect!*

## Newly Certified Zero Balancers

**CONGRATULATIONS!**

*Nora Aswad, Barrington, RI*

*Kelly Bonanni, Austin, TX*

*Cori Kresge, New York, NY*

*Sharon Milanese, Brooklyn, NY*

*Rhonda Salvo, Norton, MA*

# Happy Holidays from ZBHA



**Our office will be open the following hours during the holidays:**

Open Monday, 12/23/19, 9am–4pm  
Closed 12/24 – 12/29/19  
Open Monday, 12/30/19, 9am–4pm  
Closed 12/31 – 1/1/20  
Resume regular hours, Thursday  
1/2/20, 9am–4pm

*Happy Holidays from  
Cindi, Lee, and Lynda*

Zero Balancing Health Association  
8640 Guilford Road  
Suite 224  
Columbia, MD 21046

Email: [zbha@zerobalancing.com](mailto:zbha@zerobalancing.com)  
Phone: 410-381-8956  
Office Hours: M, T 9AM - 5PM  
W, Th 9AM - 4PM

