

# Interface...

The Newsletter of the Zero Balancing Health Association



SUMMER 2005 Cindi Pridgen, Editor

The mission of the Zero Balancing Health Association is to promote health in the world using touch to integrate energy and structure.



HOWARD EVANS

Zanna Heighton and Pam Geggus from the UK captured our hearts with their rendition of "Fulcrums are a Girl's Best Friend".

## The Boston ZB Benefit and Conference

by Zanna Heighton

*Zanna Heighton lives in the United Kingdom, is a ZB teacher and practitioner, secretary of the Zero Balancing Association, UK, editor of the ZBAUK newsletter "Donkey Press", and a torch singer of the first magnitude. Zanna traveled to the conference in Boston and was kind enough to allow ZBHA to reprint her impressions here.*

One of the reasons that Donkey Press is a little late is because your editor went to America in early June to attend the ZBHA Benefit and Conference. Whilst guilt did flavour my journey to the airport, I let go of it as soon as I arrived because it was such a great occasion it would have been remiss of me NOT to be there. Volunteer members of the ZBHA had organized everything to make it look as if they'd been in the conference business all their lives. Linda Wobeskya headed a fantastic team. She is a member of the American faculty with a gift for organization. Everything

See **CONFERENCE** on page 3

## ZB Conference Recordings Available

If you didn't get the chance to attend the conference or if you'd like a refresher of something you did attend, you can order cassette tapes or CD's of keynote addresses and breakout sessions. For a detailed listing of available recordings contact the ZBHA office. We will be happy to regular mail or email you the full listing including prices and an order form. Orders will be processed by **Prasad Hutter**, whom we would like to thank for successfully handling the recording.



## ZB Conference and Benefit Thanks

So many people made the conference and benefit a success and ZBHA wants to express its appreciation to all of them. In particular we would like to thank **Katie Keane, Ty Romijn, Anna Scire, Verilee Herpich, Michele Doucette, Chuck Ruland, Sue Larkin, Amanda and Peter King, Todd Fairchild, Prasad Hutter, Jim McCormick, Mary Catherine Conger, Aimee Ferguson, Michael Oruch, Karen Gabler, Heidi Johnson, Lauren Proe, Sally Sise, and Camille Swanson.**

A special and HUGE thank you to Conference Coordinator **Linda Wobeskya** who did a tremendous job and put in countless hours to make the conference the success that it was.

Thank you to **Fritz Smith** and the **ZB faculty** who volunteered their time to participate in the "Touching the Bodymind through Zero Balancing" class.

Thank you to **Zero Balancers** who volunteered their time to offer a ZB session with the proceeds going to ZBHA.

See **THANKS** on page 6

# Changes at the ZBHA

As most of you know there has been a recent personnel change at the Association office. Matt Salyers, Office Manager for the past three years, left to move back home to Ohio. Before he had even officially left Matt and his wife Jane had purchased a new home (at an astonishingly low price that made those of us on the East and West Coasts weep!) and Jane had landed a job teaching school at the elementary school where she herself attended. Matt contributed to a significant growth period of the ZBHA and earned a permanent place in the ZB family. On behalf of the ZBHA Director, the ZB Board and the ZB faculty – a huge thank you to Matt for his dedication and hard work; and best wishes for a successful next part of

the journey!

Kara McCourt-Skeberdis is the new Office Manager at the ZBHA. She is



Kara McCourt-Skeberdis looks this relaxed everyday as she learns her duties as the new Office Manager at ZBHA.

warm, personable and is familiar with many of the issues we deal with in the office, i.e. classes, scheduling, certification, etc. Kara is also a bodyworker and will maintain a small private practice (massage and shiatsu) in addition to working at the ZBHA office. ZB is very fortunate in having Kara join the staff. She is already a great asset to Zero Balancing!

## Office hours are:

Monday and Tuesday  
9AM-5PM

Wednesday and Thursday  
9AM-4PM

Friday  
9AM-2PM

## Fritz Smith Interview Available

Charles (Chuck) Ruland, a ZB faculty member, recently completed a DVD collection of 2004 interviews with Fritz Smith. Tom Jerome, another ZB faculty member, spent several days speaking with Fritz about Zero Balancing and related topics. The result is a three DVD set that covers topics including the beginning of ZB, influences and turning points, early days at Esalen Institute, compassion and healing, the future of ZB and much more. Aminah Raheem is also featured in the interviews.

The DVD set sold out at the recent ZB Conference but can still be ordered from the ZBHA. The cost is \$70 plus \$5 shipping and handling. Chuck Ruland has graciously offered to donate forty percent of all proceeds to support the ZBHA, for which we say a big thank you! Payment can be made via cash, check, Mastercard or VISA. Questions about the DVD content can be addressed to Chuck Ruland at [zber@hotmail.com](mailto:zber@hotmail.com).

## New Fritz Smith Book Available Soon



*The Alchemy of Touch*, the second book by Fritz Smith, will be published in the Fall of 2005. In this book Fritz uses the “lens” of Zero Balancing to help practitioners move toward mastery in energy-based bodywork. Rather than a procedural manual, *The Alchemy of Touch* is a guide to the universal principles of using touch to heal and enable ourselves and others.

The book begins with a fascinating description of Fritz’s own spiritual journey and awakening to the power of spirit and the benefit of touch. By sharing his personal journey he establishes a foundation that invites the reader into a deeper exploration of touch and healing. The deeper exploration takes the form of seven ZB sessions reported in two coordinating ways, first as the objective description of the session by experienced practitioners and observers, next as subjective impressions of the recipient. Each of the seven chapters is interspersed with Fritz’s expert observations about bodywork. Long awaited by ZB practitioners, and of infinite value to anyone who works with energy and the human body, this work is a most welcome contribution to the literature in the field.

## Special Offer:

Order from Redwing Book Company by September 30th and receive a 10% discount and free shipping. In the future the book will be available through the ZBHA office. Redwing Books: order by phone 800-873-3946 or online at [www.redwingbooks.com](http://www.redwingbooks.com)

**CONFERENCE** continued from Front Cover



HOWARD EVANS

Conference Coordinator Linda Wobeskya smiles knowing her hard work paid off. Or is she just thinking about having a few days off???

was lovely, from the board posters that gave all the information necessary for delegates to be at the right place at the right time, to the fabulous shop of books and ZB artifacts, to the four keynote speakers who made us feel proud to be in the business of bodywork.

Herbert Benson M.D. is one of the pioneers of mind/body medicine. As a graduate of the Harvard Medical School he was on professionally precarious ground when he became interested in the possible causes of stress in the '60's. Against the advice of his peers he studied the effects of Transcendental Meditation on some of its practitioners, then considered the amazingly peaceful results until he understood what lay beneath: repetition and breath. So cheap, and so much against the establishment of the pharmaceutical industry.

Emilie Conrad is another pioneer. She has a unique understanding of the role of the fluids in the body and their relationship to movement on one hand, and to our connectedness to the universe on the other. She says that even bone can be reminded of its fluidity. It is the

most exciting thing I've heard since first hearing Fritz talk about energy and structure back in 1982. She is such an engaging speaker, with more energy and sense of fun at age 70 than most 20-year-olds. She led a workshop in the breakout sessions where we experimented with sound and movement with such impactful results that most of us attending were smiling the biggest smiles you've ever seen for sometime afterwards. Her website is [www.continuummovement.com](http://www.continuummovement.com)

John Hamwee talked to us about attention. It was a rich and illuminating mixture of his own experiences and quotes from literature and spiritual leaders alike. On meditation retreats he practices bare attention of the Be Here Now kind, which is a marvelous exercise for Zero Balancers. You can do it any time, but it comes easier with support from an understanding teacher. John co-teaches a ZB skills course with Howard Evans in Maine which includes plenty of meditation time. Check the ZBHA website for details.

It is inspiring and moving to see and hear Dr. Fritz Smith addressing a large group of people about the subject dearest to his heart: the ability of touch to induce a quiet mind, and allow us to dwell in peace in our own bodies. This is surely the greatest gift that can be accepted. The fact that he enables us to give it as well as receive it makes us twice blessed.

During the two days before the conference was a Benefit, with proceeds from the teaching going to the ZBHA. Delegates could pay for tutoring with faculty and for ZB sessions from faculty and certified ZBers, and the money went to the ZBHA. It felt like everybody won, even if they didn't win any of the fabulous prizes offered in the raffle.

Karlie, Pam and Alan ( Karlie Beare, Pam Geggus and Alan Hext, all ZBAUK faculty) all presented breakout sessions

which were very popular and well attended. Pam and I did a reprise of our class act "Fulcrums are a Girls Best Friend" by popular demand and to gratifying effect! [see photo, pg 1] It could be the last time, unless popular demand dictates otherwise some time in the future.

We four visitors from the ZBAUK were made very welcome indeed, and felt a strong and special connection with the lovely people that are the members of the ZBHA.



HOWARD EVANS

Dr. Herbert Benson kept the crowd interested and entertained with tales of his own journey and of the Mind/Body Medical Institute in Boston.



HOWARD EVANS

Fritz Smith offers newly certified ZBers a congratulatory half-moon.

## Core ZB II Off to a Successful Start!

The feedback from both students and teachers of the material in the new Core ZB II has been quite positive. Below are quotes from both groups about their experience:

*The Core II class was wonderful throughout. The first day was exciting and the rest just flowed with ease and great learning for us all. I love the opportunity to work with advancing students as well as those new to ZB. I think it's a tremendous advantage to have Core II! So much was more finely tuned and having the increased time for framing and feedback was amazing - the feedback comfort expanded daily for folks. It seems that framing and feedback will serve to speed learning of what the donkey relationship is and interface as well....in ZB, in life. Yeah!*

—Verilee Herpich, ZB Instructor

*This class is an excellent way to deepen ZB skills for a new student like myself. It allowed me to learn more about the basic fulcrums and fine tune my ability to give fulcrums successfully and with deeper intention. It is also an opportunity to work alongside people with ZB experience which allows for wonderful feedback.*

—Camille Swanson, ZB Student

## “Read the Blue Line on the Wall”

*How our seemingly simple blue line diagram can open many doors to educate clients and the public about Zero Balancing.*

*by Sean Lynch, D.C.*

*Sean is a ZB faculty member who practices chiropractic, acupuncture and ZB in St. Louis, Missouri.*

Peers and students often ask me how do I introduce ZB to my clients. I have tried our flyers and some of the desktop promotional material with some success but recently found something that has worked over 95% of the time. This little gem is a framed picture of the Blue Line Diagram.

Without fail, virtually every person who comes in my office will ask about the picture. It is simply hung in a brushed metal frame, done on clean white paper. “That looks like it means something”, “Ok, tell me about the picture on the wall”, or simply, “I really like your new picture.” These are great openings to tell people it is a schematic diagram reminding me of how to touch them. The swoop is the looseness in our body that we have to take out so my touch is comfortable and clear. The Blue Line means we are at a point to do significant work with you and the Box is the area that gives us flexibility to

custom fit your session to you and that particular day. The big zig zags on the right represents if we do too much or get into an area that hurts, hence why we say everything should feel good or hurt good.

This simple explanation seems to make good sense with most folks and they get more out of their ZB or are now interested in trying one. I oftentimes then try to give them another example of how it represents things in our daily life. A musical instrument has to have just enough tension in the reed or strings for the notes to be in tune. Then with slight changes in pressure we can make high notes, lower notes, quick or long notes. If played too hard the notes don't sound good or are too loud to appreciate.

In repeating this explanation daily, not only have more folks been exposed to ZB and its possibilities, but I have a deeper understanding of how The Blue Line truly guides my ZB's. I hope that this serves each of you out there in ZB-Land well and brings you personal insight of how to stay engaged, at interface, in all you do and all you are.

## New ZB Products!

The ZBHA has new products for sale! In conjunction with the Conference a new line of products was developed. The ZBHA would like to thank **Mary Catherine Conger** for her hard work on making this happen. Until you do it you'd never believe how many colors there are for T-shirts!

More details and pictures of the new products can be found on the ZB website, [www.zerobalancing.com](http://www.zerobalancing.com)

**ZB Canvas Tote Bags** – a beautiful replica of the lotus blossom design created for the 2005 Conference with the words “ZERO BALANCING – Bridging the mind and body through touch”. (The word “conference” and the dates are not on the tote bag, so it is not an “event specific item”). \$10

**New T-Shirt Designs!** – Donkey Lean, Energy Body and the Blue Line. \$18-\$20

**ZB Mugs** – blue design on a white ceramic mug. \$7 each, \$6 for two or more.



Other items still available: ZB Fulcrum Necklace, The Energy of Structure T-shirt and the Bridging the Mind and Body Through Touch brochures.

# ZB at Upcoming AMTA National Convention

Zero Balancing will again have an exhibit booth at the American Massage Therapy Association National Convention to be held September 21 - 24, 2005 in Albuquerque, New Mexico. This is an ideal way to expose more healing arts

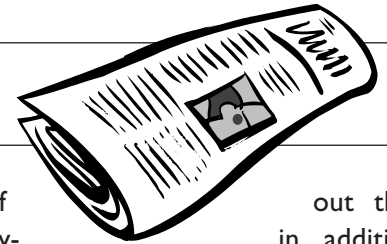
practitioners to ZB. If any ZBers are going to be there and want to volunteer at the booth and have great fun offering mini-ZB sessions and interfacing with other ZBers, please contact John Franklin at 434-426-8612. ZB faculty

members **Megan Lavery, John Franklin and Verilee Herpich** have graciously volunteered their time to head up this exciting effort!

---

## ZBers in the News

---



Zero Balancing was represented at this year's **Florida State Massage Therapy Association Convention** held at the Boca Raton Resort in Boca Raton, Florida. One of the largest professional MT state groups in the country, the FSMTA hosted a remarkable program of classes and very large group of exhibitors. **Mary Murphy**, as an Upledger Institute-sponsored presenter, gave a 3-hour Introduction to Zero Balancing to a class of 26 students. The response was enthusiastic and many of the therapists requested information on classes and certification. After class, Mary demonstrated 12 short ZB sessions at the Upledger booth on therapists from the class and others stopping by to have a chance to experience some ZB touch. Eighteen more ZB sessions were given on the previous day at the Oakworks table booth where Mary used an Oakworks ZB table to demonstrate on therapists visiting the conference. It was good exposure at a very large event which will be an empowering fulcrum into

the massage therapy community in Florida.

The inaugural meeting of the **Northern California ZB Study Group** was held April 30th, 2005. On a beautiful, sunny Saturday afternoon, the first meeting of the Northern California ZB study group took place at the home of Annette Hulse and Dick Fancher in Los Altos. The ZBers in attendance included Mary Kay Kinsella, Donna Cerio, Irma Lynn, Laurie Cahoon, Karen Senffner, Hau Thi Long, Joey Smith and our hosts, Annette and Dick. After a meeting discussing and identifying the group's intentions, we swapped ZB's and celebrated with wonderful food and drink. We are grateful to Annette and Dick for getting the energy moving in Northern California. The group set a goal of meeting 4 to 6 times a year. Our next meeting date is Saturday October 8th in Burlingame, hosted by Karen Senffner. All are welcome! If you are interested in attending, Annette and Dick can be reached at 650-960-3485 and Karen can be reached at 415-305-2303.

**Morgan Rivers** of Iowa sent in the following good news about massage therapy CEU's and ZB: "Thanks to the work of a lot of people locally and nationally, ZB has been approved for CEU's for LMT's for the past 6 years. Now Iowa is going to a category system much like the NCBTMB. Twelve hours **have** to be taken from Category A, twelve can be from Category A or B and Category C is unacceptable. ZB was first listed in Category B. Thanks to a lobbying effort, the new rules were passed with ZB in Category A."

ZB faculty member **Elliot Abhau** submitted the following tidbit: An article by Jenny Hogan entitled **BODY FINE-TUNING** appears in the June 2005 issue of **Les Nouvelles Esthetiques**, a glossy spa magazine. The subtitle of the article is "A Look at Zero Balancing" and it is wonderfully written. I had been interviewed by Jenny via telephone last fall where I work at About Faces Day Spa near Baltimore, MD. She was very interested in Zero Balancing and I later found

out that in addition to her marketing job, she is also a massage therapist. I invited her to be my guest for the CORE I class I taught in January 2005 at AKS Massage School in Herndon, VA. She was a delightful and brilliant student who is also quite a photographer (to my surprise her photos from that class are published in the article). The spa's owner excitedly showed me a copy of the article that the magazine had sent her. She suddenly (after 7 years) wanted to know everything about Zero Balancing. The next week one of the aestheticisms (a French woman) brought her copy in to show everyone creating even more excitement. It sounded even better with a French accent than the owner's German accent! The staff all know ZB well as they have all been in from time to time for a session or a half-moon-to-go. Maybe the owner will want one now, too!

# Soul Lightning – New Publication by Aminah Raheem

*Soul Lightning: Awakening Soul Consciousness*  
by Aminah Raheem, Ph.D.

Through stories of the earliest childhood soul signs, and anecdotes about adult investigations and healings, Aminah takes us inside the images, feelings and even the bewilderment of soul lightning as she describes her own soul journey and the life work that evolved from it. She tells of emerging from the cocoon of conditioning that obscures the inner light to claim soul destiny, with its wondrous realms of inspiration and hope. Through her writing we find models we can apply to our own lives that demonstrate how to complete the past and create a new life woven from the stuff of our own souls. Her stories confirm that we, too, have had soul lightnings that can lead to soul consciousness. This book helps us to move more confidently along our own soul journeys. Soul Lightning contains essential information for anyone seeking inner wisdom and peace.

Soft Back Book: \$22.95 Available through Soul Lightening International at (650) 961-8025 or [SoulLightening@aol.com](mailto:SoulLightening@aol.com)

## *New ZB Class!* **Connecting Heaven and Earth: ZB & the Chakras**

Connecting Heaven and Earth: ZB and the Chakras is a new class that will explore this system, including experiential exercises to help access your own chakras. Since practitioners work with the Universal Flow of energy in a basic ZB, any session will therefore have some effect on the chakras. This is one of the reasons that ZB has always addressed the spirit and not just the body and mind. In this workshop, students will look more specifically at working with each chakra, with individualized chakra fulcrums, with the issues and powers inherent in each one, and when one might be called to address a particular chakra: i.e. how the frame of a session might lead you to the heart chakra. Core Zero Balancing I and II are prerequisites for this class.

Connecting Heaven and Earth is being offered in Baltimore, Maryland April 20-23, 2006. For more information or questions contact Bob Brown at [zbbob@aol.com](mailto:zbbob@aol.com) or 410-235-2998.

**THANKS** continued from Page 1

Thanks to all those who donated items and services to the raffle. The raffle raised over \$3500!

Finally, to anyone not named above who loaded or unloaded a vehicle, schlepped stuff, ran to the store, made copies, or otherwise helped the ZB Conference run smoothly – muchos gracias!!

---

## **The Gift of Zero Balancing: It's Many Worlds and Miracles**

*a poem by Steven Mayber*

*Steven Mayber is a long time student and certified practitioner of ZB living in Deerfield, Illinois.*

This evening, I gifted my beautiful  
11-year daughter with a 15 minute ZB.  
Once, or twice a week we frame a clear intention.  
Often she says: "I want to be happy, and ready for anything..."  
Usually it is 5-7 minutes, her vibrant energy field is always open,  
integrating energy and structure instantly,  
as she has, since she was 4 years old.

Her "Mini-ZB's" have always been a special experience.  
It's so funny when she says:  
"Daddy, just a little more to the right side,  
there you go... that's the point!"

She knows the protocol,  
and is aware of the holding patterns in her body...so nice!  
My experience in Zero Balancing's unique touch does the walking,  
and her awareness does the talking.

We create miracles in our loving, and healing.  
My spiritually aware daughter, and I  
build this beautiful structure and foundation  
in this very moment, and in the future.

Clearly, Danielle and I  
have always known this special relationship,  
and are so grateful for the beauty  
of Zero Balancing in our lives.

You have given us both, the opportunity  
to embrace life in the fullest way.

Zero Balancing is the most remarkable gift package,  
waiting for so many others,  
to Open...

# The “ZB” of Physics – Part I, Newtonian Physics

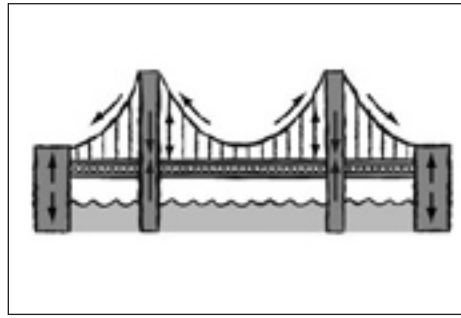
by Annette Hulse

Annette Hulse is a certified ZBer and massage therapist in Los Altos, California.

When learning about Zero Balancing and trying to understand the theories and ideas that underlie it, I looked to my previous experience and knowledge to help me understand my new learnings. I have always found that I can understand things better when I draw an analogy to something I already know. Although the analogy will not always hold, in my experience I often learn important subtleties about the new subject via illuminations from my analogy. Since I am an engineer, in this case I looked to the rules that govern how objects behave in the physical world as my guide. This paper examines ZB in the realm of Newtonian physics – the laws of science that deal with **structure**. My second essay examines ZB in the world of **energy** – the physics of electricity and magnetism.

## I. Structure Follows the Flow of Energy

The first analogy that I found for ZB is that of a suspension bridge. Suspension bridges have an unusual characteristic in the world of structural engineering. The cables that make up the superstructure of the bridge can only carry tensile forces. Other solids can transmit both tension (pulling) and compression (pushing together); bending an I-beam, for example, creates tension on the top and compression on the bottom. Cables, however, cannot transmit compressive forces (hence the saying “you can’t push a string”) and therefore also cannot transmit bending forces. One result of this is that structure of a cable in a suspension bridge exactly conforms to the forces (or, if you will, the “flow of energy”) in it, as shown in Figure 1 below.



**Figure 1.** Structure Follows the Flow of Energy in a Suspension Bridge

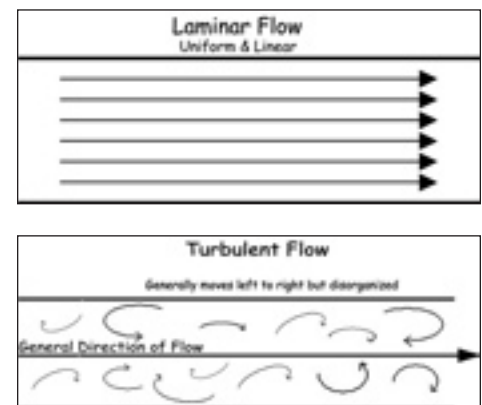
I believe we see this phenomenon in ZB all the time. A good example is in working the upper thoracic region. I have often had clients comment on how the ZB was as good as seeing a chiropractor. The chiropractor physically moves the structure (“re-aligns”). In contrast, during a ZB, we help the energy flow re-align itself, and then the structure naturally follows.

Another interesting observation about suspension bridges is applicable to ZB. The structure that is created by the energy flows is very illuminating. The main cable (across the top) takes all of the weight of the bridge (including the deck, passengers, cargo, etc.), and carries it to the sides, where the cable is anchored in the ground (almost literally “grounding” it). Under a uniform flow, this cable will always take on the shape of a parabola (a curve), thereby nicely demonstrating that, indeed, energy does flow in a curved shape (see Figure 1).

## II. The Flow of Energy Follows Structure

My favorite analogy in ZB is to use the flow of water to help me understand the flow of energy in the body. In fluid dynamics, we describe fluid flow (like water) as being either “laminar” or “turbulent”. Laminar flow is very even, and

in straight lines; turbulent flow, on the other hand, is chaotic and disorganized (see Figure 2). One of the primary determinants of whether flow is laminar or turbulent is the structure of the channel in which the water is flowing. Water flowing in a wide, slow-moving river (e.g., the Mississippi near New Orleans) is more likely to have laminar flow characteristics. On the other hand, water in a rocky creek bed, especially where the water depth is not that much greater than the larger protrusions (rocks that are sticking up) will be very turbulent. In this case, the structure will actually determine how the energy flows.



**Figure 2.** Laminar vs. Turbulent Flow

The human body rarely has “on/off” states; we do not say that a hip either rotates completely or doesn’t rotate at all. Rather, we evaluate the quality of movement, which is widely varying. Likewise, the flow of water is not just a binary state (“laminar” or “turbulent”); there are an infinite number of variations between the two extremes. The degree of “turbulence” is characterized by a parameter we call the “Reynolds Number.” The Reynolds Number can range from less than 1 to greater than 10000. Flow with a Reynolds number less than 2300 is classified as laminar, and flow with a

**See PHYSICS on back cover**

## Congratulations Recently Certified ZBers!

**Johanna Alper**

Boulder, CO

**Cara Counter**

Oakland, CA

**Kimberlie A. Davis**

Avondale Estates, GA

**David Grace**

Columbia, MD

**Claire Hadley-Davis**

Topanga, CA

**Janet Jacobs**

Boulder, CO

**Kris Judkins**

Columbia, MD

**Barbara Jean Kelly-Kinney**

Rose, NY

**Hiromi Kiba**

Tokyo, Japan

**Mikio Kiba**

Tokyo, Japan

**Eliza Mallouk**

Cambridge, MA

**Marcia L. Moeder**

Harwich, MA

**Margaret Ann Nelson**

Duluth, MN

**Susan Riggs**

Roanoke, VA

**Margaret Ryding**

Arlington, MA

**Kimberly Warren**

Baltimore, MD

### UP TO DATE INFORMATION

Help us keep our database current. Please let the office know of any email, address or telephone changes.

### ZBHA Contact Information

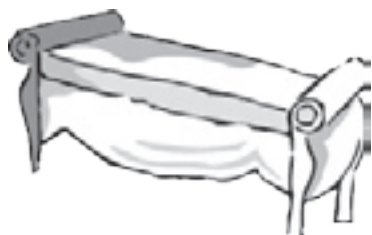
Zero Balancing Health  
Association  
8640 Guilford Road, Suite 240  
Columbia, MD 21046

410-381-8956 (phone)

410-381-9634 (fax)

[zbaoffice@zerobalancing.com](mailto:zbaoffice@zerobalancing.com)

[www.zerobalancing.com](http://www.zerobalancing.com)



### TABLES

ZBHA is pleased to endorse both the Astralite and the Oakworks models of tables designed specifically for ZB. Call Kara at the office to order either brand of table or for more information. Ordering through the office helps support the ZBHA!

**Astralite is currently offering free shipping on tables and free shipping on accessories ordered with a table. This saves \$50-70!**

### PHYSICS continued from Page 7

Reynolds number greater than 4000 is described as turbulent (between 2300-4000 is called transitional flow, meaning it is transitioning from laminar to turbulent).

I find it especially useful to use this analogy to think about “stuck” energy. I find this kind of phenomenon in my ZB clients. In many cases, there is a specific place in a client’s body where energy tends to get stuck. A ZB helps it get moving again, but some weeks or months later, the energy is stuck again ... in the exact same place. This is almost exactly like what happens in many water flow situations. If you look at a creek when it is at relatively low flow, you will see areas where the water pools. It doesn’t flow downstream,

or at least it’s flow rate is noticeably lower, but instead creates areas of “quiet water” where the energy of the water is significantly less than the rest of the stream. In some cases, where there is almost no through flow, the water will stagnate and algae and moss will grow on or just under the surface. When the water flow increases (i.e. the water level goes up, this “stagnant” area will be flushed out and will run clear ... until the water flow drops again and the cycle repeats. Similarly, plumbing blockages in a (usually older) house will often occur at the same place, over and over again. At the blockage point, the pipes are typically roughened due to the corrosion, calcification, or some other type of mineral buildup (thereby increasing

turbulence), and often at bends (which also significantly increase the turbulence of the flow).

It is often said that we can look to nature to answer our questions about the world. So, when learning about Zero Balancing and trying to understand the theories and ideas that underlie it, I did. Although not necessarily what most ZBers would think of first, the laws of physics are indeed the laws of nature, and I find that the theories of ZB are very compatible with them.