

# Interface...

The Newsletter of the Zero Balancing Health Association



SPRING 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.

## 2005 ZB Conference: Signature Vibes

by Lisa J. Berger

Having experienced three Zero Balancing conferences, I am conditioned to say, "Yes, of course" to attending this one. Like imagining a planned ZB session and getting happy inside, I can imagine being at this upcoming ZB conference and "notice how good it feels." In case you are less familiar with the signature vibrations of ZB conferences, here's a little phrase guide to orient your rider:

### Getting to the Blue Line

*Setting the Frame* began a few years ago when the vision for this conference was conceived.

*Attention at the Point of Contact* is how Zero Balancers address the thousands of details involved in making this event seem effortlessly organized.

*Engaging Structure and Energy* occurs whenever someone agrees to get involved in the conference.

*Taking out the Looseness* involves vectors of action such as, clearing our schedules, completing the registration process, and making travel arrangements.

### Adding Tension

*Leaning is Easy* in a community of experienced donkeys.

*Fulcrums* at ZB conferences include: session fulcrums, verbal fulcrums, group meditation fulcrums, playing hard fulcrums, shopping fulcrums, and hugs.

*Learning is Easy* under the ZB conference pyramid!

See **CONFERENCE** on page 7

### ZB Awareness Week

## National Review Day a Success!

On February 12th, 21 (!) ZB Review Days were held across the US and Canada. Both students and faculty reported that the experience was enhanced by knowing that ZBers across the country were involved. Ida Smith, faculty member in Charlottesville, Virginia reported "We felt the power of so many Review Days occurring at one time...the power of global Zero Balancing was palpable. There was a definite sense of a unified field."

David Laden, an instructor from Wisconsin shares "the exchanges were powerful and it was a really creative time together. I look forward to more of these concentrated days - "review day" doesn't really imply the potential."

Instructor Dorsett Edmunds reported from Arizona "I have some folks who come to every Review Day because they love them. They are intimate, informative, productive, juicy and just the right amount of time."

There was a lot of interest and enthusiasm from new and experienced ZB students about the new Core II class.

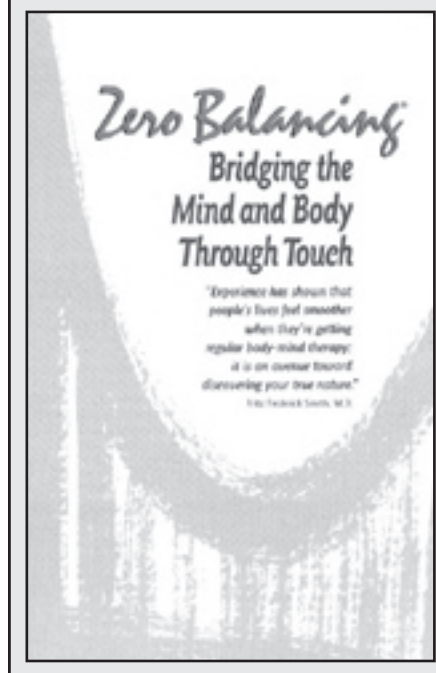
See **SUCCESS** on page 6

### 2005 ZB Conference "Bridging the Mind and Body Through Touch"

Annual Benefit  
to precede Conference  
"Touching the Bodymind  
Through Zero Balancing"  
with Fritz Smith, M.D.  
and ZB Faculty

Zero Balancing Conference  
June 10-12, 2005  
ZBHA 4th Annual Benefit  
June 9-10, 2005  
Simmons College  
Boston, Massachusetts

Brochures available  
through the ZBHA.  
Registration on-line at  
[www.zerobalancing.com](http://www.zerobalancing.com)  
or at 800-805-3976



# Zero Balancing Taught to Physicians

by Dorsett Edmunds

Fritz Smith recently taught Core ZB to the Integrative Medicine physicians at the University of Arizona. Doctors from Dr. Andrew Weil's Program of Integrative Medicine contacted Fritz to teach a special introductory course in Zero Balancing in December 2004. There were 12 students in the class, 6 of whom were physicians from the PIM (Program in Integrative Medicine) or from the community. It was an exciting class, well

received, with 4 of the physicians subsequently enrolling in the certification program. On the final day of class, Fritz gave a demo ZB to Andrew Weil - a fitting conclusion to a great class. Dr. Weil was quite impressed by the subtlety and power of the session.

Zero Balancing has been represented in one day or partial day sessions over the last 5 years to both fellows in the program and to rotating medical students from many parts of North America. With this recent class it is hoped that ZB will become an integral part of the Integrative Medicine program, and an option of study for the physicians who study there.



ZB Founder, Fritz Smith, works his magic on Dr. Andrew Weil.



Dr. Fritz Smith, Dr. Andrew Weil and Dorsett Edmunds smile.

## ZB Awareness Week

### Awareness for Whom?

by Mary Zinman

As I had no luck filling my two Core classes, I decided that it was time for me to come up with some new idea for this time of "Awareness", so I called a nursing and rehab home and asked would they be interested in my giving free Zero Balancing to the nurses and nurses aides for one whole day. It took her awhile to realize I did not want anything in return, but once she believed it, she jumped on it, and said reluctantly that she could only do without each nurse for thirty minutes max. Well need I say how delighted I was to say "No problem. No undressing necessary."

What was this magic work she asked, that would work in that time (my opportunity to talk of Zero Balancing,

and give her written material.)

Now I would like to say that I had a room of peace and tranquility, but I found myself crammed into the filing cabinet room with barely enough room for the half moon. Every hour or so this poor girl crept in and fumbled around in the dim light trying not to bang the drawers (my one achievement was to get a floor lamp and turn off the neon lights).

Every bell that rang, every nurse or doctor called on the intercom became the background field of my work. The nurses on the table found no problem in ignoring the noise, so why should I, I asked myself.

I worked on eleven nurses and

nurse's aides. Each one was waiting outside the room on the dot of time. Not one of them had ever experienced any kind of bodywork before. Nine out of eleven asked me "Can you get rid of my stress?" If ever you need reminding of the power of ZB try this experience.

In so little time, in such circumstances, such amazing results. Just to see them drift out smiling, passing on the word about ZB, until gradually all the nurses were talking of this great bodywork that only took 25 minutes and worked.

I ended the day working on the Superintendent. She was so grateful, and the next day I received beautiful flowers from her for 'sharing this wonderful work with her nurses'. National Awareness Week? I am the one who became aware, and thankful yet again to be doing this great work.

## Emilie Conrad to Speak at ZB Conference

This year we are fortunate to have Emilie Conrad join us for a keynote speech and break-out session at the 2005 Zero Balancing Conference. For over 50 years Conrad has studied dance and movement and their relationship to the healing potential of the human body. In 1967, she founded Continuum, a revolutionary approach to the body that incorporates breath, sound and movement to increase vitality, health, and healing.

Conrad describes the evolution of her work as representing a lifetime of felt

experiences, beginning in childhood. In 1953, Conrad received a scholarship to study at the Katherine Dunham School of Arts in New York. It was here that she was exposed to Haitian dance, and had the opportunity to travel to Haiti. Conrad describes an epiphany watching Haitian dancers:

“What I witnessed in the prayer rituals was the undulating movements I had been searching for all my life. Though I had seen these same

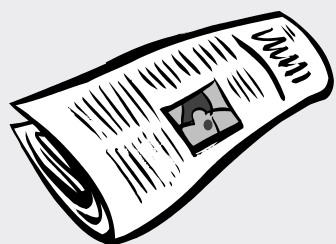
See **CONRAD** on page 5

### Interface Touch

by Don Berlyn

*The touch not touching,  
stirring energy and structure.*

*Awakens soul  
to the Oneness of all  
joining the one not touched  
to the one not touching.*



## ZBers in the News

While the skills and principles of Zero Balancing broaden and enhance the practice of acupuncture, most acupuncturists have never experienced ZB. Inspired to change this situation, faculty members, **Howard Evans** and **Lisa Berger**, will offer ZB training, sessions and information at the *Acupuncture and Oriental Medicine Alliance Conference*, May 6 -8, 2005, in Newport, Rhode Island. On Friday, May 6th, Howard will teach Zero Balancing for AOM Practitioners. Throughout the conference, Lisa, Howard and other volunteers will staff a ZB booth in the exhibit hall. Anyone interested in joining us should contact Lisa at 413-397-9800 or [lberger@crocker.com](mailto:lberger@crocker.com).

Congratulations to newly certified ZBer **Leah Pratt Roberts** and her husband **Kevin**, of Elgin, Texas, who welcomed John Qui Shi Roberts into the world on January 2nd, 2005. Congratulations also to ZB faculty member **Howard Evans** on the birth of his first grandchild, Isabella Sophia, born on March 6th.

ZBer **Amy Malloy** sent us news of a clever marketing idea she uses to attract prospective clients at events. Amy posts a large “fill in the blanks” poster with easy to deduce answers about ZB and how it can make them feel. Everyone passes and receives a complimentary five-minute ZB. Thanks for sharing **Amy!**

ZBer **Doug Deming** recommends viewing the beautiful and stunning documentary about eco-artist Andy Goldsworthy called *Rivers and Tides*. The film is available on DVD and Doug says it “is the closest thing to visual and aural ZB’s I have seen. It is a teaching and Zen-like meditation all in one.”

**Jo Ann Colker-Arison** and **Teralis Arison** of California write with news of their recent adventures: It’s been a long time since I presented my yoga workshop at the ZB Conference.

After daughter Alexandra Kaliray was born, I found that teaching yoga and giving bodywork and ZB sessions was too much – it was really difficult to leave her! So I started teaching a Yoga Mama & Me group when she was three months old – getting my body back in shape while nursing, changing and holding her! I am introducing my new “baby” to the ZB community – Yoga Ma Baby Ga – a post-natal Mama & Me yoga DVD. It’s three complete options in one DVD. (1) Mom & baby watch colorful images full screen while I teach the yoga poses at the bottom of the screen (2) Yoga routine full screen (3) A pure baby experience – captivating pictures and delightful original music. The DVD has been endorsed by Fit Pregnancy and they will be featuring us in their April/May issue. I was able to use all my yoga, ZB and film school experience in one project. Please check out our website, [www.DownDogProductions.com](http://www.DownDogProductions.com), to see the trailer and pictures. ZB instructor Teralis was in on the act too – and designed the cover of the DVD. You can check out our other new website at [www.Oceanfrontmedical.com](http://www.Oceanfrontmedical.com).

# New Faculty Projects of Excellence

by Deborah Brigham

In October, 2004, twenty-six newly graduated faculty members joined the teaching staff of the ZBHA. An essential element of their training was the Project of Excellence (POE). Each person chose a project that was personally meaningful and would benefit the ZBHA and/or its community. A lot of thought, imagination, hard work, terror, and inspiration went into the process of developing these projects. They were challenging and immensely rewarding. Many of the POEs are of particular value to our ZB community and are proudly listed below. If you are interested in finding out more about a particular project, please use the contact information provided.

## Zero Balancing Relationships

Christine Baldwin

Christine is currently working on relationships of a variety of forms. A harmonious relationship can be supported energetically to create harmony and allow an opportunity for change, growth, support and a new perspective. This exciting new work will be presented in the form of a future class. Features will include a new protocol, expanding and deepening attention and interface, and awareness of the energetic dynamics of relationship. For information or to schedule a session contact Christine @ 207-998-2437 or e-mail at unisoul@prexar.com

## Writing Meditation on the Common Principles of Zero Balancing, Acupuncture and other Taoist Arts

Lisa Berger

Over the course of a year and a half Lisa has engaged in a practice of meditation and free writing that transformed her. The practice surfaced ideas that will develop further and be incorporated in

published works. Lisa is available to mentor anyone with a similar urge. Contact Lisa Berger at lberger@crocker.com

## The ZBHA Convention Booth: A Manual for Sponsoring a Booth at State AMTA Conventions

Deborah Brigham  
This manual walks you through the entire process from first contacting the AMTA, to creating a time line for pre-conference preparation, to the actual set-up and guidelines for running the booth seamlessly on conference day. This includes managing volunteers and giving demo ZB's. Contact the ZBHA or Deborah Brigham at zbdeb1@yahoo.com



Michael Rogan plays "The Blue Line"

## Working with Survivors of Sexual Abuse: A Guidebook for Zero Balancers

Donna C. Cerio  
A 48-page guidebook including theory, practical guidelines and a specific protocol. Contact Donna at dccerio@thecerioinstitute.com or at 831-475-5472.

## ABC's of ZB

Mary Alice Cullinan  
A playful manual covering the fundamental principles of ZB from A to Z. For use in the office waiting room or elsewhere to enhance the understanding of Zero Balancing. Contact the ZBHA or Mary Alice at macullinan@hotmail.com See accompanying article on page 5.

## "Sara Smiles"

Mary Beth Curreri  
A short paper covering the use of Zero Balancing in acute injury. Contact the ZBHA.

## "The Blue Line"

John Franklin  
This beautiful book is an allegorical tale of a young man on a vision quest,

seeking direction as a healer within the Shamanic culture of Peru. Contact John Franklin at flyfranklin@netscape.com.

## Zero Balancing Brochures: "Zero Balancing, Bridging the Mind and Body Through Touch."

Olaive Jones  
A beautiful and educational new brochure for the ZBHA community. Order through the ZBHA.

## Guidelines for Setting Up a Regional Study Group

David Laden  
This manual includes practical tips for organizing the project, as well as a journal demonstrating the creative teaching and learning possibilities. Contact David Laden at zbdave@sbcglobal.net or call (608) 257-1144.

## FAQ's About Zero Balancing

Sheila Lukasiewich, George Mackie, Christine Parmley

A manual created as a teaching tool for faculty members.

## Review and Organization of Certification Papers

Colleen Maurer  
This project involved creating a compilation of certification papers that were well written and informative, based on sound understanding of ZB principles. They are organized by topic and are available to the ZBHA community. Contact Colleen Maurer at colleenmaurer@msn.com.

## Introduction to Zero Balancing

Mary Murphy  
Lesson plans for a 1-hour ZB presentation, and handouts for various health-care practitioners. Contact ZBHA for lesson plans and Mary Murphy for handouts at sgether1@aol.com.

## Blue Line

Michael Rogan  
An original blues composition on harmonica. Contact Michael Rogan at zbrogue@yahoo.com.

See **PROJECTS** on page 6

## The ABC's of ZB

The ABC's of ZB is an enlightening look at Zero Balancing in the form of a children's primer written by Mary Alice Cullinan. Each concept is linked to a letter of the alphabet and is explained in straightforward, understandable terms. It is then accompanied by an example found in nature that corresponds to the same letter in the form of a short poem. (See the accompanying excerpt from Mary Alice's book.)

This can be a useful tool for any practitioner. Clients and potential clients can gain an understanding of Zero Balancing by reading through this non-intimidating book. It can be read in any order and the questions it stimulates are the basis for enlightened conversations. The ABC's of ZB also makes a great gift and is now available through the ZBHA for \$10.

### F is for... Fulcrum

What is a fulcrum? Picture a seesaw. Two children sit on either side of a board. You place a triangle under it and the kids move around until the seesaw is in balance and becomes still.

The triangle — the point around which the children reorganize to balance — is a fulcrum. Zero Balancing uses fulcrums through touch. Let's say stress is felt on a rib and breathing is restricted. A ZB practitioner puts the soft pads of their fingers (the fulcrum) where they perceive tension. The body awakens, identifies the area of the problem, and probably will make a beneficial change. The rib and soft tissue (structure) will release. Warm currents or fluid movement (energy) travel through the area. The tension pattern and the breath can feel at ease and well again (balanced). The healing ability of the body does the work.

Let your mind be in your fingers.  
Let your fingers think.  
Let them travel to the bone.  
Let your fingers sink.



Let your fingers touch the pain.  
Let your fingers hear the cries.  
Let your fingers point a way.  
Let your fingers smile at sighs.

Let your fingers play the notes  
As you lean gently in.  
Let your fingers trust the song.  
At your fingers, end and begin.

**CONRAD** continued from page 3

movements at the Dunham School, it wasn't until I was actually dancing in a Haitian hut and feeling myself drawn deeper into the primal call of the drums that my known self dissolved into the memory of those ancient rhythms.

What I saw was how the undulating wave movements of the Haitian prayer became the connecting link to our spiritual bio-world. At last I saw the movement of ocean fish personified in human movement. I knew in that moment that these fluid undulating movements transcended time, place or culture and provided the crucial connection, linking organism to environment as an unbroken whole."

Conrad continued to study in Haiti for seven more years. Her explorations in movement eventually led to what is now known as Continuum.

In 1974, as a result of groundbreaking work with Dr. Valerie Hunt, head of Kinesiology and Movement Research at UCLA, Conrad developed a new technique for neuro-muscular innovation and spinal cord injury rehabilitation. In 1989, she developed a revolutionary program to develop vibrant, healthy muscle tone known as Jungle Gym.

Emilie Conrad will offer a dynamic, interactive presentation "The Fluidity of Bone: Ode To Our Vertebral Ancestor, The Humble Sea Squirt" on Friday, June 10th at 7:30 pm, and a break-out session "Singing the Skeleton" on Saturday, June 11 at 10:45 am. For more information visit [www.zerobalancing.com](http://www.zerobalancing.com). To find out more about Emilie Conrad visit [www.continuummovement.com](http://www.continuummovement.com).

## **SUCCESS** continued from Front Cover

Megan Lavery, instructing in Kentucky, closed the day with describing Core II. She emphasized the new focus and fulcrums and described it as juice for people who had been in the community for a long time, but may have missed some of this information over the years. "Indeed, all four of the long timers had fulcrums they had missed and were very excited about the new class bringing them all into one place. The long timers were even more excited than the newbies, who were also very interested". Sheila Lukasiewich, from Canada shares " I am looking forward to teaching the new Core II (at first I was a little resistant to the change) but I really think it will make ZB stronger with better practitioners."

In Vermont, ZB instructor Michele

Doucette held a two-hour review class, followed by a one-hour public lecture, and then an open house to give ZBs to the community. "The lecture kicked off a lecture series at a new holistic center in town, and they were pleased to have brought so many in to their first event."

Mary Murphy wrote from Chicago: Before the final full exchange, we spent a bit of time on how to tackle case studies, and after the exchange we wrote up our sessions. This helped get some folks over the hurdle of writing it up. Michael "the Bluesman" Rogan brought his harp and did a rousing rendition of the Blue Line Blues and a fun time was had by all.

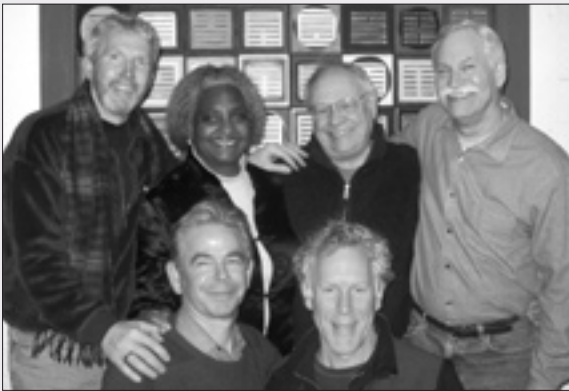
Instructors Christine Baldwin and Howard Evans of Maine pulled students requests from a hat to shape their Review Day. This spontaneously led to many explorations and Christine says "it felt

like the class belonged to the students."

Mary Alice Cullinan of Pennsylvania covered how to talk about ZB and work it into a practice as an option for a complete session with clients who may have gotten used to another modality. Students expressed a desire to do more as a group and offered space for the community to come together and trade in the future.

You can see that the creativity of the instructors and the enthusiasm of the participants blended beautifully to make each Review Day unique and successful. Thanks to all who participated and a big thank you to ZB instructor Cindy Tefft, who initiated and has shaped Zero Balancing Awareness Week for the past three years.

## You're Invited - Dinner with the ZB Board!



The Zero Balancing Board of Directors is having its annual Spring meeting in New York City in April. At the last meeting in December the Board decided that one of its primary goals for 2005 was to increase the interface between the members of the Board and the ZB community. In the spirit of building community the Board would like to invite all local certified ZBers and certification candidates to share an evening meal in Chinatown in Manhattan, Friday April 15 at 7pm. Please come join us for an

evening of fun, sharing, questions, and discussion of the state of the ZBHA.

Pee Santos has agreed to be the contact person for the dinner, which is expected to cost approximately \$15. Pee can be reached at 212-966-8949 or peesantos@hotmail.com. Spouses or significant others are welcome.

Best wishes from the Zero Balancing Board of Directors: (*back row, L to R*) Jim Farrar, Olaive Jones Fritz Smith, Jerry Toporovsky; (*front row*) Jim McCormick and Michael Oruch.

## **PROJECTS** continued from page 4

"Zero Plus One" Dr. Fritz Smith video biography, DVD 3 disc set (3hr.) and "Faces of Zero Balancing" Interview with senior teachers, DVD 2 disc set (2 hr.) *Chuck Ruland*

DVDs will first be made available at the Zero Balancing Conference in June, 2005. Contact Chuck Ruland at zber@hotmail.com. This project is in need of further funding. Please contact Chuck if you wish to donate.

### **Zero Balancing at Esalen Institute**

*Karen Senffner*

Promoting Zero Balancing at Esalen Institute. Contact Karen at Karen@senffner.net.

### **Zero Balancing Awareness Week**

*Cindy Tefft*

The establishment of Zero Balancing Awareness Week in early February, with creative promotional ideas and materials made available to the ZBHA community. Contact Cindy Tefft at ctefft@mac.com.

**2005 International  
Zero Balancing Conference**

**RAFFLE DRAWING  
AND PRIZES!!!**

We hope you will attend the Conference. However, you do not have to attend to win these great prizes! Raffle tickets are only \$10 each for the following prizes!

Tuition-free classes throughout the USA and Canada! Advanced classes including: Zen and ZB, Freely Movable Joints, Alchemy of Touch, Form and Fulcrums, The Road to Mastery; Core ZB I; Core ZB II; and Review classes. Tickets for all classes are transferable. You can gift one to a friend or offer it to someone else if you are unable to attend. You must attend the class within two years of the conference.

Prizes Include:

- **An Astra-Lite Zero Balancing table.**
- **A DVD interview with Dr. Fritz Smith by videographer and ZB teacher Chuck Ruland.**
- **A signed limited edition drawing of the blue line diagram, by Dr. Smith.**
- **A framed black & white fine art photograph by photographer and ZB teacher Linda Wobeskya.**
- **A Zero Balancing session with Dr. Fritz Smith, to be received at the conference. You must attend the conference to win this prize.**

Raffle drawings will be held at the 2005 ZBHA International Conference. Contact the ZBHA office for a raffle order form or print one from the website.

**CONFERENCE** continued from Front Cover

*Hedonic Level Intensity* causes held vibration to unravel in ways that both hurt and feel good.

**Observed Responses**

*Working Signs* include: uncontrollable smiling, belly laughter, sparkling eyes, and sighs of pleasure.

*Stronger, Clearer Fields* allow participants to better answer that most challenging of questions, “What is Zero

Balancing?”

*Waves of Happiness* ripple out and impact everyone in the field of our collective consciousness.

So, what are you waiting for? Time to register for the ZB Conference!! Visit [www.zerobalancing.com](http://www.zerobalancing.com) to register.

See website for conference fees. Early registration rates expire May 1<sup>st</sup>.

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## The Pause

*by Jennifer Ash-Maher*

Zero Balancing has altered the way I move in the world. It has shifted the way I perceive the world around me, the way I interact with others and the way in which I give massages. There are many aspects of Zero Balancing that have led to these changes, but the most powerful aspect has been the introduction of conscious pausing in my life and work.

Pausing, and being mindful to pause, has been a new experience for me. I am continuously shown that when I remember to pause in life—to step back and give space for unfolding—the result is always for the better. This is especially evident in both my bodywork practice (massage and Zero Balancing) and in my parenting.

It is with the pause that we can attain depth. Without the pause, a session—either Zero Balancing or massage—stays at a more external layer than when pauses are inserted in the session. This can be effective and enjoyable, but the client will not reach the depth that he or she can reach when the pause is used as a tool as much as a fulcrum or a massage stroke. It is in the space created by pausing that so much of the healing work is done.

I have found pausing to be a useful tool for both the client and myself. At

the beginning of a session, when I am talking with a client, pausing allows me to take my listening skills to greater depth. My instinct is to respond to what I am being told, but when I remember to pause it gives the client more space to take their thoughts further. Also, by pausing, I can clarify my thoughts and will usually end up asking a more specific question. More specific questions increase the connection between the client and myself, which in turn allows the work to take place at a deeper level.

One of the other ways in which I use pausing in my work is to ground myself. When I pause I am much more mindful about grounding. When I am mindful, my grounding is much more connected to the earth, much more solid. This allows me to create a stronger container for the client, which in turn gives the client space to safely go deeper.

There is a noticeable difference in my client’s response when I fully integrate pausing into a session. The stillness allows their body to catch up with the work and integrate it. I see this occurring by the client’s body adjusting and rearranging itself on the table. If I were to keep on touching and touching and never give the client space to process any of the work, then there is no space for healing to enter the equation. This is true with both massage and Zero

**See PAUSE on page 8**

**PAUSE** continued from page 7

Balancing. In Zero Balancing, I have been taught to pause after fulcrums, and this comes quite naturally with the work. In my massage practice, I have had to learn to discern the right moments to pause. It has been a wonderful opening in my massage practice to start working with space and stillness as much as with tissue. A massage therapist, whom I greatly admire, once said to me that her “style” was to try to create space for clients. I now understand that much more fully and have it in my hands.

Pausing has entered my home life as well. Although I am not as mindful about pausing outside of work as I am in the treatment room, I find that when I pause in life the results are well worth the effort. This is especially evident when I am parenting.

My home is an active one, with three young children. Often the activity level and their voices are much greater than what is comfortable for me. If I do not take a moment to pause before acting or speaking, I will usually yell at them. (Yelling, “Be Quiet” is rarely effective and always ridiculous.) However, if I pause, I can hear the joy in their voices rather than just noise. I can see them as individuals and communicate to them more directly. I can better understand what they are doing by observing and then aiding them in a positive manner. Mindful pausing allows me to parent in a manner that I enjoy.

I especially enjoy the connection I can make when pausing during conversation with my children. By my pausing and listening, my children feel fully held. My pausing gives them space to make sense of all the constant information they are subjected to throughout the day. This is a hard task for adults, but especially so for children. When I am not pausing, I am just adding to the confusion in their minds. However, when I truly listen, and give them space to unfold (just like with my clients), they can flesh out their feelings and I get a much truer sense of my children. This is even more noticeable with one of my sons who takes life at a slower pace than I do. I often find myself answering his questions before he is finished asking them. When I am mindful, I can sit back and give him the space he needs. I can see the difference on his face when I do this. He is so much more confident in himself.

When I am mindful to pause, the moment is filled with better connection for my clients, my children and myself. This connection is a crucial foundation to the depth that pausing adds—whether to a situation, a relationship, a massage or a Zero Balancing session. This is one of the reasons why I so enjoy Zero Balancing. It has added a richness to my life, both in my work and at home, that makes both even more enjoyable.

take home! Twelve people came and we shared a group lean, introductions, information about upcoming ZB events, and some interesting research related to information transmission in the body. The group included three faculty members, three certified ZBers, two in the certification program, two who have taken Core classes, and two who haven’t yet studied ZB. It was very easy to organize and a lot of fun for everybody!

## ZB Awareness Week Dinner

*by Lisa Berger*

I hosted a ZB Celebration Dinner in Deerfield, Massachusetts on Wednesday, February 9th in honor of ZB Awareness Week. It was catered at a private school and cost \$15. We had our own dining room, no pressure to leave, and got left-over packages to

## Congratulations Recently Certified ZBers!

**Jennifer Ash-Maher**  
Silver Spring, MD

**Mary Brennan**  
Bar Harbor, ME

**Virginia Garrett**  
Sigourney, IA

**Katie Heikens**  
Spencer, IA

**Annette Hulse**  
Los Altos, CA

**Leah Pratt Roberts**  
Elgin, TX

**Cara Counter**  
Oakland, CA

**Kris Judkins**  
Columbia, MD

**David Grace**  
Columbia, MD

### Up to Date Information

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

### Tables

ZBHA is pleased to endorse both the Astralite and the Oakworks models of tables designed specifically for ZB. Call Matt 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. This saves \$50-70!**

### ZBHA Contact Information

Zero Balancing Health Assn.  
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)