

Zero Balancing

Fritz Smith

Zero Balancing (ZB) is a nondiagnostic system of healing which clarifies and coordinates energy *fields* in the body, and balances body energy with body structure. It is holistic and based on principles of nature. A typical session is done through clothing and lasts 30-45 minutes. A clear *state* of balance underlies health and happiness, and brings people closer to their true nature. Zero Balancing promotes this *state*.

ZB is a hands-on body/mind therapy that combines the Western view of science with an Eastern view of energy and healing. It is based on the quantum physics notion that the particle and the *wave* are the two fundamental aspects that comprise our universe and, in terms of the human being, comprise our structural and our energy bodies. Consciousness is the organizing principle that coordinates these foundations into one functioning whole and allows us to experience that process. Emotions are the vibratory frequencies that bring the process to awareness. ZB teaches that the deepest currents of energy are in bone, that memory is held in tissue, and that energy *fields* in the body underlie mind, body and emotions. Imbalances precede pathology. Hallmarks of ZB include focusing on the energetics of the bones and skeleton, guiding the treatment protocol by feedback signals, and working with expanded *states* of consciousness to clear *fields*.

Zero Balancing uses energy as its working tool in the form of a fulcrum. A fulcrum is a *field* of tension, which we create through touch. It serves as a catalyst to promote change and is itself not affected by its action. There are three, sometimes overlapping, classes of fulcrums: those that work as points of reference to promote balance and *local* change; those that work as *fields* to release less well-held vibration; and those that engage the client's own energy to promote change. The first group of fulcrums is held stationary for brief periods; the second group utilizes the form of a curve or, so-called half moon vector; the third group involves moving foci of energy. In all cases the fulcrum is performed at the interface of touch to ensure clear boundaries, and contacts both the body of energy and the body of structure.

Zero Balancing**TouchAbilities®**

Technique	Component	Skill
Palpation/Objective (reading through touch)	Breathing Energetic	Tracking Sensing
Evaluation for Held Energy (in soft tissue holding)	Kinetic Energetic Compression Expansion Breathing	Mobilizing, Stabilizing, Supporting Sensing Pushing Pulling Tracking
Evaluation for Ligament Tension & Joint Function	Kinetic Compression Expansion Breathing Energetic	Mobilizing, Stabilizing, Holding/Supporting Pushing/Pressing Pulling Tracking Sensing
Fulcrum as Reference Point (stationary)	Kinetic Compression Expansion Breathing Energetic	Holding Twisting/Wringing Lifting, Pulling Tracking Sensing
Fulcrum to Promote Local Change (stationary)	Compression Expansion Breathing Energetic	Twisting/Wringing Pulling, Lifting Tracking Sensing
Fulcrum for Field Effect (curved tension)	Kinetic Compression Expansion Breathing Energetic	Mobilizing Pressing, Twisting Pulling, Lifting Tracking Sensing

Zero Balancing (continued)

TouchAbilities®

Technique

Fulcrum as Moving
Engagement of
Energy Bolus

Component

Compression
Expansion
Breathing
Energetic
Gliding

Skill

Pushing/Pressing
Pulling
Tracking
Sensing
Planing