Intro to Zero Balancing & ZB First Aid

https://www.vanguardsofascension.com/webhosting-zerobalancing

The Art of Touch Project by Judith Sullivan - https://www.youtube.com/watch?v=dGVcxIE6bzo

Sept. 30, 2026 3:15 - 3:40pm

Welcome – My professional journey

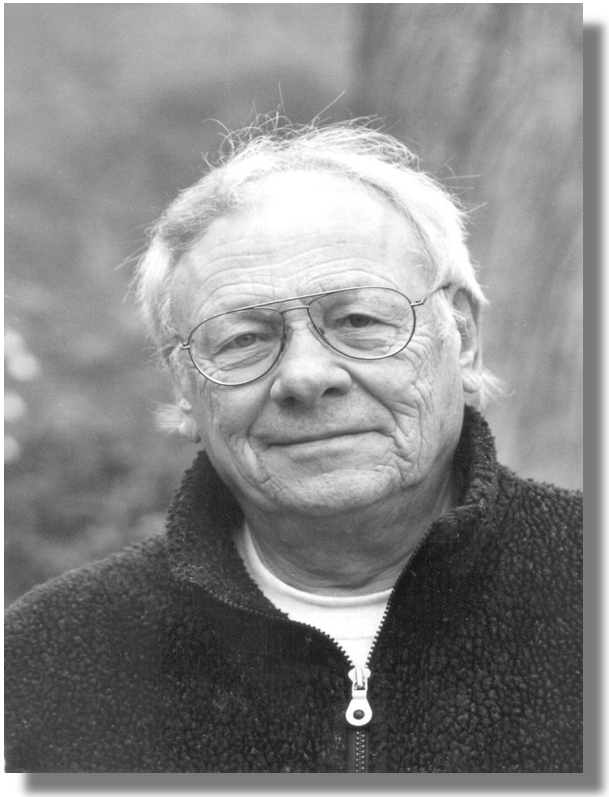
Dan Sullivan, MPA LMT
Zero Balancing Mentor
Adirondack Massage Therapy

- MPA Syracuse University 1990
- NYS Licensed Massage Therapist 1999
- Certified in Zero Balancing 2008
- AMTA Humanitarian of the Year 2015
- Certified ZB Mentor 2022
- Adk Center for Writing Grand Slam Jan 2026
  https://drive.google.com/file/d/1tN68jm-5bNKHXhmnnHkvmuDoaTo7CTaw/view?pli=1

Adirondack
MASSAGE THERAPY

449 Lake St, Saranac Lake NY

Zero Balancing Founder Dr. Fritz Smith



- ZB Founder Fritz Smith, MD
  (1929 - 2024)
  - Pioneer in integrative medicine
  - Osteopath
  - Certified Rolfer®
  - Acupuncturist
  - Observed energy as a force in the body
  - Created ZB to help reduce suffering & to make the world a kinder place.

Begin with The Pyramid Meditation

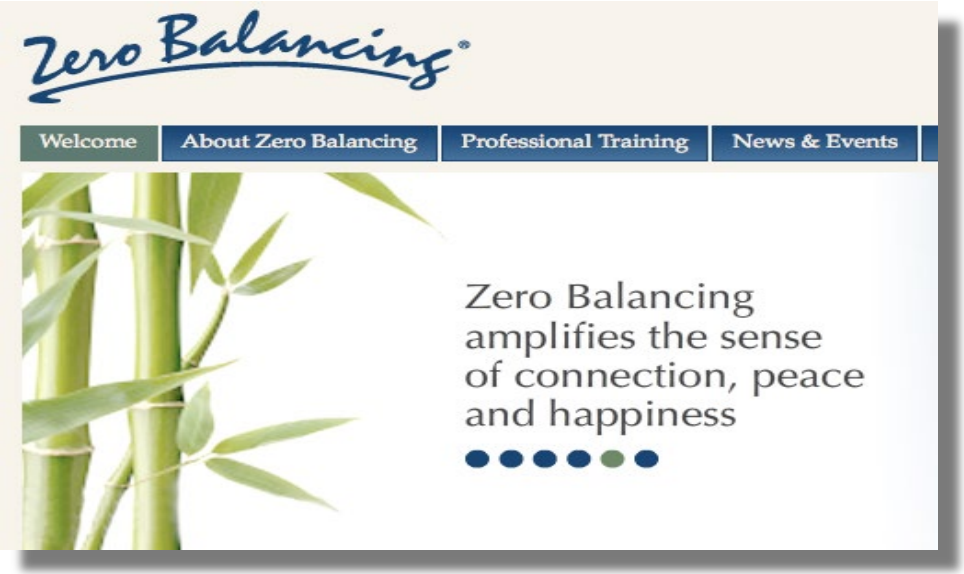
Where did the name Zero Balancing come fr

Zero Balancing's name came from one Dr. Fritz Smith's patients who afterwards said:

"I feel great. I feel like I've been balanced to zero!"

© 2010 Zero Balancing Health Association

What is Zero Balancing?



- Holistic and transformative **body-mind therapy**
- Performed through clothing
- Engages both body structure& energy
- Offers relief from pain and stress,
- Enhances well being & improves function

Who studies & practices Zero Balancing?

- ZB is studied and practiced by Massage Therapists, Physical Therapists, Occupational Therapist, Chiropractors, Acupuncturists, Medical Doctors, Osteopaths, Physicians, Athletic Trainers, Nurses/Nurse Practitioners, Social Workers, Psychiatrists, Psychotherapists and other licensed healthcare professionals.
- Zero Balancing is taught in 12 countries throughout North & Central America, Europe, Asia/Pacific and more to come!

Why do so many professionals practice Z

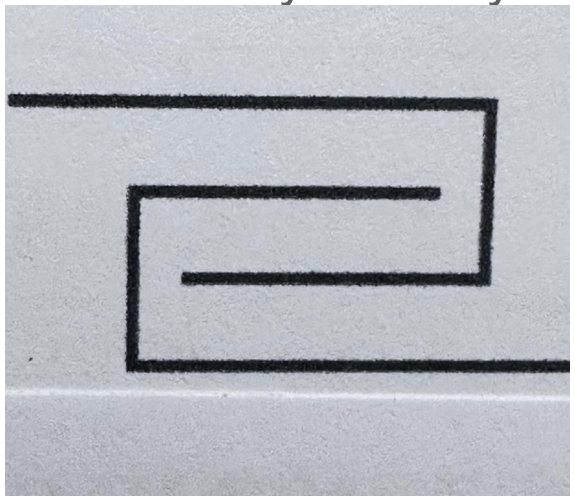
"Zero Balancing is the most refined and thorough bodywork that I know of. It is a touch therapy for integrating and elevating body and mind by working at the level of the bone." Roy Capellaro, PT, ZB Teacher

"(ZB) absolutely changed my life and my practice…. It saved me from massage therapy burnout and filled in all the gaps with my Acupuncture practice."

– Ben Fleisher, L'Ac, ZB Teacher

One of many Zero Balancing Principles

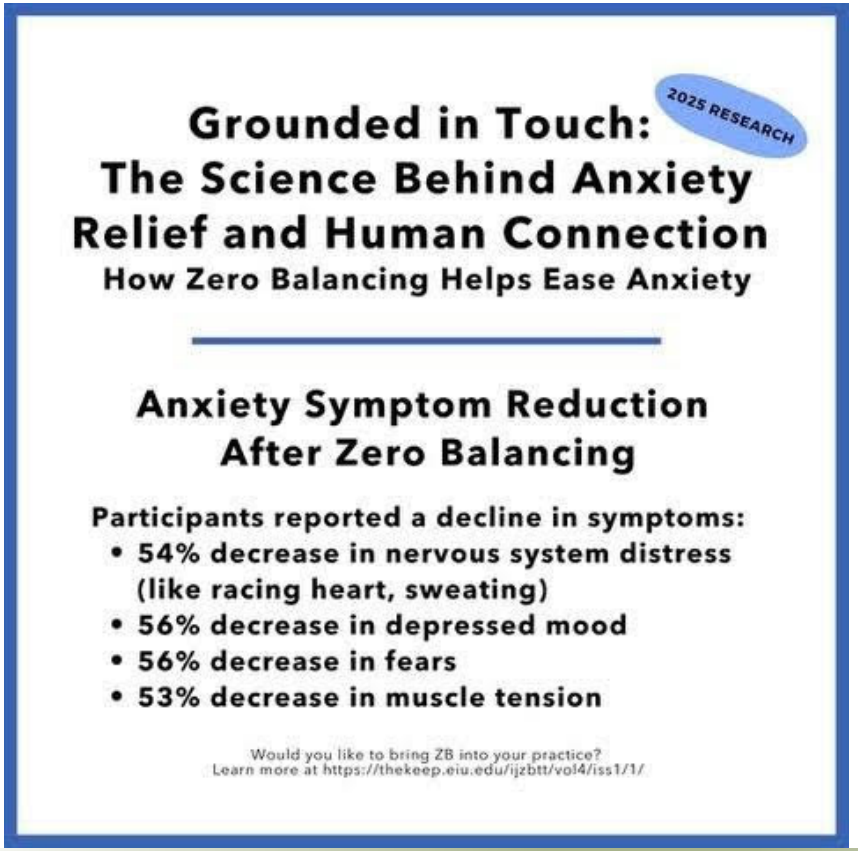
Interface the type of touch used in ZB that creates clear structural and energetic boundaries: "I know where my body ends and your body begins. You know where your body ends and my body begins."



Full Zero Balancing sessions

- Full ZB's are performed on a treatment table - usually lasting 30-45 minutes.
- At the beginning of a session, the client frames how they would like to feel - physically, mentally, emotionally and spiritually.
- 2026 AMTA-NY Convention https://www.instagram.com/reels/DXepKY-jWPE/

ZB Research 2024 Calming the Mind St



What does ZB feel like?

- SUPPORTIVE
- COMFORTING
- ENGAGING
- FEELS GOOD
- LIKE COMING HOME TO YOURSELF

Trauma and ZB First Aid & Why Practice

In 2017, in Charlottesville Virginia, at the violent Unite the Right Rally Protest, an angry Neo-Nazi white supremacist drove into a crowd killing a young woman.

When ZB Faculty Judith Sullivan arrived, a man witnessing the tragedy, told her, "Hug me!" So she did and she also gave him Zero Balancing First Aid. It helped him to be more in his body. He was then able to get in touch with his anger.

- A couple months ago, a stressed out nurse, I've known for 5 years, said, "I shouldn't have come to work today. I offered her a seated ZB. Afterwards she said, "That was Magic!"
- Likewise I gave a friend who felt powerless about the state of the world a seated ZB. Days later she texted how effective the mini session was.,, That family and friends were touching base about their feelings and fears because they trusted her. 3 months later she continues to feel her newfound strength.

The Seated Protocol aka ZB First Aid

ZB Faculty Judith Sullivan help to co-create the seated protocol
https://www.youtube.com/watch?v=dGVcxIE6bzo

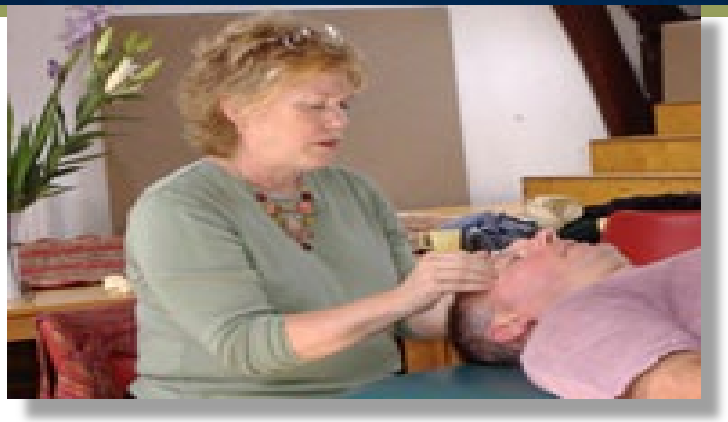
Can be practiced by parents, teachers, care givers, first responders…
Simply uses a chair or a stool - Lasts less than 5 minutes.

Uses a limited number of compression fulcrums to help reduce trauma, amplify feelings of calm, stability and being grounded.

ZB First Aid helps a person be more connected to the self.

ZB is trademarked! To advertise that you practice ZB you must be certified.

Hallmarks of Zero Balancing



- ZB touch is clear, respectful, compassionate & without judgement.
- Change is allowed to happen naturally; nothing is forced.
- ZB practitioners learn to hold themselves and others in the highest regard.

Honing our touch skills on ourselves

First Touch yourself

a) Superficially on the surface of the skin. Come off.

b) Touch beneath the surface into a fleshy muscular area like your forearm. Come off.

c) Touch into your ulnaris BONE Come off.

Axiom: *"Our hands are soft and come to the firmness that is needed to address the held tension."*

Practice Donkey touch leaning in w/ Your ha

Demonstrate a donkey lean with hands

Connect with your bones
Lean in with your hands together
Feel the awareness of your connection
Allow one hand be more active sensing/reading
Allow other hand to be passive receiving and sensing

Axiom: *"Our bodies are soft and come to the support that is comfortable."* What feels good?

Calibrating touch when working with othe

Usually we just use Verbal feedback
Today we will use hand signals

a) Give Thumbs up for more lean in

a) Extend Pinky for less force, less lean

a) Thumb & Pinky togethervery comfortable could hang this way for a long time.

Demonstration of ZB First Aid using a ch

Head: gently Lifting from the back of the skull and pouring into hand above eyebrows

Shoulders: connect each shoulder with the opposite kidneys (both sides)

Knees (a): focus on the hips gentle traction the femur with internal rotation

Toes (Feet): compressing tarsal bones and calcaneous/heel

Knees (b): compressing legs and feet into the earth

Return to shoulders: Gently compress the skeleton down & end with a nice massage

Closing w/ 3 Breaths & Release the Pyra

Thank you for your time and attention!
20% off 1st ZB before 12/15/2026

Please practice and share ZB First Aid with friends and family.

Let's end by taking 3 breaths
1- Appreciation of our time together
2- To let go of unmet expectations
3- To future pace ourselves

Now Let's all clap to release the pyramid.

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ZB Training, Resources and Research visit
https://www.vanguardsofascension.com/webhosting-zerobalancing

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Re: 20% off 1st ZB before 12/15/2026
Or Re: More ZB In person or Zoom Training