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The International Journal of Zero Balancing and Transformative Touch:
A Welcome by Founder Dr. Fritz Smith

The dream of this Journal is exciting. Touch has tutored me since childhood. The Journal will provide a creative platform for a conversation and investigation of touch: its experiential transformational, therapeutic and life-essential nature on the one hand and its scientific, objective, documented effect on the other. This journal holds the promise of allowing the benefits of transformative touch to be more widely shared by way of contributions from all of the touch modality communities that have so much to offer the world today.

Zero Balancing came into being from insights about how energy and structure work together in the body, and how the particle and the wave relate within us. Over the time I have developed and taught Zero Balancing, continuing insights have occurred and transformational treatments developed that have been utilized by ZB practitioners throughout the world. The Journal will use Zero Balancing as one of the vehicles of investigation, as well as evolving thoughts and inspirations on the power of touch from other touch modalities.

The prominence of Zero Balancing in the Journal excites me for many reasons. One reason, of primary importance in Zero Balancing, is that it will create focus on bone itself and deepen the study of effects from stimulating bone. Are these effects related to tissue held memory in bone? Are they related to the experiences of the receiver being touched at a core level and having an experience of their basic nature? Are they related to the stimulation of the

hormone osteocalcin (research is suggesting that the osteocalcin hormone in bone, not adrenaline, drives the fight or flight response)? (Morris, 2019) Or, are these effects related to other issues known or yet to be discovered in combination with the above?

Another reason I am excited by the presence of Zero Balancing in this Journal is that it opens the door for further investigation of touch and the unconscious mind. Bruce Lipton (Gustafson, 2017) suggests that 90% of our behavior is from our unconscious mind and only 10% from our consciousness. My experience has shown me that touch is one avenue to the unconscious mind. This has gigantic implications.

A third reason for my excitement is that the Journal will report further research into touch and Zero Balancing. For example, the recent studies sponsored by the Zero Balancing Touch Foundation in collaboration with the Neuro Synchrony Institute in Austin, TX, have delineated the relationships of the practitioner and the client in a ZB session and have created new insights. Other touch modalities are uncovering such insights in their field, leading to cross-fertilization of ideas and research that can be highlighted within the journal.

I congratulate those people whose vision is creating this peer reviewed source of information for a deeper exploration and understanding of touch. As we uncover more of the health and transformational effects, we will provide information to the public. I look forward to the future of the Journal as it helps

reveal the use of touch in ordinary states of consciousness and its use in expanded states of consciousness -- exploring the *self* and the *SELF* of touch.

I wish good luck to The International Journal of Zero Balancing and Transformative Touch.

Fritz Frederick Smith, MD
Founder of Zero Balancing



Fritz Frederick Smith, MD

I began a general Osteopathic/Medical practice in Watsonville, CA, 1951, became licensed in Acupuncture in 1973, and retired from a practice of Acupuncture/Zero Balancing (ZB) in 1992. I had formulated Zero Balancing in 1973 and dedicated my life to teaching and expanding ZB from 1975 to the present date. My wife, Aminah Raheem, and I live in Palm Desert, CA.

References

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