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Misty Rhoads IJZBTT Editorial Welcome

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Welcome to the International Journal of Zero Balancing and Transformative Touch
By Dr. Misty Rhoads, Executive Editor

Where the mind goes, energy flows.
-Ernest Holmes

When I first envisioned the *International Journal of Zero Balancing and Transformative Touch* (IJZBTT), I wanted to give back to the community that created a safe space to begin my healing journey. What did I have to offer this community, and how could I best be of service to others? In a time of deep silence, the answer emerged: "Combine your research expertise, experience as a transformational touch practitioner, and love of education." I had a vision and, together with the experts on the editorial board, an inclusive journal for research, science, practitioners, educators, artists, explorers, and client's voices has been created.

There is a space at the intersection of science, transformational touch, ancient healing wisdom, the spiritual and mystical, and other fields for such a journal to offer a container for exploration and connection supporting those that are deeply curious about the power of touch. This journal encompasses the "holistic/whole-istic" view of the healing arts outside of, and working with, the Western medical paradigm. That answers the question, "why another journal?" The editorial board envisioned scholarly, creative input that could be both theoretical or empirical and would help move conversations toward advancing and connecting transformative touch modalities, practitioners, and scientists with knowledge to better support our society's overall wellness.

Launching a new journal is never easy. Launching a new journal with such an ambitious mission is even more challenging, yet exciting! This journal's measure of success will be quality submissions from those who share the vision that interdisciplinary work, as contained in the IJZBTT, is needed. We invite submissions that fit within the aims and scope of the journal. Experts in various fields will have the opportunity, and be encouraged, to produce outstanding special issues that will highlight interdisciplinary connections.

"There's comfort in suspending what we know, so we can experience reality from a different perspective. So we can find what reassures and empowers us."

– Jeanne McElwaney, Light in the Shadows



Misty Rhoads, Ph.D., CZB, Reiki Master has been involved in the health and education field for over 18 years. She is co-owner of the Humble Rhoads to Wellness Center and is a Full Professor focusing on public health at Eastern Illinois University. Misty is currently Executive Editor of the *IJZBTT* and her research is focused on wellness; balancing the body, mind, spirit; transformative touch; and trauma release. In her free time, she enjoys spending time with her family, kayaking, and creating stained glass artwork.