

Stay Energized

Thriving at Interface: A Skill from Zero Balancing

by Lisa J. Berger, Lic. Ac.

Have you ever felt exhausted or depleted by doing massage or bodywork? Feeling tired, foggy or like you've picked up your client's imbalance can be a sign of poor energetic boundaries. Wouldn't it be better to work in ways that enhance rather than erode our vitality? Wouldn't that be best for our clients as well?

Zero Balancing practitioners maintain good energetic boundaries by staying at "interface." In this context, interface occurs when a practitioner and client connect physically and energetically without transferring or blending their energies. By working at interface, Zero Balancers typically feel better after giving a session—clear, grounded and energized. I will share some tips to help you practice being at interface with any form of bodywork.

At interface, the practitioner's energy extends to meet the client and stays at the meeting place; the client's energy responds to the touch without affecting the practitioner. The touch is intimate enough to be therapeutic while keeping both the client and practitioner distinct.

To practice interface touch, keep these tips in mind:

- Decide that you want to work at interface before the session begins.
- Keep your mind at the points of contact and at your base of power, such as where your feet meet the floor or your body meets the stool.
- Pay attention to sensations at your fingertips



indicating contact with energy. You may notice vibration, movement, stored emotion, heat or the presence of consciousness. Then, stay emotionally neutral and observant.

- Focus on touching the physical body and energy body simultaneously.
- Clearly disengage your touch. Avoid trailing your fingers off in ways that can create energetic strings between you and the client.
- Pause and reset yourself by touching your own body.
- Signal the client when you are ending the table-work part of the session and clearly disengage when the appointment is over.

Like any other skill, firsthand experience, instruction and practice are needed to master interface touch. I encourage you to take a session from a Certified

Zero Balancing practitioner as well as a Zero Balancing course to learn more about interface.

Working at interface can keep you feeling well, enhance the effectiveness of your work and improve your client relationships. In fact, by taking the practice of interface beyond the treatment room, you can improve the clarity and health of all interactions and relationships. Who wouldn't want that?

Lisa J. Berger is a licensed acupuncturist and certified Zero Balancing practitioner and teacher. In practice since 1995, she offers highly effective treatments using energy-based, body-mind therapies for adults and children at her office in South Deerfield, Massachusetts. Berger also serves on the Zero Balancing Health Association Board of Directors.