



DR. JATISH KALER

My Zero Balancing Project of Excellence by Karen Duff

I had no idea what I would do for my project, except that I was probably going to create something out of metal.

The inspiration behind the Zero Balancing (ZB) project for me, was meeting Linda Woodgate, wow what a person! I was lucky enough to have met Linda on the weekend of 16-17 March 2019, in Christchurch at the Body Mind and Spirit Festival (BMSF), where I got to see her as herself, wandering around the festival, buying a crystal or two with a cheeky grin and chatting with her, as if I had known her for years. Her concern for Peter to be looked after was instilled in me when Linda asked that Peter be looked after, helped and supported and not alone, like he was when Christchurch was attacked in March 2019 and he was setting up for BMSF and had to remain indoors for hours in a foreign city. Dwelling not too much on this, the connection became more apparent when I learnt of the passing of Linda Woodgate in April 2019.

A few of us got together in Christchurch to celebrate and reflect on Linda. Her friend Gareth shared a video of them together at a ZBI training. Upon watching this video clip of Linda and Gareth blowing breath to move the dandelion seeds off the head of the dandelion with such fun, laughter, giggling and childlike ease, led me to ask the question...

Could this be the start of my ZB Project?

Why a Dandelion?

Could this image of dandelion head be us, as multiple branches of the ZB community?

I began thinking...

...“What does ZB mean to me...?”

Simplicity to just be...

To honour myself

To be a facilitator to help ease another being

The golden pyramid of ZB protection

To hold the space around me

Non diagnostic

Community

Energy and Structure

Worldwide

Calming and Soothing

To let another person join the dots in their life and body

Freedom to let go

Understanding

Fun

Complimentary

Healing of self and others

Release

Holding all people in the highest personal regard

Where confusion is allowed

Uplifting

Interface touch

Support

Communication

Ease

Safety and trust

Magical

Unconditional

To honour others

Love

Ability to laugh at myself

Integrative

Charlie (our friendly skeleton in NZ)

Donkey connection...

“It just is”



I did a little research into the meaning of the dandelion flower, here is some information:

Scientific name: Taraxacum Officinale, Asteraceae – Higher Classification Daisy Family

Dandelion is a simple perennial. Plants emerge from seed and the root becomes a perennial taproot system that persists over the winter.

Etymological meaning of the Dandelion Flower

The Dandelion name first developed in the 15th century. It was derived from the Medieval Latin phrase *dens leonis*, which refers to the jagged shape of the leaves by calling them a lion's tooth. This transformed into *dent-de-lion* in French, and then became Dandelion in Middle English.

We still use the same name today because it's easy to remember and definitely still applies as a description of how the plant looks.

Nutritious and Antioxidant Qualities

Everything from the flower to the leaves, all the way down to the roots, is edible and surprisingly delicious. The leaves can be enjoyed just like spinach, eaten fresh in a salad or sauteed in olive oil and are an excellent source of vitamins A, C, and K. They also contain vitamin E, folate, magnesium, calcium and small amounts of other B vitamin. The roots can be cooked the same way you would treat carrots and the flowers can be eaten raw or pickled.

The root of the dandelion is rich in the carbohydrate inulin, a type of soluble fibre found in plants that supports the growth and maintenance of healthy gut bacteria in your digestive tract.

Dandelion root is often dried and made into tea, but you can also eat it whole as you do other root vegetables.

Dandelions are full of potent antioxidants, which may explain many of its medicinal properties.

Antioxidants are compounds that help neutralize free radicals — molecules that are a product of normal metabolism but contribute to chronic disease risk if levels get too high in your body. Therefore, antioxidants are crucial for keeping your body healthy

Dandelions contain high levels of the antioxidant beta carotene, which may protect against cell damage and oxidative stress. Chicoric and chlorogenic acid are two bioactive compounds in dandelion that may help decrease blood sugar levels.

They're also rich in another type of antioxidants called polyphenols, which have anti-inflammatory effects. Some Doctors believe that inflammation plays a role in many types of disease.

Dandelions may help with reducing inflammation, blood sugar management, the liver, weight loss, may slow the growth of cancer and well at brightening your day with the yellow flower or the white seed head.

The common and humble Dandelion has a surprising amount of different meanings. The Dandelion means:

- *Healing from emotional pain and physical injury alike*
- *Intelligence, especially in an emotional and spiritual sense*
 - *The warmth and power of the rising sun*
 - *Surviving through all challenges and difficulties*
 - *Long lasting happiness and youthful joy*

.... Getting your wish fulfilled...

The Three Phases of a Dandelion represent the Sun, Moon and Stars.

The yellow flower represents the sun, the white puff ball represents the moon and the dispersing seeds represent the stars, as in ZB we treat the body, the mind and the spirit.

You might curse it as a weed when it pops up in your lawn, but the Dandelion is beautiful and full of symbolism nonetheless. This cheerful little flower can grow practically anywhere there is a pinch of soil or a crack in the sidewalk. The flowers are an important food source for pollinators — especially bees. Even if you think of the plant as nothing more than a pest, understanding some of its using as a symbol could give you a new appreciation for those flowers you keep pulling up as you weed.

Since childhood I have always had a love and fascination of the dandelion especially the flower seed head and maybe that's why my business logo depicts a dandelion seed head and the business name is "Beyond Relief" - beyond the initial reason for a ZB session, changes that are beyond just the initial relief from pain injury to extended healing, to opening another of world of possibilities. To me it is restful image, one of intrigue and fascination.

Since the Dandelion can thrive in difficult conditions, it is no wonder that people say the flower symbolizes the ability to rise above life's challenges.

This led me to think about the Zero Balancing (ZB) COMMUNITY and what it is like being a part of this ...

We start off as an individual yellow dandelion flower we then go through changes to form the white dandelion head. ZB to me is all of the dandelion, the yellow young and fresh, new growth, then getting ready for change, internalising, taking in the learnings of life, closing to contemplate this evaluation, then blooming into ourselves the white dandelion head/flower majestic, powerful and strong, swaying gently and steady with the breeze, then when ready blowing away to release or begin another chapter and what I mean by this is that, ...

Maybe Fritz is the Yellow Dandelion who is the base root foundation of Zero Balancing (grounded deep into the earth) who is yellow, warm and intriguing us with this approach to healing, years of studies and learnings if we listen to what is being said or pause, listen and wait to hear the unspoken.

We start off in ZB not knowing all but we are prepared to learn, flourish and have a hunger for more. We weather courses and practices together, bounce ideas off each other and learn. We come together all over the world with thanks to the lockdowns and modern technology connections.

Collectively we are strong and powerful, linked together by the base, then the seed attachment, and yet as individuals we are also strong, have the ability to grow, flourish and enrich ours and other's lives as we seed ZB around the world. Forever connected with the seed attachment of the base (root) core.

Being part of the ZB World we are never alone, leaning into community or leaning back whenever we feel the need is there.

The yellow dandelion flower has layers of petals and we as humans have layers of stuff, when we remove those layers or allow those layers to open up and soften we can flourish into our individuality of the mystical dandelion "seed pod flower", ZB sessions help create this softening of ourselves.

We offer to others healing, ease, fun and laughter, no judgement, the ability to be free, for things to just be, where confusion is allowed to facilitate healing to others as we grow and re-sow and start again as a new Dandelion flower. We are the one among the many... Dandelions grow everywhere around the world and are cursed by some and enjoyed by most.

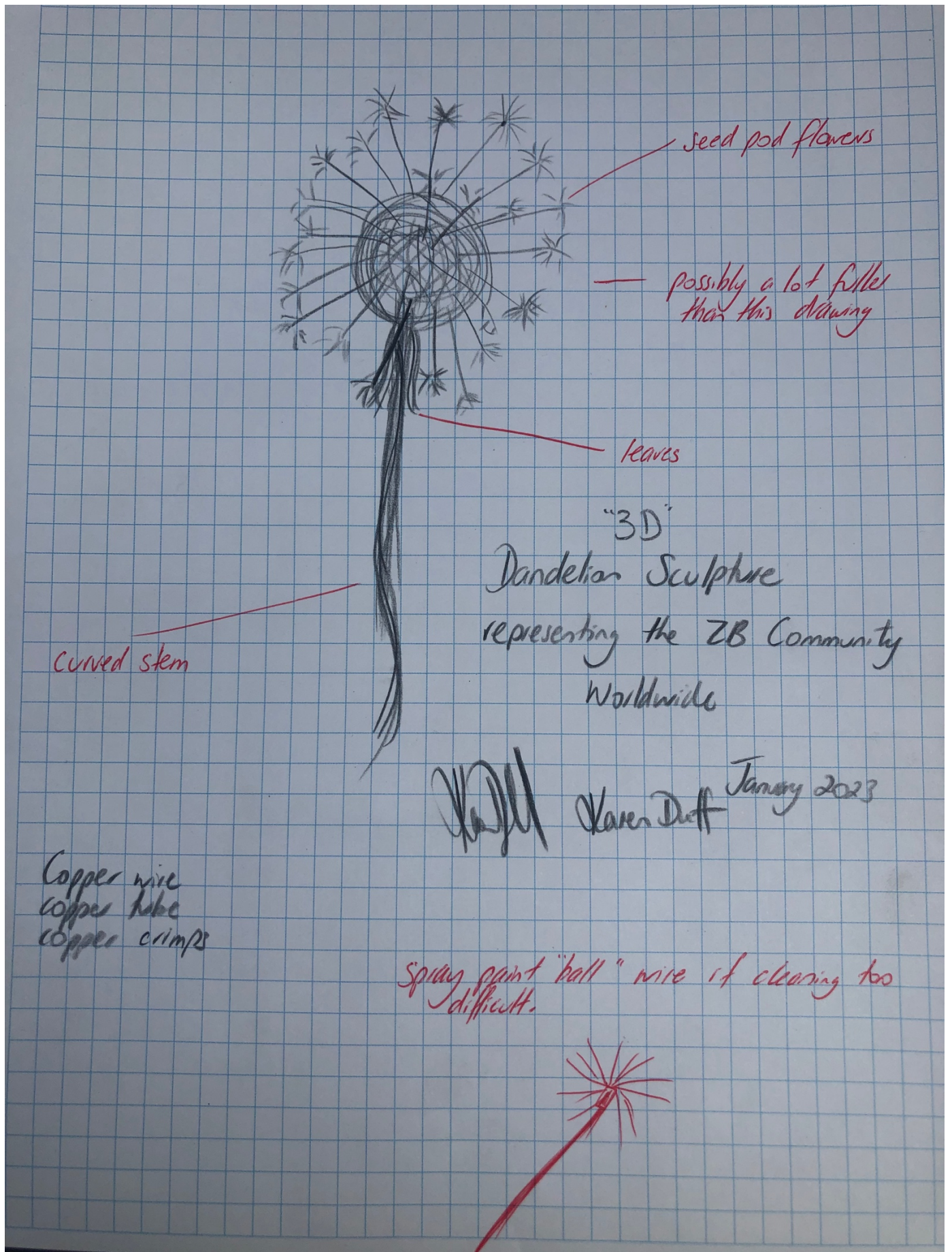
Dandelion starts with the letter "D" and so does Donkey which is the trust connection to each other through Zero Balancing session

But I digress ...This still hasn't got me a lot further with my project apart from an analogy of dandelions and ZB.

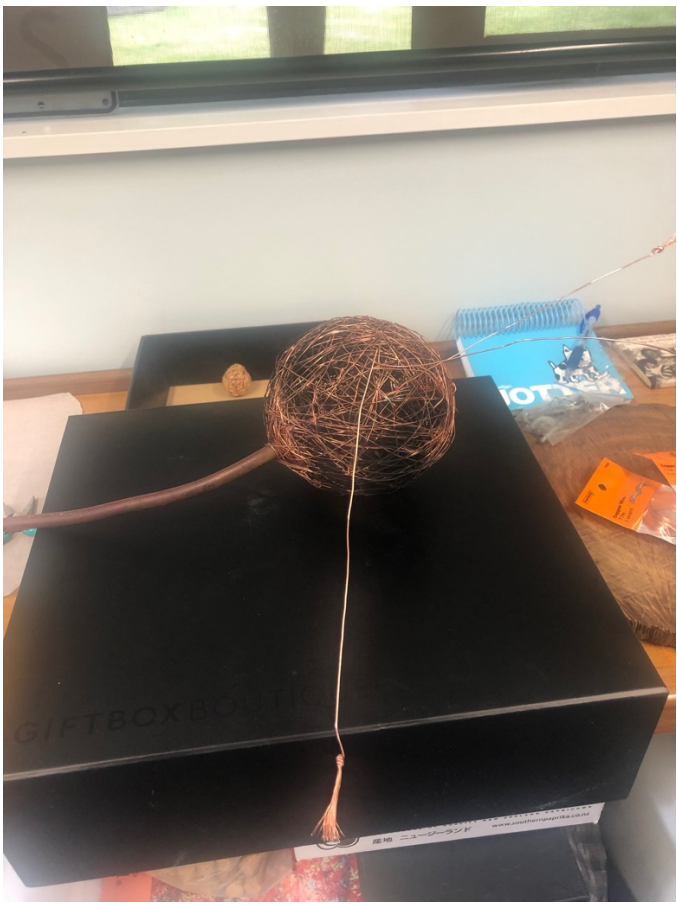
Whilst digressing this also lead me to think of how I could turn the dandelion symbol into a project, using some of my skills? Perhaps? I thought of making a brooch of a dandelion head from silver. Or perhaps a sculpture out of copper (spray painted silvery white), or a picture brooch of a dandelion, or a mini sculpture out of silver (whitened through the pickling process), then how would I put this all together?....Maybe I need a little help from a friend with a laser cutter? And a friend who is a welder (another skill I can learn). Or maybe I'll just use my silversmithing skills and see where the design takes me.

So I decided in the end to make a sculpture of a dandelion head with the white dandelion individual strands (seeds). I have made this out of copper tube and copper wire.

My Pictures and Drawings of Dandelion Sculpture Design













I would also like to make a resin heart shaped necklace piece or just a resin heart with seed inside, to give to ZB community around the world, with all profits going directly to The ZB Touch Foundation (ZBTF) Here is my sculpture project and the heart pieces concept to follow after I am back from Mexico.

If Zero Balancing can be an antidote to life's issues, used regularly enough so one could be easily balanced and aligned, what an amazing loving and understanding world we would have. Thank you Fritz for being you.

Below is a Youtube video Time Lapse of a Dandelion Flower to Seed by Neil Bromhall:

https://youtu.be/UQ_QgtXoyQw

References:

- <https://www.mofga.org> › Resources › Weeds
- <https://www.flowermeaning.com/dandelion-flower-meaning/>
- Ten things you might not know about Dandelions – summer 2007 by Anita Sanchez
- [Healthline.com/nutrition/dandelion-benefits](https://www.healthline.com/nutrition/dandelion-benefits) #TOC_TITLE_HDR_4
- www.zerobalancing.com

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– releasing held tension at bone level –