



Richard Walters: Zero Balancing, Touching Bone Energy, Working with Trauma



Richard Walters is a Trauma therapist, Zero Balancing Teacher, Five Element Acupuncturist and Meditation Teacher. Richard focuses on the embodiment of spirit and the way trauma prevents us living our lives to the fullest.

TOP EMBODIMENT TIP: Know thyself; be kind to thyself (including the inner perpetrator).

Examples of the Impact of Trauma:

- In accidents or attacks impact on the body results in trauma on the physical plane.
- Example of emotional trauma: in the very beginning of a human's life when two cells meet and become four, then eight, sixteen, if it is an unwanted pregnancy that creates conflict in those very early stages, which becomes embedded deep into the person's cellular structure, even if weeks later the parents develop a positive attitude.

Zero Balancing:

- Developed in the early 1970s by Dr Fritz Smith who had a background in osteopathy.
- Seeing the latest information at the time around energy flow through the meridians in the tissues, Dr Fritz Smith started questioning what must be happening in the bones.
- Dr Smith has worked with Swami Muktananda exploring the topic through the Ayurvedic system.

Experiences of Being in the Body:

- Richard talks about *blending* - for example the experience of holding hands with someone and after a while not knowing where you end and the other begins, as your energy fields are intermingled.
- Richard makes a demonstration on how a flow of energy can be felt around the body.

Unconditional Presence:

- As a therapist it is important to drop any attachment to the client's recovery. This is needed in order for the client to get in tune with their own truth.
- The client enters an altered state of consciousness, in which they are less attached to the labels they are used to and thus open to healing.

The Triad Of Trauma

- The trauma of identity and the trauma of love lead to the trauma of sexuality.
- Following this is the trauma of becoming a perpetrator.
- Richard talks us through the process by which we can become perpetrator and victim at the same time.

Resources

- ❖ **Website:** richardwalters.org – It is recommended that you practice when you are well and happy. Use it as a resource when you are not.
- ❖ **Free Meditation:** [Download from Richard's Website](#)



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.

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