



# STAND AT ZERO

*A Global Moment of Presence and Renewal*

*March 31, 2025 | High Noon (Local Time)*

On March 31, 2025, Neptune enters 0 degrees Aries, marking a profound cosmic reset, a shift into new spiritual awareness and collective transformation. By standing together at High Noon, we align with this turning point in human consciousness.

No matter where you are, you can participate meaningfully and with intention. This guide provides simple yet powerful ways to engage in this global moment of stillness.

## How to Participate: Choose Your Path

### 1. The Core Ritual: Stand in Stillness

- At 12:00 PM local time, pause in absolute stillness for 60 seconds.
- Let this be a moment of presence, gratitude, and deep awareness.
- Stand with feet firmly on the Earth as a gesture of grounding into the present moment.
- If possible, face the Sun or an open horizon to symbolize clarity and new beginnings.

Affirmation (Optional):

***"I stand at Zero. I embrace this moment as a new beginning. I carry the light forward."***

## **2. Personal Preparation: Setting the Intention**

- Find a quiet space where you can be uninterrupted.
- Reflect on what you are releasing and what you are opening to.
- Consider writing a word or phrase that represents your new beginning and keeping it with you.

## **3. Group Participation: Uniting in Presence**

- Gather with friends, family, or spiritual circles to participate together.
- Synchronize with online communities using the hashtag #StandAtZero to share reflections.
- If leading a group, introduce the event's meaning, guide the stillness, and allow for discussion afterward.

## **4. Expressive Participation: Music, Art and Movement**

For those drawn to creative expression, consider:

- Playing soft instrumental music or humming a unifying tone.
- Creating a symbolic drawing or mandala representing Zero Point.
- Engaging in gentle movement, like Tai Chi or slow breathing exercises, to embody the energy shift.

## **5. Elemental Rituals: Connecting with Nature**

- Water Ritual: Drink a glass of water with intention or pour some into the Earth.
- Fire Ritual: Light a candle and focus on its flame.
- Earth Ritual: Stand barefoot on the ground or touch a tree.

- Breath Ritual: Take three deep breaths, exhaling what is old, inhaling the fresh energy of Zero

Point.

## **6. Post-Ceremony Reflection: Anchoring the Experience**

- Journal your experience. Did any thoughts, insights, or emotions arise?
- Share your reflections with #StandAtZero to connect with others worldwide.
- Consider how this moment can guide your actions moving forward.

## **The Power of Zero: Why This Matters**

In the great cycles of time, moments like this are rare and sacred. By standing together in silence,

we create a wave of unified consciousness across the planet.

This is not just an event, it is a symbolic step into a new era, a moment where each of us chooses

presence, awareness, and renewal.

Wherever you are, however you participate, you are part of this transformation.

Zero is not emptiness, it is infinite potential.

See you at Zero.

**Stay Connected - Share your experience: #StandAtZero**