

Zero Point Moment



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Let's take a moment to pause—not to do, not to fix, not even to think. Just to be. Right here, with yourself.

Close your eyes, and take a slow, steady breath in through your nose... and exhale fully out your mouth. Again, in... and out. Feel the air anchor you to now.

Imagine the noise of the world fading. Thoughts soften. In this stillness... you arrive.

This is the zero point moment—the quiet center of your being. You're not your past. You're not your roles. You're not your fear. You are awareness. Choice.

From here, feel the potential waiting... like the first spark before a flame—Ask yourself—without judgment:

What am I ready to release? What am I ready to claim?

Closing and return, take one more deep breath. Bring gentle movement back to your body—wiggle your fingers, stretch your shoulders. And open your eyes...

But carry this stillness with you.

What did I meet in the stillness?
