

Annual Spiritual Day Goes Global: A Worldwide Moment of Unity, Peace, and Connection, Added Annually to January 1st

Officially listed on the National Day Archives calendar, it becomes the first global celebration in history — People | Pets | Nature | Universe | A New Year.

TULSA, OK, UNITED STATES, December 3, 2025 /EINPresswire.com/ -- A powerful new global observance, [Annual Spiritual Day](#), will officially take place every January 1st, inviting every living being across the universe to begin the year with unity, reflection, and conscious connection. Created by author and multidimensional architect Roy Shaa, the observance is designed to help humanity reset emotionally, mentally, and spiritually at the start of each year.



Annual Spiritual Day Official Flag

Annual Spiritual Day is now officially recognized and listed in the [National Day Archives](#) calendar, giving the event a permanent home for future generations.

A Synchronized Moment for the Entire Planet

At 12:00 noon (local time) on January 1st, people everywhere are invited to pause for one minute — through silence, prayer, meditation, or reflection.

This shared moment creates a wave of unity that moves across the globe from time zone to time zone, forming the world's first coordinated spiritual reset for the new year.

[Watch YouTube Video](#) □□

Founder's Vision:

"We live in a time where people feel disconnected from themselves, from each other, and from life. Annual Spiritual Day is a simple, universal moment that brings humanity back into alignment

— through connection,” said Roy Shaa, founder of Annual Spiritual Day and creator of the 7D Multidimensional Framework.

“My vision is for future generations to inherit a tradition that strengthens peace, compassion, and awareness every year — a ritual that belongs to everyone.”

Why Annual Spiritual Day Matters

Annual Spiritual Day is not tied to any religion, culture, or ideology. It is built on three universal principles that every person can access:

1. Connection:

Recognizing the invisible forces — breath, awareness, presence, life — that unite all people.

2. Reflection:

Beginning the year with clarity instead of chaos.

3. Peace:

Creating a ripple of calm that spans continents.

This simple practice offers a powerful alternative to the noise, pressure, and emotional overwhelm that often accompany the new year.

A Global Tradition Designed for the Future

Annual Spiritual Day forms the third pillar of Roy Shaa’s larger spiritual architecture, which includes:

- The 7D Framework — a system for understanding multidimensional connection
- The Lion’s Secret Map of Ash and Gold — a story-based blueprint for spiritual resilience
- Symbolic 7D Art — visual forms that train the mind to perceive deeper layers of reality

With Annual Spiritual Day added, the system now includes a synchronized global practice that



Celebration of Annual Spiritual Day: On January 1, people, pets, nature, and the universe pause at 12:00 noon local time for one minute of reflection, meditation, or silence — a moment of global unity and peace.

anyone can join — regardless of background or belief.

□ How to Celebrate Annual Spiritual Day

Annual Spiritual Day can be honored in simple, peaceful, and inclusive ways. Everyone — of any faith, culture, or background — is welcome to participate.

1. The Moment of Unity — 12:00 Noon

At noon local time, pause for one minute of silence, meditation, or reflection on peace and gratitude. This creates a wave of unity that travels around the world through each time zone.

2. Awareness in Action

- Spend time in nature/ Meditate
- Perform a kind act of service
- Offer food, compassion, or care to any living being — person, animal, or the natural world

This symbolizes shared existence and compassion for all life.

3. New Year Intention

Set one clear spiritual intention for the year ahead — gratitude, mindfulness, forgiveness, kindness, or awareness — and practice it daily.

All actions are voluntary and inclusive, built to nurture peace, connection, and consciousness.

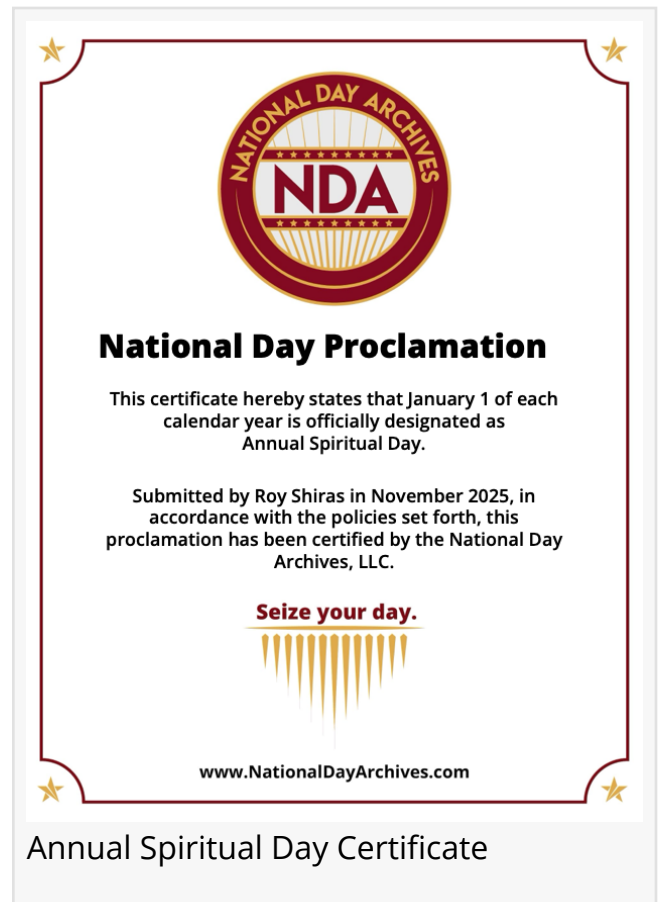
□ Monthly Full Moon Reflections (Optional)

Although January 1st is the official Annual Spiritual Day, participants are encouraged to continue their practice throughout the year.

Each full moon offers another opportunity to pause, reflect, and realign with peace. You may observe this on or near the full moon—during the weekend or day closest to it.

Suggested full moon practices include:

- One minute of reflection or meditation



- Acts of kindness toward humans, animals, or nature
- Gratitude journaling or quiet prayer for universal harmony

These monthly reflections help keep the spirit of the observance alive.

□ The Official Emblem

The official image represents the emblem and flag of Annual Spiritual Day.

The emblem features a golden lion's face on a white background, softly surrounded by an ash-gray aura. It symbolizes:

- Peace
- Strength
- Spiritual balance
- Unity of light and life within all beings

Together, these elements express spiritual awakening and harmony for all.

Media Contact

Roy Shaa
Founder, Annual Spiritual Day

Annual Spiritual Day
National Day Archives

□□ Media Sharing / PR Note:

Annual Spiritual Day, officially listed in the National Day Archives, launches January 1 as the first global celebration for people, pets, nature, and the universe. Everyone is invited to pause at 12:00 noon local time for one minute of reflection, meditation, or silence — a moment of unity and peace.

Feel free to share this announcement across media, blogs, and social channels.

Roy Shaah Shiras

Roy Shaa

+1 720-900-1313

contact@royshaa.com

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