



The It's Morning
NOW
AWAKENING MOVEMENT

INVITATION PACKET

THE IT'S MORNING NOW AWAKENING MOVEMENT

Invitation Packet

WELCOME

Thank you for your interest in **The It's Morning NOW Awakening Movement**.

This invitation is extended to communities, leaders, and organizations who sense that people are weary of pressure, performance, and reliving pain—and are longing instead for **presence, clarity, and renewal**.

The It's Morning NOW Awakening Movement is not a program to fix people.

It is an experience designed to awaken awareness, restore breath, and invite people into alignment with the present moment—**now**.

WHAT IS THE IT'S MORNING NOW AWAKENING MOVEMENT?

The It's Morning NOW Awakening Movement is a **prophetic, breath-led, trauma-aware awakening experience** that helps individuals and communities recognize that the day has already begun—even when life still feels dark.

Rooted in the truth that **morning begins before daylight**, this movement creates space for participants to pause, release, and rise without pressure, exposure, or emotional reenactment.

This is not a sermon.

This is not counseling.

This is not emotional processing.

It is a facilitated experience that honors the nervous system, the body, and the sacred pace of healing.

THE HEART OF THE MOVEMENT

At the core of the It's Morning NOW Awakening Movement is a simple but powerful truth:

You don't relive to heal.

You release to heal.

Healing does not require retelling trauma.

Awakening does not require explanation.

Presence is enough.

THE AWAKENING FRAMEWORK

Pause • Release • Rise • NOW

PAUSE

Participants are guided into breath-centered stillness to regulate the body, quiet internal noise, and return to presence.

Pause creates space for awareness—without force.

RELEASE

Through cinematic visual devotionals and sound, participants are invited to release emotional heaviness without reliving the past.

Release is invited, not extracted.

RISE

Original music and prophetic flow awaken hope, identity, and forward movement—reminding participants that the morning has already begun.

Rise is gentle, grounded, and unforced.

NOW

NOW is the integration point.

Participants are invited to live awake in the present moment—aligned, breathing, and free to move forward without delay.

WHAT THE EXPERIENCE INCLUDES

When you invite the It's Morning NOW Awakening Movement, your community will experience:

- Guided breath and stillness that honors emotional safety
- Cinematic visual devotional elements
- Original music including "*It's Morning*"
- Embodied movement (Breatheography) designed for release, not performance
- A sacred atmosphere that does not require personal sharing
- A trauma-aware experience that complements pastoral or professional care

WHAT THIS EXPERIENCE DOES NOT INCLUDE

To ensure safety, integrity, and clarity, this experience does **not** include:

- Individual counseling or therapy
- Emotional processing or group sharing sessions
- Public testimony or storytelling
- Trauma disclosure or reenactment

Participants are never asked to explain their pain.

They are invited to breathe and release—**now**.

WHO THIS EXPERIENCE IS FOR

The It's Morning NOW Awakening Movement is well-suited for:

- Churches and faith communities
- Retreats and renewal weekends
- Conferences and summits

- Women's, creative, or leadership gatherings
- Wellness-focused or faith-adjacent spaces
- Virtual or hybrid environments

This experience serves those who are navigating transition, exhaustion, grief, renewal, or awakening—without requiring them to name it publicly.

HOST ASSURANCE

Your congregation or community will not be asked to relive past pain.

They will not be put on display.

They will not be pressured to respond emotionally.

They will be invited to:

Pause.

Breathe.

Release.

Rise.

Live awake—now.

ABOUT VRONICA

VRonica is a breath carrier, prophetic artist, author, songwriter, and creative producer. She is the visionary behind **The It's Morning NOW Awakening Movement**.

After more than three decades in ministry, her calling expanded beyond the pulpit into breath-centered experiences that awaken identity, restore presence, and create sacred spaces for healing without retraumatization.

Her work integrates breath, sound, movement, prophetic creativity, and cinematic storytelling—meeting people where they are and inviting them into the present moment.

She is no longer here to perform.

She is here to awaken.

SESSION FORMAT & LOGISTICS

(Details provided upon request)

Session length, format, and technical needs are customized based on your gathering and are outlined in the booking process.

Available formats include:

- Single-session experiences
- Multi-session gatherings
- Virtual or in-person facilitation

All details are prayerfully adapted while maintaining the integrity of the movement.

NEXT STEPS

If your community is ready to create space for reflection, renewal, and present-moment awakening, we invite you to connect.

→ **Request Booking**

→ **Contact for Additional Information**

This is not an event designed to impress.

It is an experience designed to awaken.