

# Read Me First

## What this is

A gentle starter to steady your nervous system, speak a believable line, picture a short “already true” moment, take one small exact step, and notice proof - so receiving starts to feel natural.

## What’s inside this download

Starter PDF  
Night Receive audio  
*Read me file*

## Audio (night)

*Track: Night Receive - Calm Body, Clear Signal*

*How to use tonight: play softly while you wind down; breathe slow; repeat your identity line mentally; let the track fade.*

*Tip: if you drift off, perfect.*

## Common questions

*Beginner-friendly? Yes - short, guided steps; no jargon.*

*How long does it take? ~15 minutes for a full loop.*

*What if I skip a day? Resume. Momentum beats perfection.*

## Next step (when you’re ready)

*Become the One Who Receives - 7-Day Kit*

*Seven guided rituals (8-9min), Daily Cards, a Snapshot Library of believable scenes, a Precision Picker for one exact step, an Evidence Log, and seven lock-screen wallpapers.*

*Start the 7-Day Kit — \$19 → [your link here](#)*

## Support, refunds, license

*Support: [hello@echoesofbeyond.co](mailto:hello@echoesofbeyond.co)*

*Personal use only. This is self-care; not therapy, medical, or financial advice.*

## Credits & version

*Voice & production © 2025 BECOME Studio.*