

Read Me First

What this is

A short ritual designed to give you a felt sense of receiving.
Not motivation. Not manifestation hype.
Just a regulated shift in your internal signal.

You'll move through a simplified version of the same loop used in our full programs.

*Ground • Coherence • → Script • Identity • → Visualize • Imprint • →
Act • Alignment • → Gratitude • Receive •*

When to use it

Use it when your day feels too loud, your mind starts to spiral, social media feels overwhelming, or you want to feel more grounded and receptive.

How to use it

If your mind is racing, start with the audio.
If you want to go at your own pace, use the written steps.

Audio note

This audio is a preview of the guided practices inside BECOME.

Support

Re-download anytime from your receipt email.
Need help? hello@echoesofbeyond.co

Care + license

For personal use only. Not therapy or medical advice. Results vary.
Don't listen while driving or operating equipment.

Want to go deeper?

This ritual is a preview of the daily work inside BECOME: The One Who Receives, a seven-day reset with structured audios, identity work, and nervous system calibration.
If this felt supportive, the full kit builds the signal day by day.