

## Features of ASMR voices and tracks

- Frequently read as female
- Talk more slowly
- Quieter/softer/whisper
- Repetition
- Consonant matchups - hard and soft, soft and soft, hard and hard
- "Wet/moist" sounding/ you sound well-hydrated
- Susurrus
- Enunciated but still soft around the edges
- Breathing is important/breathiness
- Binaural
- Unusual subjects and combinations of themes
- Hypnosis figures into it
- Relaxation
- Roleplaying
- Examinations/appointments seem common
- Noises as common as words if not moreso
- Variations in volume

## SCRIPTS

### **Words**

*Succulent. Succulent.*

*Roots. Taproot. Seminal root.*

*Pistil. Pedicel. Receptacle. Sepal. Petal. Ovule. Filament. Anther. Stamen. Pollen. Stigma. Calyx. Carpel. Seed. Bud. Flower.*

*Stem. Vascular bundle. Stipule. Hypocotyl. Meristem.*

*Xylem. Phloem. Cambium. Cortex. Epidermis. Protoderm.*

*Leaf. Lamina. Petiole.*

*Chlorophyll. Photosynthesis. Chloroplasts.*

*Taiga. Boreal. Tropical. Rainforest. Temperate. Grasslands. Steppes. Tundra. Arctic. Semiarid. Coastal.*

*Freshwater. Intertidal. Pelagic. Estuary. Wetlands. Hydrological cycle. Rainfall. Streamflow. Snowmelt. Precipitation. Sublimate. Evotranspiration. Aquifer. Condensation. Hydrosphere.*

*Sussurus. Rustle. Soil. Symbiote. Lush.*

### **Sentences & Poetry**

rustle your leaves to me softly  
blow your soft wind across my surface  
firmly feel me with your fronds  
stroke my stem sincerely  
caress me beneath my canopy  
your whisper is susurrus rooting me to the spot  
slowly we grow together  
our roots are tangled in ways that we didn't decide  
our roots are tangled histories  
the sensation draws up through my vascular bundle  
i live slow  
from tiny acorns mighty oaks do grow  
my roots penetrate new ground  
i am so much more than the tiny pot in which i am bound  
i feel you in my roots and stem  
my leaves are like palms facing up to catch the sensations you dribble down  
i have a thirst  
i trust you  
touch me gently with your fronds  
you've come unrooted from that which grounds you but now you are rooted in me  
you are a protective shade  
you are a sun that never burns  
the feel of you on my dermis is sweeter than a drink of cool water  
you've made me feel as though i could flower  
and soon the sun will come again  
and soon a gentle rain will kiss my broad leaves, upturned to receive  
the rain will come again  
even now i am propagating and all will be well  
my spine shivers and trembles  
i linger on every stroke of my leaves  
let us take the time to take our time  
let us be still  
let us stop and smell each other (34)  
do you understand my pheromones?  
do you need to rest beneath my shade?  
do i inspire you?

let us breathe slowly together  
still your heart, that vast vascular bundle, and breathe  
take your time with me, i like it slow (40)  
i transform your breath into something beautiful  
i renew your breath  
each breath is a gift  
there are substances within us that sustain us both  
would you like to be symbiotes?  
we could be symbiotes