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