

Where Credit is Due

All of my ASMR is inspired by other people from all over the world.

Although I do my own version of each thing, I draw inspiration from many ASMRtists from across the internet. Ever since the first person graciously helped me, I've been sharing my knowledge gained with anyone who asks. You may have seen me talk about certain triggers, the creator who inspired me, and give shoutouts to them in stream. But I feel it is also good to have it written down in a list.

This is a non exhaustive list of those who inspired me, in no particular order. As I think of more, I'll add them here.

- WakeTheDreamer was the first one who I saw with the visual effect called Recursion - the delay, blur, tracers thing you see. When I was first getting into streaming, I tried to get ahold of Wake to ask him how he did it, or where I could look because it looked really cool. The members of my community who watch the show are referred to as "Dreamers." I did not directly get this idea from WakeTheDreamer, but I do not doubt that my admiration for him had some affect on my decision. After I had decided on the name "Dreamers" for our community members, and had been using the term across multiple platforms, I realized that I may have unintentionally taken inspiration from Wake. I immediately contacted him the next time I was able to and profusely apologized, and asked for his permission to use the term. He said he had no problem with it and that people can't own an idea or a word - especially one as general and generic as "Dreamer."

<https://www.twitch.tv/wakethedreamer>

- LegendofKodama (formerly KodamaSeason) told me about the Valhalla Supermassive plugin. He also has inspired me so much as a creator. His mood, his cozy vibe, his platonic love for each one of us. It really moved me. There will never be another Kodama. He is the Misty Mountains guy. He was and still is the best at singing that song. I have heard others sing it, and I have hummed it, but he's the best. I also consider him a good friend.

<https://www.twitch.tv/legendofkodama>

- SolaceSoulASMR - I had seen a few streamers use this Recursion effect, so I reached out to a several for help and advice. The one who responded was Solace. She directed me to one of her moderators, TheSpicyJuan, who said had helped her. TheSpicyJuan directed me to a YouTube video explaining recursion.

<https://www.twitch.tv/solacesoulasmr>

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- ShaaStar is a shining STAR for real! If it weren't for her, I wouldn't be streaming. I had much trepidation about even watching ASMR content - let alone being an ASMR live-streamer. Her fearlessness, strength, and fun attitude accompanied her personal advice: "yeah you should do it! You'd be good at it!" Her confidence when she told me this, so matter-of-fact - like "**of course** you should do it!" She believed in me especially in a time when I was at some of my lowest in

my life so far. During a time when I had lost someone who did believe in me, and others in my life did NOT believe in me. She did. Her words of encouragement were the final push I needed to get me to GO for it! Learning later that she also has had struggles, it shows even more her tenacious attitude - this winning characteristic of hers, and many, many more, are reasons why I not only call her my good friend, but I look up to her and admire her.

<https://www.twitch.tv/shaaistar>

<https://www.tiktok.com/@shaaistar>

<https://www.instagram.com/shaai.star>

- OzleyASMR inspired me with the comforting, soothing “it’s okay” type of talking and the swirling fingers and hand movements. Her affirmations also inspired my affirmations. The trigger on my channel called “The River,” where I do mindfulness, hand movements, and affirmations, is inspired by many mindfulness videos and podcasts all over everywhere. But OzleyASMR’s hand motions (stress pulling) are where I have drawn the most inspiration for The River. I also am inspired by Ozley during The River and also other times during my content where I do reassuring affirmations and things. I feel like Ozley has inspired me the most in that regard, too.

<https://www.youtube.com/@OzleyASMR>

- Alan Watts and audio of his lectures have inspired me for much of my present life philosophy. When I talk about how “you are something the who universe is doing, much like a wave is something the whole ocean is doing. The ocean ‘waves’ and the universe “peoples.”” That’s from an Alan Watts lecture.

<https://alanwatts.org>

- Sereniko is a mentor, friend and awesome person in general. She and I started streaming around the same time, but she’s always been leagues and leagues ahead of me in my eyes. She has a terrific work ethic, kind heart, and really good advice. I sought her council when I was down, feeling unsure of myself, and she gave me the guidance and courage to succeed. What a wonderful person!

<https://www.twitch.tv/sereniko>

- BarelyAverageJo is my favorite streamer on the planet. I also suspect we’re fraternal twins separated at birth. We are both chaotic, kinda unhinged, and doing our freakin’ best, man! She and I are like more unpredictable versions of each other but different genders. Except Jo is a lot stronger, much wiser, and more bold than I am. She’s probably the boldest person I’ve ever spoken to. We also have similar humor styles. Her breathing trigger paralyzes me in my tracks. I have noticed that after viewing her show many nights, that my inhale/exhale triggers with reverb are very similar, and I feel I have taken a lot of inspiration from her.

<https://www.twitch.tv/barelyaveragejo>

- DrSleep showed me the setting and breaking the pattern. He also directed me to videos of others doing it so I could learn more about this concept. It’s fascinating.

<https://www.twitch.tv/drsleep>

<https://www.youtube.com/@DrSleepASMR>

- TeanyHeals inspired me to do sudden starts and stops with crunchy things inside a bag. When she did it, shockwaves went through my whole body - I've never gotten tingles that intense before. My Start/Stop trigger that I do with the dehydrated black beans in a plastic bag will never be as good as TeanyHeals, but I hope to be able to give someone a version of what experience Teany did for me that day. But apart from that, she has inspired me on so many levels. She has mentored me in my streaming career, trigger ideas, thoughts on channel development, her resilient attitude, kind spirit, just so many things! She befriended me at TwitchCon San Diego 2022, welcomed me into the creator community and even widened my interest in music streamers.

<https://www.twitch.tv/teanyheals>

<https://www.youtube.com/@teanyheals>

- Avareth inspired me to do a Thanks for Nothing redeem. I had been looking for a fun way for the Twitch chatters to use their channel points besides saving it up for a trigger request. I saw Avy use this redeem on stream and her sassy response was so much fun. I asked if I could use the same idea for my stream. She's a great streamer and kind friend as well.

<https://www.twitch.tv/avareth>


<https://www.youtube.com/c/AvarethASMR>

- ASMRPunk has inspired much of what I do. We met at TwitchCon San Diego 2022 and ever since then, I have considered him a great mentor and friend. My channel has always been a little bit edgy, and I think Punk inspired me in that regard. Not that I'm trying to imitate him or anything, but that he showed me it's **okay** to be yourself and let go a little on stream. We advise each other from time to time. He first introduced me to Streamerbot and the concept of being able to type something in chat to turn redeems off/on without turning off channel points entirely or individually turning them off. He's great.

<https://www.twitch.tv/asmrpunk>

- QuietCreativeASMR (formerly Sugar_Boogerz) gave me the idea of the "keep going" redeem and for fluffy mic covers with unusually long fluff. She is also considered my favorite modern day philosopher. Every time I visit her stream, she casually hits me with some heavy-duty wisdom. I do my mindfulness with the knowledge of hearing her wisdom, and sometimes I spend time explaining her philosophy on certain topics. She's wise, for real. And then she's like "oh you liked that? I don't even remember what I said." !!!! whaa? So casual with the wisdom. Excellent. And she's hella smart and a talented artist.

<https://www.twitch.tv/quietcreativeasmr>

- Allie Brosh of "Hyperbole and a Half" is the inspiration behind the emote with the  "Go" that you see in the "Keep going" redeem. At the time when I used the general shape as a

template for my emote with my channel's colors and style suitable for emotes, I did not know where the original art came from. ChristieSkylar informed me that the popular meme was originally by Allie Brosh in the "Hyperbole and a Half" blog and shared it with me. I looked it up and yes, this is totally my vibe and after reading the blog posts and comics, that perfectly describes my anxiety. What a mood. Love it

<http://hyperboleandahalf.blogspot.com>

Specifically this part:

<https://hyperboleandahalf.blogspot.com/search?updated-max=2010-08-11T20:02:00-06:00&max-results=10&start=19&by-date=false&m=0>

Christie Skylar:

<https://www.twitch.tv/christieskylar>

- LexyLou offered me advice and guidance within the first months of my streaming endeavor. I'm so thankful for her. He uses mind-blowing visual effects, trippy sounds, sassy jokes, tingly triggers, and she's a genuine human - relatable, and approachable. I always feel safe in her stream.

<https://www.twitch.tv/lexylou>

- SquishShe is a mentor and friend. She specifically inspired me to put soft plastic underneath the microphone foam cover and then manipulate the microphone. I forget what she calls it, but she does it with plastic wrap, and I do it with bubble wrap, plastic bags, and plastic wrappers. My chatters called it Cloud Hypnosis and it uses reverb, anticipatory style triggers, and the crinkle to make trippy sounds. Then I remove the covering from the mic to show the contrast. This whole thing was inspired by SquishShe and her plastic wrap underneath the mic.

She also gave me the idea to take the tuning fork and spin it in front of the mic. She said I should try it and see how it goes. I think both her version and my version are pretty fun.

The adhesive lint roller upon the pencil mics foam covers - the stick and unstick with both at almost the same time. One of my favorite things SquishShe does.

She's also an inspiration on many, many levels. Her work ethic, her success mindset, her kindness, her desire to make things even better in the ASMR community and industry-moving actions such as the ASMR Streamer Awards, which really get the conversation going about ASMR and what it means to all of us. She's a gem.

<https://www.twitch.tv/squishshe>

<https://www.youtube.com/c/SquishShe>

<https://www.tiktok.com/@squishshe>

- FoxyASMR has inspired me with one specific trigger using the wooden spoon. While she didn't give me the idea for using wooden spoons, she was the first one I saw holding the spoon on the side of her mouth and tapping it, making sounds, and then changing the opening to the mouth so the tone changes. My version is where I do that some, but I rub the spoon with my hands so

the skin pulls along and catches, making pretty neat sound. Then I change the volume of the empty space in my mouth to change the tone of the sound.

<https://www.twitch.tv/foxyasmr>

- MrsPhase has the best swoop-pops in the world in my opinion. I've developed my own version of a swoop-pop sound, and I think perhaps she inspired me in that regard.

<https://www.twitch.tv/mrsphase>

- SkepticalPickle did a really cool thing once with a jelly-like anemone-looking thing stretched over her Blue Yeti. I have attempted to recreate a similar sound with a similar material stretched over different mics. While my sound is different, the inspiration came from SkepticalPickle.

<https://www.twitch.tv/skepticalpickle>

<https://youtube.com/@SkepticalPickleASMR>

- itsAdaria helped me with the scripts used to get my audio filters in OBS to activate with hotkeys

<https://www.twitch.tv/itsadaria>

- SalemArcana told me about the stereo pan filter

<https://www.twitch.tv/SalemArcana>

<https://www.youtube.com/channel/UCNgPecBf8IORHu3spZzl3qA>

- LunarAli inspired me to break the sounds up in "Relax" into 4 syllables. "Re-la-k-ss"

<https://www.twitch.tv/lunarali>

<https://www.youtube.com/c/LunarAliASMR>

- CromoSaraASMR makes ASMR that paralyzes me - she did this thing with chenille pipe cleaners. She inspired me to also use them for ASMR.

<https://youtube.com/@CoromoSaraASMR>

- BugFriendASMR does a name-trace with lights and a recursion visual effect similar to mine. He was doing it before I did, but I had not discovered his channel yet when I started doing my name traces with the lights and recursion. He certainly is an amazing artist, musician and peaceful soul.

<https://twitch.tv/bugfriendasmr>

<https://www.youtube.com/@bugfriendasmr>

- Jinxy inspired me with this sound she does with some kind of tube and some sort of crunchy sound. It's very nice. This has inspired me to use a PVC pipe and brush the end of it with different things.

<https://www.twitch.tv/jinxy>

<https://www.youtube.com/@JINXYASMR>

<https://www.youtube.com/@JinxyXO>

- MassageASMR captivated me with his anticipatory style triggers. He is my main inspiration behind doing anticipatory type triggers.

<https://www.youtube.com/user/massageasmr>

- HoneyDucky made some awesome emotes for the channel. They are so talented! They make music, they stream, they game, make emotes! Lots of stuff! Check them out on Twitch, YouTube and Spotify!

<https://www.youtube.com/channel/UCqgxVcXE9TgH84P5cXghODQ>

<https://open.spotify.com/artist/4Bx8Xd0d7o4TORuQryF8ZT>

<https://www.twitch.tv/honeyducky>

- Speaking of "ducks..." I use some of my mother's philosophies during mindfulness and affirmations. When I was a boy, my mother used analogies about ducks to help me understand myself and the world. When bullies would tease me for being "different," she'd say "let it go, like water rolling off a duck's back - don't even let it bother you." I now know that my specific type of "different" is called ADHD. She also gave the example of a duck paddling its legs underneath the water, working so hard, but above the surface, all we see is a graceful bird gliding across the surface of the river. She said I had to be like that duck. Since I had such a hard time paying attention in school and staying on task, she said I would have to put forth more effort than everybody else under the surface to achieve some of the same things that my peers did. What everyone else easily accomplished by simply "paying attention" and remembering the instructions, I could only achieve by inventing my own way of getting it done. My way may have taken more effort, may have taken longer, but it was in a way I could understand. Often, my way ended up being simpler, more efficient in execution, even when it took longer to initially develop. Anyway, thanks Mom. Instead of becoming a lawyer, I help people all around the world relax by making very specific sounds into microphones with everyday objects. Just like ducks do wait what were we talking about?

- Mushroom emotes made by Mushroommoive. <https://giphy.com/mushroommovie>

- NinjaStarASMR made ASMR more than just sounds - it was an experience. Her visuals, her immersion, the whole thing was an unforgettable experience. I feel that I've drawn inspiration in that regard to make my ASMR experience something that people can really get immersed into.

<https://www.twitch.tv/ninjastarasmr>