

Asmr

Emma WhispersRed

Unwind Your Mind Emma WhispersRed,2019-11-12 Ease Anxiety, Improve Sleep, and Find Calm Through ASMR Join the millions experiencing the soothing power of ASMR (Autonomous Sensory Meridian Response), a radical new wellness trend for relaxation and stress-relief with proven benefits similar to meditation. In Unwind Your Mind, beloved ASMRtist Emma WhispersRed explores how this powerful practice can help us find calm and be present anytime and anywhere. Unwind Your Mind blends exercises to help you experience calm through ASMR every day. In her trademark therapeutic, soothing style, Emma WhispersRed helps us incorporate ASMR into our daily lives, revolutionizing our approach to self-care, mindfulness, and healing. Complete with a foreword from the psychologist who led one of the largest studies on ASMR, this essential guide to ASMR offers both the latest research on this growing phenomenon and the practical tools for fighting anxiety and finding calm in our lives. Unwind Your Mind is supplemented by three companion audio originals—the first of their kind widely available—ASMR for Your Commute, ASMR for Your Lunch Break, and ASMR for Bedtime.

Brain Tingles Craig Richard,2018-09-04 A user-friendly guide to ASMR—the stress-reducing, sleep-inducing, tingly sensation you have to try!— featuring step-by-step instructions on ASMR best practices for home and professional use alike. The calming feeling when someone gently brushes your hair. The deep comfort and connection you feel when a friend whispers in your ear. The tingly sensation experienced from the personal attention of a hairdresser, a clinician, or even watching and listening to Bob Ross... That feeling has a name! ASMR, or autonomous sensory meridian response (a deeply relaxing sensation with delightful head tingles that typically begin on the scalp and move down the spine) feels so good that some refer to it as a “brain-gasm.” ASMR videos on YouTube have millions of subscribers and billions of views. ASMR is truly everywhere—from ad campaigns to celebrities to millions of regular people looking for a moment of “ahhhh.” With Brain Tingles, it’s now possible to stimulate—and even share—those feel-good tingles every day, and in real life! ASMRUniversity.com founder Craig Richard, PhD, explains what ASMR is, why it happens, and how to trigger it at home. No special training or fancy equipment required! Inside, you’ll learn the most common auditory, visual, and tactile triggers and how to create person-to-person ASMR scenarios (from a mock eye exam to a pretend manicure) with a partner, client, or friend. The end result? That calming, tingly euphoria that can be used for comfort, relaxation, restfulness, or even to set the tone for sleep—on demand! With a textured cover you can rub, stroke, or scratch to use as a tactile trigger, Brain Tingles is the ultimate ASMR tool, inside and out.

ASMR Julie Young,Ilse Blansert,2015-05-05 ASMR stands for Autonomous Sensory Meridian Response. A way to beat insomnia and reduce stress, ASMR is a relaxed, tingling feeling that many people report having as a response to particular stimuli, such as close personal attention, tapping, or whispering. Idiot's Guides: ASMR offers a clear explanation of its benefits, different trigger types, and how to experience its effects. Bonus content includes exclusive interviews with the top ASMR artists and online video content.

ASMR Book of Head Tingles | ASMR Journal Kit for Ideas Crystal Darling,2018-11-03 SPECIAL LAUNCH PRICE FOR HOLIDAYSGrab it at \$4.99 Now Before it Goes Up to \$9.99!ASMR Book of Head Tingles ASMR Journal Kit for Ideas Giant Book of Ideas for Enthusiast & Creators to Track & Inspire Head Tingles A perfect gift for ASMR creators and enthusiast for discovering ideas for triggers, role playing and trigger words.

The Druid Plant Oracle Philip Carr-Gomm,Stephanie Carr-Gomm,2008-08-05 From the authors and illustration of The Druidcraft Tarot (3/05) and the long-term bestselling The Druid Animal Oracle (2/95), comes their latest work mixing the Western Pagan traditions with a power divination system.

The Restless Compendium Felicity Callard,Kimberley Staines,James Wilkes,2016-09-27 This book is open access under a CC BY license. This interdisciplinary book contains 22 essays and interventions on rest and restlessness, silence and noise, relaxation and work. It draws together approaches from artists, literary scholars, psychologists, activists, historians, geographers and sociologists who challenge assumptions about how rest operates across mind, bodies, and practices. Rest’s presence or absence affects everyone. Nevertheless, defining rest is problematic: both its meaning and what it feels like are affected by many socio-political, economic and cultural factors. The authors open up unexplored corners and experimental pathways into this complex topic, with contributions ranging from investigations of daydreaming and mindwandering, through histories of therapeutic relaxation and laziness, and creative-critical pieces on lullabies and the Sabbath, to experimental methods to measure aircraft noise and track somatic vigilance in urban space. The essays are grouped by scale of enquiry, into mind, body and practice, allowing readers to draw new connections across apparently distinct phenomena. The book will be of interest to students and scholars across a range of disciplines in the social sciences, life sciences, arts and humanities.

The Animal Book David Burnie,2013-10-01 If you're wild about animals, this visual encyclopedia is the ultimate page-turner, bringing our planet's creatures together in spectacular style. This inspiring children's reference guide welcomes you to the animal kingdom where you can meet more than 1,500 species, ranging from ants to zebras and everything in between. Stunning pictures bring you face to face with giant predators you know and love, including polar bears and tigers, as well as mysterious microscopic life, including amoebas and bacteria. A variety of animal habitats are shown in beautiful detail, while accessible information, additional fact boxes, and amazing galleries complete the stories. A jaw-dropping spectrum of animal types - from fish and birds to reptiles and mammals - provides a learning experience like no other. Whether you're a budding naturalist or simply want to complete a school project, The Animal Book has got it covered.

24 Rungs Salvatore Hall,2019-04-04 Written in the ASMR style (Autonomous Sensory Meridian Responses), this work is meant as a personal journal to change and maintain goals. From Health, Wealth, Career, Sex, Companionship, as well as material and non-physical manifestations, this work puts you in a safe trance to discover how you feel, as you quest for your desires. Your path to enlightenment is here in this moment. Wherever you are right now is a great place to start. Live. Love. Life.

How to Find Flower Fairies Cicely Mary Barker,2007 Using clever disguises, fairies live and hide in treetops, forests, gardens, marshes, and hedgerows.

Brain Tingles #ASMR House of Slime,2019-06-06 Autonomous Sensory Meridian Response, ASMR has become a popular technique to help relax, calm and even fall asleep for many folks suffering from anxiety or stress. It's a way to unwind and de-stress through the use various stimuli.For example, listening to or watching certain types of videos that give viewers a tingly sensation that starts in the scalp, head and neck then spreads through the body causing a soothing relaxed state. This feeling is sometimes referred to as brain tingles or brain orgasm. If you or a friend have been practicing ASMR or just getting acquainted with the practice, this dot grid journal could be useful for recording and tracking what stimuli works well for you and what feelings each one brings out in you. The notebook has 100 7x10 dot grid pages that can be used as a bullet journal, doodle pad, or diary. Writing by hand, has also been shown to stimulate certain parts of the brain in a similar fashion to that of meditation.

ASMR for Beginners Julie Young,2019-01-14

The Occult Basis of Asmr Tarl Warwick,2015-01-07 ASMR has been sparsely studied in the recent past; a phenomenon inducing tingling or other effects, often from certain sounds, although it can also in some cases be triggered by touch, or the other senses. The similarity between ASMR now and mesmerism in our human past is key here; mesmerism began as a sort of amusing parlor trick, only to be adopted as useful by science and in magical workings; likewise, this may become the case with ASMR, which has similarities not only to manifestations of the chakra as noted in Vedic lore, but also the serpent fire, lucid dreaming, and a host of other experiences explained here.

Asmr for Relaxation Wise Mind Planners,2018-11-10 ASMR FOR RELAXATION: A GUIDED JOURNAL (Brown cover) Looking for a fast, easy way to relax and even get off to sleep? Then ASMR could be for you. As a way to wind down, reduce tension and slip peacefully into the land of nod, ASMR (Autonomous Sensory Meridian Response) has thousands of devotees. It involves watching and listening to videos that give viewers a pleasurable,

tingly sensation that begins in the scalp, head and neck and spreads down the body, causing them to feel soothed and relaxed. The feeling has been called a 'brain orgasm' and 'brain tingles'. There's a huge range of calming ASMR videos online, from people whispering softly or brushing their own or another person's hair to those performing a soothing, slow grooming activity such as applying make-up or painting their nails. Towel-folding, pet-stroking, painting, hand-rubbing and tea-making clips also have a following. THE ASMR GUIDED JOURNAL The point of this journal is for you to seek out videos online and write about what you find and how it affects you. Then you'll have a list of those that give you the effects you're after, whether that's to relax, to calm anxiety or to fall asleep - all reasons for watching the clips reported by fans. Writing by hand stimulates certain parts of the brain in a similar way to meditation, so jotting down and, if you like, sketching what you see in this journal will also help calm and relax you. The journal introduces you to ASMR and the latest research. Then you have 50 pages of prompts, followed by 20 blank pages for your notes. You're prompted to: Write down the name of the video and sketch what you see. Write about which elements work for you and which don't. Rate each video from 0 to 10. Compile a list of the clips that float your boat. The journal is a roomy 7in x 10in - plenty of space for your thoughts. It's also the ideal gift for someone in your life who's looking for ways to feel more chilled. Wise Mind Planners are written by a practising psychotherapist.

Animal Dorling Kindersley,2017-09-07 With more than 1 million copies sold, this updated and revised celebration of the animal kingdom features photos and descriptions of over 2,000 species and habitats. Bringing animals, habitats, and up-to-date research to life for readers around the world, Animal explores the creatures that have fascinated and inspired humans for years, from intrepid Emperor penguins to fierce Siberian tigers, to the very intelligent and highly communicative humpback whale. This updated edition introduces the olinguito, the adorable, recently discovered mammal that looks like a cross between a cat and a teddy bear, and the Skywalker gibbon found in the tropical forests of Yunnan Province in southwest China and Myanmar.

Asmr Benjamin Nicholls,2017-10-12 ASMR: The Sleep Revolution explains the 'tingly feeling' sending you to sleep. Insomnia to stress, people who experience the scalp tickling Autonomous Sensory Meridian Response phenomenon claim that it cures their chronic sleep deprivation, ushering in reliable on-demand tranquillity. Amongst a plethora of remedies on pharmacy shelves, ASMR stands out as a natural, biological sleep aid that induces deep relaxation using only the mind. ASMR could be your key to what we all desire - a good night's sleep. Emerging from an internet subculture to mainstream conversation, thousands of videos are uploaded each day in the attempts of recreating the strange euphoric feeling in the minds of viewers. Simple actions such as whispering, tapping, and hand movements have the ability to illicit an unparalleled sensation. The book you are holding delves into the booming ASMR community: addressing misconceptions, theorising origins, and exploring the science behind it. It is time to understand what is so difficult to describe. Understand the mystery that could transform the way you relax and sleep: -Head Orgasm? -Roleplays? -Internet Fad? -Neurological Origins? -Pseudo-science?

Asmr for Relaxation Wise Mind Planners,2018-11-10 ASMR FOR RELAXATION: A GUIDED JOURNAL Looking for a fast, easy way to relax, calm anxiety and even get off to sleep? Then ASMR could be for you. As a way to wind down, reduce anxiety and slip peacefully into the land of nod, ASMR (Autonomous Sensory Meridian Response) is gathering popularity daily. It involves watching and listening to videos that give viewers a pleasurable, tingly sensation that begins in the scalp, head and neck and spreads down the body, causing them to feel soothed and relaxed. The feeling has been called a 'brain orgasm' and 'brain tingles'. There's a huge range of calming ASMR videos online, from people whispering softly or brushing their own or another person's hair to those performing a soothing, slow grooming activity such as applying make-up or painting their nails. Towel-folding, pet-stroking, painting, hand-rubbing and tea-making clips also have a following. THE ASMR GUIDED JOURNAL The point of this journal is for you to seek out videos online and write about what you find and how it affects you. Then you'll have a list of those that give you the effects you're after, whether that's to relax, to calm anxiety or to fall asleep - all reasons for watching the clips reported by fans. Writing by hand stimulates certain parts of the brain in a similar way to meditation, so jotting down and, if you like, sketching what you see in this journal will also help calm and relax you. The journal introduces you to ASMR and the latest research. Then you have 50 pages of prompts, followed by 20 blank pages for your notes. You're prompted to: Write down the name of the video and sketch what you see. Write about which elements work for you and which don't. Rate each video from 0 to 10. Compile a list of the clips that you love. The journal is a roomy 7in x 10in - plenty of space for your thoughts. It's also the ideal gift for someone in your life who's looking for ways to feel calmer. Wise Mind Planners are written by a practising psychotherapist.

The Lord of the Rings Sketchbook Alan Lee,2005 In *The Lord of the Rings Sketchbook* Alan Lee reveals in pictures and in words how he created the watercolor paintings for the special centenary edition of *The Lord of the Rings*. These images would prove so powerful and evocative that they would eventually define the look of Peter Jackson's movie trilogy and earn him a coveted Academy Award. The book is filled with more than 150 of his sketches and early conceptual pieces showing how the project progressed from idea to finished art. It also contains a selection of full-page paintings reproduced in full color, together with numerous examples of previously unseen conceptual art produced for the films and many new works drawn specially for this book. *The Lord of the Rings Sketchbook* provides an insight into the imagination of the man who painted Tolkien's vision, first on the page and then in three dimensions on the movie screen. It will also be of interest to many of the thousands of people who have bought the illustrated *Lord of the Rings* as well as to budding artists who want to unlock the secrets of book illustration.--BOOK JACKET.

Brain Orgasm #ASMR House of Slime,2019-06-06 Autonomous Sensory Meridian Response, ASMR has become a popular technique to help relax, calm and even fall asleep for many folks suffering from anxiety or stress. It's a way to unwind and de-stress through the use various stimuli.For example, listening to or watching certain types of videos that give viewers a tingly sensation that starts in the scalp, head and neck then spreads through the body causing a soothing relaxed state. This feeling is sometimes referred to as brain tingles or brain orgasm. If you or a friend have been practicing ASMR or just getting acquainted with the practice, this dot grid journal could be useful for recording and tracking what stimuli works well for you and what feelings each one brings out in you. The notebook has 100 7x10 dot grid pages that can be used as a bullet journal, doodle pad, or diary. Writing by hand, has also been shown to stimulate certain parts of the brain in a similar fashion to that of meditation.

The Occult Basis of Asmr Tarl Warwick,2016-06-07 The phenomenon known as ASMR, or autonomous sensory meridian response, is one of the more interesting concepts to emerge in the modern era. Often seen as interesting and relaxing but lacking a deeper spiritual basis, ASMR can be construed as relating not only to Eastern mystic traditions but also some aspects of philosophical western Occultism. The similarity of the phenomenon to the infamous Serpent Fire of the East, as well as aspects of sex magick and psychotropic manipulation warrants its inclusion within the lexicon of the mystic world. And thus, this tract has been written, for the similarities are not few, but vast.

ASMR #Triggerhappy House of Slime,2019-06-06 Autonomous Sensory Meridian Response, ASMR has become a popular technique to help relax, calm and even fall asleep for many folks suffering from anxiety or stress. It's a way to unwind and de-stress through the use various stimuli.For example, listening to or watching certain types of videos that give viewers a tingly sensation that starts in the scalp, head and neck then spreads through the body causing a soothing relaxed state. This feeling is sometimes referred to as brain tingles or brain orgasm. If you or a friend have been practicing ASMR or just getting acquainted with the practice, this dot grid journal could be useful for recording and tracking what stimuli works well for you and what feelings each one brings out in you. The notebook has 100 7x10 dot grid pages that can be used as a bullet journal, doodle pad, or diary. Writing by hand, has also been shown to stimulate certain parts of the brain in a similar fashion to that of meditation.

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