REFERENCE

Auditory words

Hear **Auditory Sub-modalities** Tell Submodalities are the fine distinctions we make in each of the modalities, Sound (visual, auditory, kinesthetic, gustatory and olfactory.) We can change our Resonate internal experience by playing with Listen submodalities. For example, we can change the volume or tone of a voice in Silence our head, or alter a picture from black and white to vivid color. Note Ring Location Voice Direction Deaf In your head Squeak External Hush Volume Roar Speed Melody Pitch Musical **Tonality** Harmony **Pauses** Tune in, tune out Cadence Rings a bell Quiet as a mouse Duration Voiced an opinion Uniqueness Clear as a bell Distance Sounds right Clarity Perk up your ears Loud and clear

On another note