

## Mini Audio: Baby Talk

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The safety phrase is "triple threat"

Hello everyone. Are you ready to talk baby talk? Today's mini file is really very simple. I'm going to give you one suggestion that can help you talk more like a baby. All you have to do is listen and follow along. Are you ready to listen and receive your hypnotic suggestion? Good.

First, sit or lie in a comfortable position where you can be easily hypnotized. Are you doing that now? Good.

Next, I want you to close your eyes and relax those eyes to the point where they just want to stay closed. That's it. More and more relaxed, easier and easier to just let them stay closed until you find that even when you try to open those eyes, they just want to remain closed. You can test that out now and see just how easy it is to leave those eyes closed. And when you find that your eyes remain closed, you can relax and fall deeper into trance. That's right.

Going a little deeper into trance now, you can allow yourself to focus on your mouth, and the sounds that your mouth can make. Your mouth can make many sounds. Buh buh as in baba. Puh puh as in papa. Wuh wuh, as in wawa, and guh guh as in gaga. Let's try it now. Repeat after me.

Baba. Papa. Wawa. Gaga.

Very good!

And there are many other sounds you can make too, like mama... and num num. Yes, those are all good words. But there are some words that can be much more difficult to make... when you make baby talk. Let's think about one of those sounds. The letter R. R can be a challenge for many little ones, and adults as well, because you have to move your tongue in a special way to make it.

Let's do a little experiment. Keeping your tongue flat, say the phrase: Really Wheely. Let's try it together. "Wheely wheely." Again... the two words should sound the same. "Wheely Wheely". Wow, you're talking like a baby already. When you talk baby talk, it's so easy to just let the differences between those words just drop away. Let the

differences drop away, until you really can't tell the difference between Aww and W sounds.

F and Th can also be difficult to say when you talk baby talk. Keeping your tongue down to say "Thin Fins". You can use your lips since your tongue cannot reach your teeth. Let's do it together: Fin Fins. Again. Fin Fins. Vewwy good. Do you fink you aww weddy to twy baby talk on yow own?

Okay, one more test!

Listen to these words. Aww dey da same or different?

Red Wed. Are they the same? Red Wed. That's right. Deyre de same!

Let's say them out loud. Wed... Wed... Now say.. Wook at my Wed Cwayon! Very good!

Now listen and see if you can notice the difference:

Think Fink. Aww dey da same? Think Fink. Yes... dey aww da same!

Let's say them out loud: Fink! Fink! Now say... I fink I fowgot how to talk wike a gwown up! ... I fink I fowgot... To talk... wike a gwown up!

Isn't that a fun game! And you can allow your tongue to remember that game and continue to play that game even when your mind is out of trance, because it's just so easy to slip back into talking like a baby.

And if you ever need to get your adult speech back, it's really very simple. All you have to do is say Triple Threat. That's right, twippow fwet. Twippow... fwet... Uh oh. Looks like you fowgot how to say those sounds. Oh well. Have fun talking like a baby for the rest of the day.

Goodbye now.