

# Internal Sound Making Manual

# Tensory Tympani Bass



1. Open your mouth to yawn



2. Do not finish yawning, hold your mouth open for 3 seconds



3. Tuck your ears, keep your mouth open, try to push the air in your mouth to your ears



4. Feel the pressure for 2 seconds



5. Finish yawning



6. Get your tears on your finger if you had some



7. Offer someone to lick them, if not, lick yourself.

*Repeat the process in case of failure*

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