

## What is Reverse Speech?

Reverse speech is simply another form of human communication. As the human brain is constructing the sounds of speech it is putting those sounds together in such a way that we are getting two messages; one is forwards from the conscious mind and the other is in reverse from the unconscious.

If you analyse recordings of speech backwards, once every 15 to 20 seconds you get to hear very clear phrases which relate to what we are thinking and feeling on many different levels from the conscious as well as the unconscious mind.

Hearing impairment aside, most of us can hear and interpret the consciously made forward speech in everyday conversation. Whilst we also do all receive the unconscious speech, varying degrees of our personal sensitivity to this will determine how we are able to interpret those communications.

Most of us will only interpret them on an unconscious level and therefore have no conscious connection to it at the time the conversation occurs.

Fortunately today, technology allows us the luxury of analysing recordings of our speech so that we can all benefit from the information learnt from messages from our inner selves.