

To vibrate SATANAS:

S Breathe in, and then partially close your glottis making a hissing sound like a cat or a serpent, extending the exhale.

A Then breathe in and vibrate AHHHHHHH on the exhale.

T Breathe in, then put your tongue on your hard palate right above your front teeth, and vibrate between a ZZZZ and THTHTH on the exhale.

A Then breathe in and vibrate AHHHHHHH on the exhale.

N Vibrate NNNNNNNNNN

A Then breathe in and vibrate AHHHHHHH on the exhale.

S Breathe in, and then partially close your glottis making a hissing sound like a cat or a serpent, extending the exhale.