

**Where is your tongue living?** Is it resting in a puddle in the bottom of your mouth, hanging around in the middle, or does the tip of your tongue live on the top of your mouth, pushing against your hard palate, thinking it is necessary to do that to stop you falling over!

**Sticking out your tongue** Notice how different our tongues can be, and how substantial they are (see Jane's photo of a whale's tongue).

**Noticing the influence of the tongue** Using our periphery to observe from in a quiet way, and notice what happens when you stick out your tongue.

Include the support under feet, sit bones, the widening across sacrum, the back, the back of the head, then notice what happens when you stick out your tongue. Is it easier??

### **The suspension of the tongue**

Where does the tongue connect to the rest of us?? Most people know about the connection 'downward', to the hyoid bone, but it is also connected to the jaw, and to the skull via the styloid process. Look at references to *xxxglossus*, which means related to the tongue, on the diagrams from Gorman on the next page.

Place the tip of the forefingers on the place on the skull where the styloid process is, then the tips of the little fingers on the front of the jaw, then stick your tongue out and notice what happens. Is it easier??

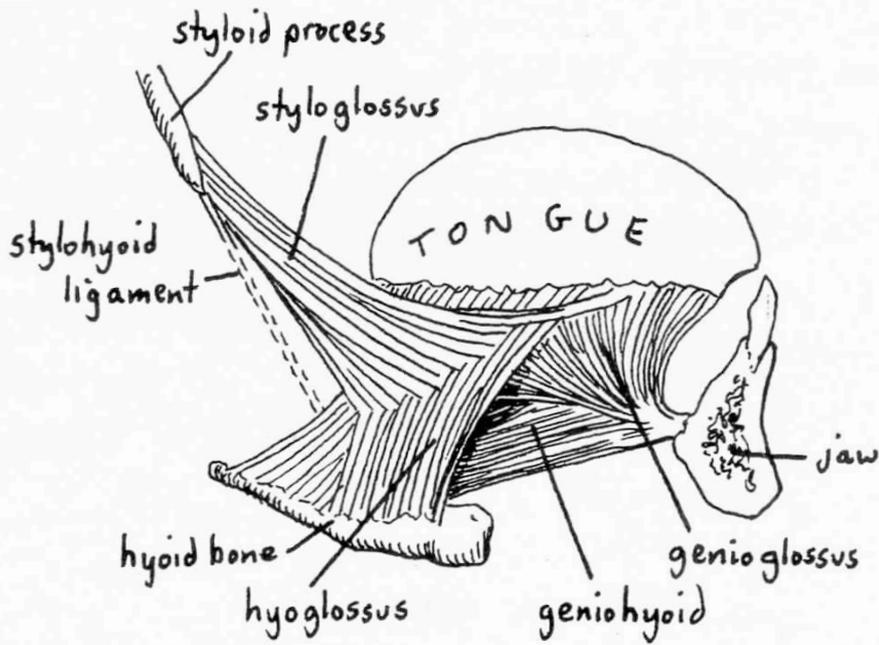
### **Working with movement with the middle of the tongue**

(mostly taken/adapted from Kristin Linklater, *'Freeing the natural voice'*)

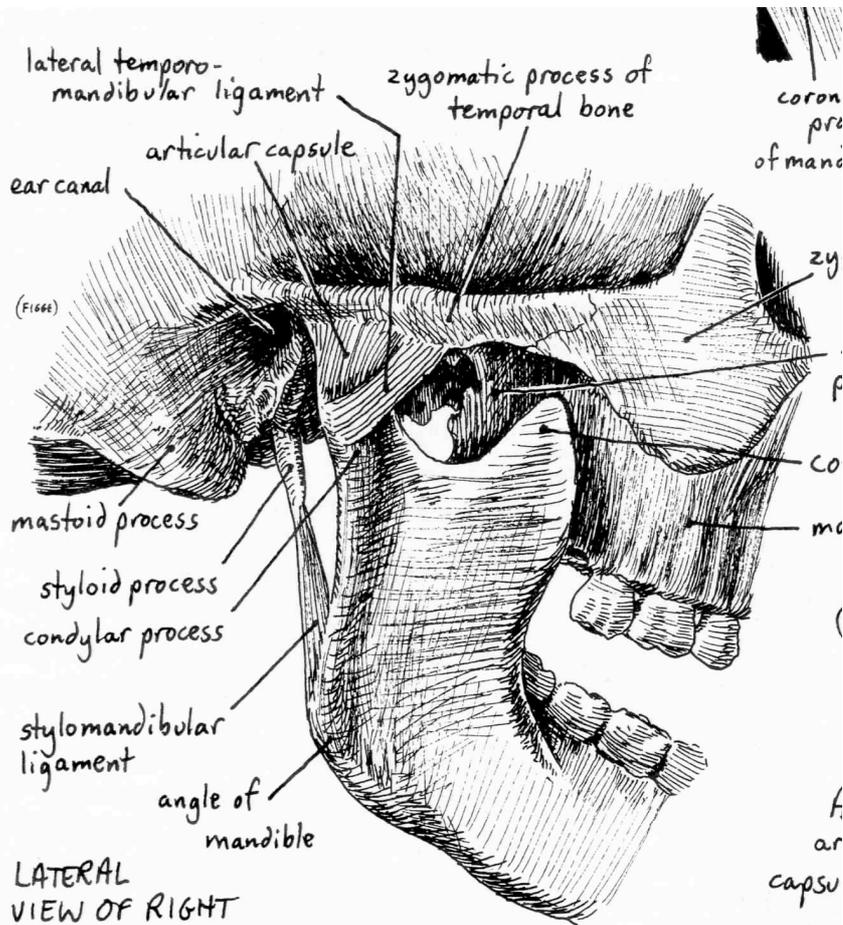
- i) Tongue roll - tip of the tongue at the bottom of bottom teeth, then next section of tongue resting against the bottom teeth - then thinking of releasing from the base of the tongue, allow the tongue to roll forward like a big wave breaking over the bottom teeth. Then comes back to relax mode, with the tip of the tongue resting on the bottom of the bottom teeth, tongue resting on its cushion in the bottom of the mouth, the jaw dropping gently so the teeth do not grip.
- ii) Yawn thinking the middle of the tongue forward.
- iii) With the tongue starting at resting position, think the middle of the tongue forward and back - this is a quieter version of the tongue roll. Do less
- iv) 'hi' (pronounced 'hee') first whispered, noticing where the dynamism is in the tongue, then sounded, with breath vibrating off the top teeth. The tongue rises in the middle'

I find that if I keep my connection to feet and sit-bones, to back, to widening then I connect from the tongue down to the sacrum.

This has taken me lots of years of work as my tongue was and is very recalcitrant!



MUSCLES OF THE TONGUE (EXTRINSIC)



LATERAL VIEW OF RIGHT TEMPOROMANDIBULAR JOINT