

- **Free Lesson- Voice Unit**

The Three Types of American Resonance

- **File 3, Track 11 Resonance Introduction**

Pharyngeal Resonance

Your vocal folds are in your lower throat, which is the region where your optimal or best pitch for voice is generated. Pharyngeal resonance is highly important for voice quality since proper voicing is produced in this area. The throat should be relaxed and free from tension. To speak with a voice that is rich and pure in tone quality, understanding pharyngeal resonance is very important. It may be helpful to think of speaking from your breastbone to simplify pharyngeal resonance.

Oral Resonance

This type of resonance places the voice in the mouth cavity. Any movement, large or small, with the lips, tongue, jaw, or wall of the throat will affect the resonance by shaping the sound waves. If you are not moving your mouth or speech articulators fully, you will not have full oral resonance or good natural projection.

The best professional speech resonates from the pharyngeal and oral cavities. Think of these two types of resonance working together, and it is easier to think of speaking from the chest area. Some voice coaches call it chest resonance, but that is not truly correct to describe where the sound waves are being produced. Sound waves do not come from the chest. They come from the lower throat and mouth. However, many people feel the vocal vibrations from the breastbone, so it makes it easier to think about chest resonance. Thinking about talking from your breastbone will help you to maintain optimal pitch and more powerful resonance. If your speech resonates from your nasal cavity or you don't have complete follow-through with your speech articulators, you may not achieve the best oral resonance or overall voice quality and projection.

Nasal Resonance

This type of resonance is when the voice sounds as if it were being projected through the nose, creating a tone quality that is nasal or high in pitch or sounds like "whining." When the tone is placed too high toward the nasal cavity, the result is a nasal-sounding voice. A speaker's voice can be between "two parallels," where it is not 100 percent nasal but is above the pharyngeal and oral resonance range. This could be described as having some "nasality." Many speakers fall into this category.

Placing your voice correctly in your lower throat and in the center of your mouth cavity is important for a rich, robust voice with natural projection and ideal voice quality. This can be achieved with good movement with your speech articulators, proper diaphragm breathing, voicing from your optimal pitch range, and thinking of your speech coming from your chest area.

Take a Journey through Your Resonating Cavities

• File 3, Track 13 Journey through Resonating Cavities 3:45

This will be an opportunity for you to experience placing your voice in all three resonating cavities. To begin this journey, place your fingers on the bridge of your nose and the other hand on your breastbone. Next, make a strong nasal sound, then travel that sound down toward your lower throat. As you leave the nasal cavity, you will travel to your mouth/oral resonating cavity. When you arrive, you will no longer feel the vibrations in your nasal cavity because they are now placed in your oral cavity. As you continue your journey and travel down, you will then start to feel the vibrations on your breastbone because you are now resonating your voice in your pharyngeal cavity.

By the conclusion of this journey, you will have experienced placing your voice in all three resonating cavities. You can now see that you have full control of where you place your voice. If your voice is thin, high, or nasal, you can make the adjustment of speaking from your optimal pitch range and from the pharyngeal and oral cavities.

Note: If this exercise is hard to understand, hear it demonstrated from your auditory support.