

## Long & Luscious

There are no short cuts to any place worth going... ~ Beverly Sills

**Be passionate** with each of **your long tones!** **Love them, care** for them, **be in-tune** with them...

**1. Be active & focused.** Enjoy learning about your tone, and **each note on your flute** by playing long tones. **Listen!**

**2. Be aware of everything** that is **creating your sound.** What is creating your sound? It takes **your whole body & air** to create a beautiful sound. How are the muscles around your **shoulders and neck?** Is your **breathing free?** Is your **embouchure** flexible and yet have the stability for a consistent sound? Is your **tongue muscle free?** Are your **vocal folds at rest, open?**

**Below is a part of Long & Luscious.** Use a **Key of the Day.** Know the Key in it's **major and minor** forms. **The next step** is to expand your practice to include more keys and **diminished, augmented** as you are ready. After you can play 4 counts at mm. 60, **add more so that you get up to 16.** Really expand your range of **dynamics** and **colors** as you play. **Enjoy!**

flowing and colorful ♩ = 60

Flute

C Major

*f* > *p*

How is your intonation?

9 Is your breath flowing? Listen for your vibrato. Are your neck and shoulder muscles free?

C minor

18 air speed? C dim. Be colorful! Use some vowel shapes.

**More Ideas:** See Tone & Tuner I & II and Beautiful Notes. **Listen:** [Anna Moffo](#) **CP:** [la Bellissima](#) **Look:** [La Traviata - Anna Moffo](#)

## ▶ Harmonics & Middle & 3rd Octave Harmonics

But what if at some level we are made of sound? ... that we ourselves are a harmonic convergence? ~ Sol Luckman

**Harmonics** never change their sequence - the ratio of each pitch to itself. But, **how you change the strength of each overtone** in the harmonic series, is part of what **makes your tone unique.**

**How?** Listen and learn to fine tune your body and your air. (speed, aim airstream, embouchure, inside mouth, vocal folds, ribs...) Practicing this exercise will **teach you how** to make these changes and **enhance your sound.**

**Remember to bring out the lower, the fundamental sound.**

**Listen with great care. Take your time. Play these gracefully.**

**You will develop a more colorful tone, better in-ton-ation and a more flexible embouchure by practicing these.**

Middle Register Harmonics

Continue on G# - D#, A to E, Bb - F etc...

\*If there are 2 notes, then finger the lower note and make the upper note sound.

Third Octave Harmonics

**More Ideas:** See Tone & Tuner I & II Exercises. **Listen:** [Spiral of Harmonic Series](#) **CP:** & **Look:** [Tibetan monks singing overtones](#)