

Pronouncing “L”

While pronouncing the letter “L”, you use your voice as you say it. This is a *voiced consonant*. It is also the only English *lateral consonant*. When you pronounce a lateral, your tongue should obstruct air at some point in your mouth – but the sides of your tongue are low, so air can escape from the sides. One example of this is when you say *l*, which is a lateral vowel. Both the light (clear) and dark (sustained) allophones of *L* are lateral sounds.

Along with *N* and *D*, *L* is also a voiced *alveolar* consonant, meaning that when pronouncing all of these 3 letters, you need your tongue to connect with your *alveolar ridge*: the bony ridge in the roof of your mouth at the front, behind your teeth. Try comparing and say: **VOICED ALVEOLARS:** *NINE* *DINE* *LINE* (the unvoiced alveolar is *T*)

You form the *L* sound by passing the airstream over the *sides* of the tongue, with jaw slightly unhinged, mouth open, and lips relaxed. The *L* gets its pronounced form as soon as the tongue bursts downwards (after it’s brief obstruction) and then rests on the floor of the mouth as the vowel follows and flows out. (try saying “La La La La”)

The *tip* of the tongue (specifically the *blade* of the tongue) should be rounded in front, not pointed. It should rest around the alveolar ridge in the roof of your mouth, ...forming a sealed but relaxed cup along the front. This is the same area of the tongue you use to pronounce *D* and *T*, but it is much less forced. Think of *L* is a soft, pretty consonant.

PRACTICE: Say or “buzz” an easy, loose, consistent “L” airstream for 5 seconds (3 sets of 4) do it 3x/day. Read the paragraph below. Feel the difference in a week! Do this in conjunction with your other consonant practice. Saying “la la la la” over and over will help improve overall tongue strength and accepting commands from the brain

Exercise #1

TIP: Pronounce every “L” in a loud, extended exaggeration to get used to the feeling of holding your tongue in a suspended position. It’s a muscle and it needs conditioning. Say “luck” 16 times quickly!

al: hallway / alright / call / mall / fall / tall / ball / colloquialism / crawl
aal: practicality / banal / balloon / trivial / consequential / calendar
bl: bloom / blast / blessed / emblazon / blazer / blight / blockage / sublimate
cl: clang / clever / barnacle / cliff / close / cleanly / clip / classroom / incline
el: spell / elf / envelope / melt / else **eel:** feel / congeal / appeal / steal
fl: flight / flip / flounder / fling / waffle / flicker / flack / flute / fly / fleece
gl: ogle / angle / glacier / globalization / glad / glamorous / eagle / igloo
kl: heckle / fickle / twinkle / crackle **ls:** also / Elsie / gels
li: click / linger / glisten / glib / obligate / lit / sublimate
lv: delve / alveolar / shelve / pelvis / elves / absolve / twelve
la: laugh / Carla / lament / lager / landlord / lamplight / splash
laaah: logistic / oblong / clock / dollar / glossary / claw / law / block
lay: legislature / delay / clay / play / relation / formulate / articulation
le: excellent / left / leg / lengthy / blend / eleven / collected / delegate
lee: clean / flee / exactly / rigorously / bleed / absolutely / sleep / fleet
lo: globe / hello / close / blow / alone / bloat / follow / lawyer / gloat
loo: loose / igloo / looping / inclusion **lu:** / lute / glue / include / blue / flute
l at end: oral / lapel / tell / goal **lt:** difficult / culture / lilt / built / felt
li-ee: like / light / flight / slight / life **nl:** enlighten / enlist / cleanly
lw: always / railway / Galway / hallway / stalwart / bullwhip / spillway
pl: apply / amplify / replenish / plow **rl:** girl / world / whirled / splendor
wl: owl / prow / bowling / howl / growl **sl:** legislature / sled / sling / slam
ul: gulf / pulverize / vulcanize / promulgate / ultimate / ultimatum

BLEND: A sound when 3 consonants are used together: **splice**, **world**. There are approx. 28,000 English words which contain consonant blends.

Exercise #2

PRACTICE PRONOUNCING “L”

Read this exercise out loud. There are many English words containing the consonant *L*. We will pronounce “L” **198 times** in this exercise. These paragraphs might not make sense. They’re sole purpose is to practice pronouncing “L” within the context of words and sentences in order to increase oral mobility and strengthen those sets of muscles we deploy while saying an “L”.

All Parliamentary delegates should be allowed to settle at selected tables with acceptable levels of ability. Unfortunately, walking long distances along hallways is an ill-advised way to travel. Likewise, a popular alternative is lingering in lounges along the way, which is also always ill-advised. A secluded, lengthy walk or stroll is probably the cleverest travel selection, especially when Lobbyists could elect to monopolize your time allowing a plethora of professional visual clues. Leave all the relatively light lifting to small, little cliques and older folks at rallies. Intelligence plus practicality plus talent equals results and excellent solutions! Similarly, we learn which commonly held beliefs are truly highly popular. ⁷²

We’ll always lean to who is available for lunches and galas. Social circles allow for the lending of political ideologies. Truthfully, we allow literally millions of likely individuals on the roll-call, including several public lists. Following the last people who will be available or unavailable is a blended selection of delegates from the Legislature. Also notable are a multitude of elected officials, senatorial fellows, and last but not least: lawyers. Let us also welcome loyal ‘left-leaners’. ⁵⁵

Finally, let us listen to the language of the land and cling to all eleven provincial rules. By following the letter of the law exactly, we shall plow along and complete our challenge of selection for highly preferable examples, which only we are allowed to reveal. Lastly, a complete monopoly will follow as a result of leasing from splashy lenders who allow lackluster results. This is hardly a popular result for public holidays. Successful completion includes legal closure with ultra-low liability on all levels. Our National Library holds a collection of several complete digital volumes with similar lessons in morality and governmental articles. Let’s raise a glass not in challenge, but to celebrate completion. ⁷⁴