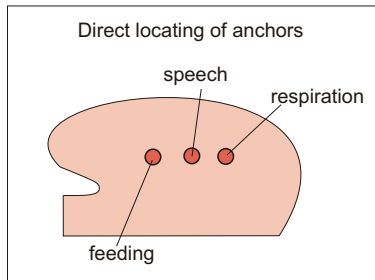


**DIRECT LOCATING OF THE SPEECH ANCHOR**

When one is familiar with the lingual anchors, or centers of respiration and mastication, it is not difficult to locate the speech anchor. It lies between those two. The three anchor points can be perceived as being quite close to each other, and this appears to explain why switching between the three functions can be quick and relatively effortless.

Note: There are also methods for aiding vowel articulation, involving hand and finger positioning and gesturing, but these are not included here.