Guitar Solfeggio
("The Inner Fingerboard")

Ascending 6ths
Descending octaves

Key of E

1) 

Also add in front of everything else occasionally:

2) 

Also add in front occasionally:
Transposing will be a natural outgrowth for the curious mind after you've done what is asked of you here.

There are a variety of ways to learn from these exercises:

1) Try SINGING one diagram at a time, then playing it. (Humming or whistling are fine substitutes for singing). If the given key is too high for your 'range' try a higher key and then sing an octave lower than the actual pitches and switch octaves up again if it gets too low...you'll see as you get involved...it will become clear.

Later:
2) Try looking at the paper and singing without playing (you can use the guitar to get the first notes only).

And advanced:
3) Without the paper or the guitar (gulp!), sing and VISUALIZE all the sounds on this page. When you can do this, you're beginning to carry the fingerboard in your head (is that why we look so funny?) and you've just made one of the best friends you could have in this life.
Ascending the Descending Octaves

GUITAR SOLFEGGE ("The Lower Fingerboard")

1. Key of E

2. Also add

3. Also

Also, occasionally

Here are a variety of ways to learn from these patterns:

1. Singing: Sing along as you play, matching the notes on the diagram.
2. Transposition: Understand the fingerings and transpose them to different keys.
3. Without the paper or the guitar (guitar), sing and visualize the notes on the page. When you do this, you develop the ability to hear the fingering in your head and visualizing is one of the best friends you could have in this life.