The following evaluation is a Sonograph Vocal Profile developed from the research tenets of Human BioAcoustics. The software used for this evaluation is available to the public from <u>www.nanoVoice.org</u> at no charge. **Profiles are presented here in the hope of sparking discussion and insights.** All issues are expressed in terms of Frequency Equivalents<sup>™</sup>.



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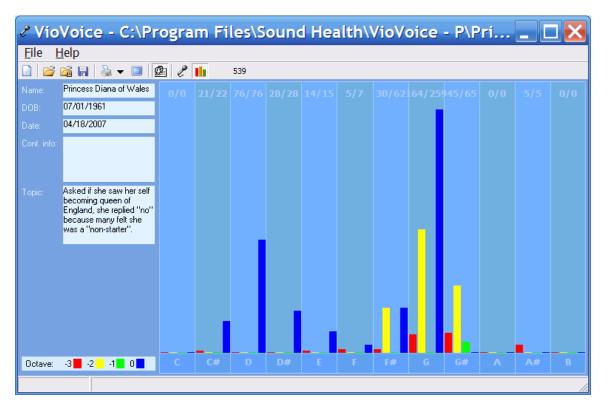
We hope you will be delighted beyond words by your Personalized nVoice Personality Profile.

#### Princess Diana of Wales

DOB: 07/01/1961

Recording Date: 04/18/2007

Subject/Topic: Asked if she saw herself becoming queen of England, she replied "no" because many felt she was a "non-starter."



#### The Princess Inside

There is a need to physically belong and feel safe. Considerable emotional stress surrounds this. Most of the issues in this chart deal with emotional concerns that have no physical support or vent.

Self-power is lacking as is the ability to use Hope to survive. The lack of the note of B shows a need for spiritual energy. The force on this chart concentrates on clearing physical stress through self-approval. There is a need for support, justice and logical fair play. Processing is likely done by carrying out plans that result in creating a tangible consequence.

Much emotional energy is spent trying to work out where she fits physically in the world. This has taken a toll on spirit and self-power. There is a lot of processing in the middle of the chart but there is no beginning or end to suggest a definitive direction.

Would she have made a favored Queen? There would have been compassion and accomplishments that had physical grounding and tangible presence for those on the receiving end. Did she have the strength and stamina to push forward? Certainly not without personal support because that is where her energy began and ended. With people around her who APPRECIATED her giving nature who understood her need to be firmly nestled into the hearts of others, she would have been the Queen of the People.

#### **Missing Notes**

You have no hits for the note(s) of: C, A, B. Either you did not take enough samples (100-500 is usually best) or your subject matter did not include thoughts or topics that would involve this/these note(s). See the Note Correlate Chart that appears on the Cover Page for more explanation.

#### Points of Importance, Attention and Consequence

You may tend to over or underestimate your own value to those around you. When you think things through from an internal perspective, your philosophical opinions are very much appreciated. When you repeat gossip make sure that it is true. Pretend the person being talked about is in the same room and can hear you. You challenge the opinions of others with good reason. You tend to teach by adapting your behavior to be a good example for others.

You can be fussy about your physical space. It needs to satisfy you and no one else. Sometimes you spend a lot of energy trying to do what is best for others even though it may not be beneficial for you. It is unfortunate that when you decide to do what feels good to you, there may be harsh judgments involved.

Your highest note is associated with the expression of what you consider to be your personal space. Having dominion over your physical environment and personal space is a need that you often feel but don't often express.

There is a physical need to have honor in what you accomplish. Personal control over what is happening or not happening to you is a source of stress.

The demands on your life don't leave enough time for you personally. It is important to consider how your actions influence others. When confronted with what may be untrue, you need to have the courage to go to the source and ask questions.

Note that thinking is not the same thing as doing. You are particularly sensitive to criticism even when it is considered constructive by the giver. You like nice things in your life. You admire people who you think have class.

The right words at the right time can elude you. You would rather not talk than say something useless or boring.

#### Points of Communication, Complications and Complaints

Being able to appreciate your environment is important to you. Comfort in your environment needs to be balanced with pleasing colors and functionality. You like your working environment to be efficient with things readily available.

Working to improve yourself is a strong issue. You seek information about yourself that allows you to be resourceful in your interactions with others. You seek to show approval of yourself within your inner

circle but often feel that you don't have an outlet to express who you really are. You tend to teach by setting a good example.

You can organize and prioritize in your head. It may not look that way to others but it is your mode of operation. You like to organize yourself so that everything is at hand and easy to utilize. It is particularly bothersome when people use or borrow your property without permission.

Your spiritual side may be neglected because of the responsibilities you hold. Taking time for yourself is important but you don't often do it. Allowing all that you do to be for the benefit of all concerned even if it stresses you personally is the best solution for freeing your energy.

You know how to get things done but don't always have the patience to deal with the details. Remember that planning it is not the same as getting things done. Thinking and doing needs more balance.

You like praise but don't always know how to accept it gracefully. You don't always know what words to use to express what you need. You wish someone could understand you without demanding a lot of conversation.

#### Points of Cooperation, Learning, Opportunity and Growth

You have more ideas that you can physically get done. You have no trouble starting something just to see if you can do it. You learn easily from your mistakes. You don't tolerate the repeated mistakes of others well. You have a good spatial memory. You can easily lose the big picture because you pay close attention to detail.

Your sense of self approval depends on what you have accomplished. You want to work to improve yourself physically but find excuses to put it off. How others see you physically is important to you even if you don't claim it as important.

You tend to err on the side of emotional content not on the side of accomplishment. You wish you could do more to help others.

You don't always take time for the spiritual side of life. Balance between spiritual and physical aspects of your being is important. You can allow your spirit to carry you when the body is weak.

You rarely express your true emotions. You would just as soon that people keep their opinions about you to themselves. You would feel uncomfortable getting gussied-up to give a speech or run a meeting but you can do it well when the situation calls for it.

Your spirituality is often at odds with your physical lot in life. You don't often have the time to dedicate to your spiritual growth. You would like more time to contemplate the universe, humanity and mankind's place in history. You tend to want to do more than time allows.

The balance of pride and a love of humanity keeps you committed and busier than you would like. You can lose interest in a project without warning. You are likely to let others lead because you did not plan ahead.

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#### Prince Charles talks wedding plans to the press with Princess Diana

http://www.youtube.com/watch?v=IRTuI37mua4 – Lady Diana interview before wedding

http://www.youtube.com/watch?v=ZZn3HqmuzFA



As the public begins to learn more about the courtship and engagement of Prince Charles to Lady Diana, the world looks to this couple as the hope for a more modern monarchy. Even in these pictures it shows a bored Charles and a scared Diana while the public looks on.

Charles' vocal print indicates someone who is responsive with the need to manage the situation. His expression is right brained. From this point in the relationship, Charles hopes that all will work out but evidence in the graph shows that he is involved emotionally but on a surface level.

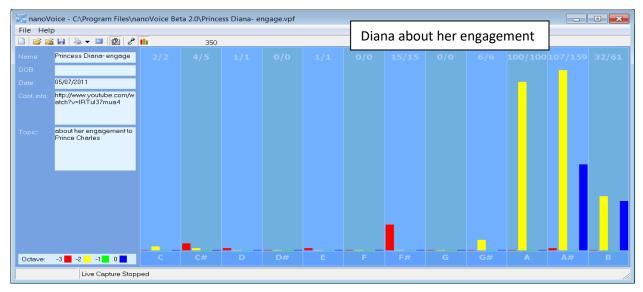
Prince Charles shows a desire to be thoughtful behind his words but at the same time there is a hidden agenda dealing with truth and fairness. The hidden content of the graph is scattered with a split at words of expression and male sexuality. The separation of the octaves in Charles' graph shows a split in how he thinks about this situation.



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Name:	Prince Charles - 1								
DOB:									
Date:	04/24/2011								
Cont. info:	http://www.youtube.com/w atch?v=WJoSBg1C4Ao								
Topic:	talking about being lucky								
	enough to marry Lady Diana								
Octave:	-3 <mark>=</mark> -2 _1 _ 0								

The lack of notes in the octave of -1 shows a separation between gut levels and reality thinking. A great deal of the information lies on a spiritual level, particularly in the note of "B," which represents either a love of humanity or martyrdom. It makes me question Charles' motives; perhaps being a martyr is his concern.

Diana's responses are more thoughtful with an emotional underpinning. Her main concern is spiritual management. Both charts fall in the right-brained half of the graph. Diana's hidden agenda is to help others in a balanced way. She has a score of 196 for the note of "D," representing self-approval. She doubts her ability to carry this through. Her thoughts are also scattered, but she has a strong desire to balance perception and action. She is scared but determined and sharing more of her real self than Prince Charles.

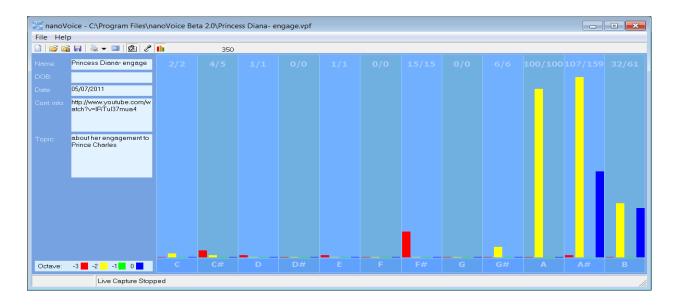


Comparison of Prince Charles and Lady Diana during the time of their engagement

Essentially from a BioAcoustic perspective, at the time of their engagment, this marriage had potential. They are both seen as right-brained with both having a strong note of "A." Charles responds more to outside influences while Diana is more introspective. They have similar interests; they just approach them differently.



They both lack notes on the left side of rhe charts, which indicates that they lack the same traits. At this point Charles is more philanthropic (as indicated by D#); Diana more spiritual.



At this point, it would likely have taken someone running after Charles persistently to make him turn away from Diana. Charles lacks direction and could be controlled by a strong-willed person who shows him approval.



After Diana's death, Charles is still mostly reactive to what is being put into his way rather than being

proactive, introspective or emotional. His ego seems nonexistent while his concern for physical priorities are dominant at this point in his life.

His print indicates that he most likely wanted a "mother" figure that could tell him where to go, what to do and what to think.

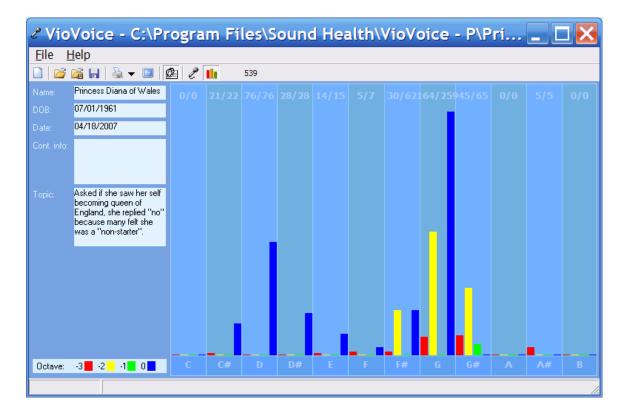
In this picture to the right, the body language indicates that Camilla is clearly in charge.





The picture below demonstrates the split between the royal couple.

If Diana had been more forceful, perhaps things could have been different, but that was not her personality.



After the divorce from Prince Charles, Diana seemed happier with a more balanced personality that included a strong desire to help others find physical peace and safety in her life.



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# **BioAcoustic Opinion**



#### Harry

- 1. Strongest concern = Spiritual Justice
- 2. He has the note of E missing
- 3. Ego is normal
- 4. Has above average frequencies representing justice, especially in fantasy layers (an overload actually) indicating that he has ideas of justice that he would like played out
- 5. Harry has A# and B slightly high meaning he wants to spiritually support himself and others
- 6. Harry's foundation is a bit scattered indicating that he will look to Meghan to bring issues and emotions into focus
- 7. Harry is solid in both his physical and spiritual environments
- 8. Harry is strong spiritually and instinctively lives from that perspective where personal matters are concerned
- 9. Harry's overall perspective is working toward supporting others
- 10. Equal in intellect, Harry is less emotional than Meghan but balances it with caution; equally spontaneous, Meghan's active frequencies are more toward right-brained creativity maybe writing children's books.

#### Meghan

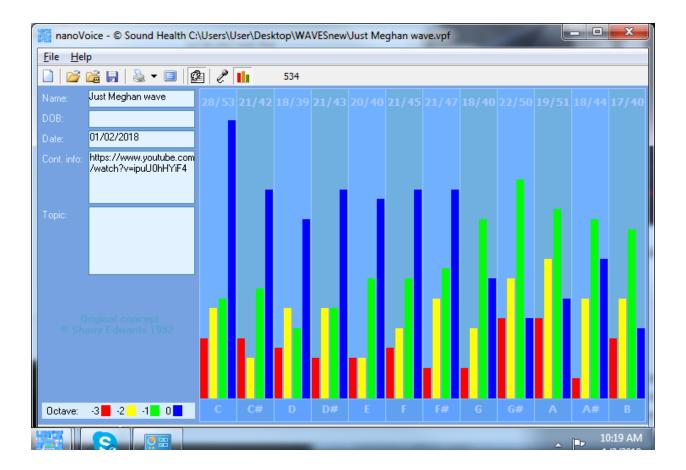
- 1. Strongest concern = intellectually saying the right thing
- 2. Her highest note is E
- 3. Meghan's fantasy ego is higher than normal but not outrageous
- 4. Megan has a strong foundation except for the note of C#, justice which Harry has ample frequencies of making this a supportive relationship where they fill in for each other on this topic
- 5. While talking about this engagement, Meghan did not display any spiritual issues toward herself or others I think she is very disciplined while Harry shares his mother's love of the people
- 6. Meghan's foundation is more focused intellectually
- 7. Meghan lacks security in her physical environment Princess Diana shared this trait
- 8. Meghan is more comfortable after she has intellectually considered all options
- 9. Meghan overall has a strong emotional ego associated with the engagement discussion
- 10. Equal in intellect, Meghan is less equal in her emotions; equally spontaneous, she does not want to be as active toward accomplishment.

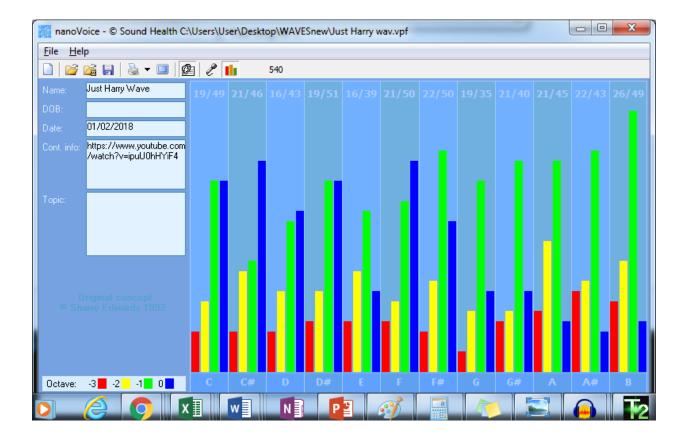
#### BOTH

- 1. Are spontaneous, Harry more so than Meghan
- 2. His missing E and her overload of it makes this a needy relationship
- 3. Gut level spirituality versus thinking at length
- 4. Emotional overtones to activities
- 5. A love of justice brings them closer

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Self approval, expects reciprocation caretaker, likes to organize, examine and fix self and others	D	Liver, gallbladder, pancreas digestion, appetite, production of enzymes and hormones
Information brokers, not apt to share "real" self easily, uses narrative examples to teach	D#	Cellular oxygenation, transport of minerals and oxygen to eyes and muscles
Self approval issues, uses words first to convey message and meaning, appreciation	E	Wet moist tissues, lungs, eye, nose, bronchial structures diaphragm,
Planner, ability to see flaws in the plan of others, balance between perception and action	F	Kidney, environmental allergies prostate, male reproduction, lower back, cranial balance
One who carries out the plans, doer intuitive about the needs of others share and loves wholeheartedly	<b>F#</b>	Blood filtering and screening manages mineral balance flow of fluids, nutrients
Game player, likes to mix and manage the physical aspects of life motivated by future events	G	Neurotransmitters, balance of min- erals and enzymes bone matrix, water balance
Wants to make a difference, likes to help and satisfy others hands on, time conscience	G#	Resource maintenance and storage, with C# retrieves nutrients from the bowel
Spiritual, takes care of the needs of others, interprets/acts from within self	A	Eye flexibility, electrical issues non-physical issues, resource management, aging
Highly intuitive, reads between the lines, can put aside self for others likes mental games, hurts easily	<b>A#</b>	Immune system, adrenal issues with E-allergy related, body detoxification, oxygen regulation
Link between self and universe needs harmony and balance in personal life and occupation	B	Subtle circulation, body/mind connection, small body mechanics nerves, body magnetics
Meditative, answers to God's LAW	B/C	Body system integration and communication
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# Vocal Profiling Note Correlate Chart

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If you print your report in color, there is a possibility that you will have one or more of four different colors on your chart - blue, red, yellow and green. Multiple colors on one chart indicate a multi-faceted approach to that subject.

Blue is indicative of an overall love for humanity, the ability to put others first, an emotional perspective and possible naiveté. A nun or minister type who gives more than they receive.

Yellow is indicative of mental processing, an intellectual outlook, a logical, cautious perspective. A lawyer type who can see all sides and acts depending on the desired outcome.

Green indicates a need to accomplish, someone who can plan ahead, appears reliable and is

A demo version of this software can be downloaded from www.nanoVoice.org along with instructional video and charts ready to go after careful thought. A Farmer type; on the negative side, a con man.

Red is indicative of a physical call to action but without a lot of thought for the consequences. Red likes to see and do things first before the rest of the crowd. A Fireman type who can assess a situation quickly and act accordingly.

Each note needs to be matched with a color and its interpretation.

For example someone could have a very high note of C that was red – this person might use his/her ego or strength to get their way without much thought for the outcome. A bully or autocrat.

If the same high C was green that person might use their first-hand experience to manage getting something accomplished. A leader by qualifications alone who may or may not have many people skills. A workaholic who has little respect for the time commitments of others.

If the high C was yellow the person might want their way because of their education or position. They tend to think they know best for everyone involved. There is usually a disregard for the opinions of others with this politically astute yet authoritarian perspective.

If a high C is blue this is likely to be an emotional leader who champions a cause for the rights of others. This is not always a logical or rational leadership style but more of a charismatic approach. An uncompromising extremist.

Each note can be assessed using the color and note information. Remember that the examples above are for extremes of a note being well above normal.

Nothing is wrong in your voice; it is what you do with the information that is important. This evaluation is by no means inclusive. It serves to provide a perspective about you as it relates to

the topic you chose. For more information about your **nVoice** report, please visit your nearest Human BioAcoustic Vocal Profiling professional.

More profiles of the rich, famous and ordinary: SoundHealthOptions.com or call the Ohio office for Sound Health - 740-698-9119 – M-F, 9-4 Eastern Time. <u>Info@SoundHealthOptions.com</u>

# Profile on Meghan Markle's Baby



Two recordings were used to complete this BioMarker evaluation of Meghan Markle, Duchess of Sussex, to determine potential indicators of wellbeing:

 <u>https://www.youtube.com/watch?v=TZQiB1ChLAQ</u> published Oct. 2018
<u>https://www.youtube.com/watch?v=ipuU0hHYiF4</u> published Nov 27, 2017

Both vocal prints were evaluated for common frequencies that may indicate ongoing issues and should be

Management Reports for medical professional interpretation.

#### Meghan Markle, Duchess of Sussex

Both vocal profles indicated significant ongoing genetic and metabolic issues dealing with the use of Choline, a B vitamin family member. This is particularly important in terms of the Duchess' current pregnancy because choline deficiency during pregnancy has been linked to Autism by a study done at the Boston Unviersity School of Medicine.

Choline is a nutrient precursor to the brain chemical acetylcholine, which plays a key role in cognitive and nerve function, brain development, muscle movement, liver function and memory sustainability. Low acetylcholine levels are strongly associated with a lack of cell signaling and dementia.

Choline and acetylcholine showed significant stress in both of Markle's profiles which were recorded about a year apart. In addition, choline receptors showed to be an issue indicating that the choline deficiency cannot be managed by simple supplementation.

Emotionally, choline helps increase the ability to cope with stress. It is an essential component of the central nervous system and helps move fats throughout the body. Choline impairment often leads to a fatty liver and issues associated with weight managment and blood sugar issues. This often shows as alcoholism on the side of the family that carries the associated genes.

Choline is sometimes referred to as B4 and can be synthesized by the human body, but not sufficiently to maintain good health. Dietary choline can be found in eggs, liver, peanuts, meat,

poultry, fish, dairy, spinach, beets, <u>wheat</u> and shellfish. <u>Wheat</u> and milk sensitivities would exacerbate the Choline issues.

References:

https://www.psychologytoday.com/us/articles/201701/the-case-choline - best article

https://www.sfari.org/funded-project/perinatal-choline-supplementation-as-a-treatment-forautism/

Vocal Biomarkers Market 2018 Expected Reach USD 2.5 Billion Revenue at Booming CAGR of 14.5% | Detailed Analysis by Global Industry Revenue – Asserts MRFR Till 2023

Press release from: Market Research Future - 08-22-2018 12:50 PM CET - Health & Medicine

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These BioAcoustic Management Reports were created by Sharry Edwards, MEd, from computerized reports provided by the Institute of BioAcoustic Biology & Sound Health.

© by Sharry Edwards, MEd. the recognized pioneer of Vocal BioMarker informatics via Vocal Profiling.

SharryEdwards@gmail.com 740-698-9119 SoundHealthOptions.ccom

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#### Meghan Markle-1

Recording Date: 02/19/2019

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#### Points of Importance, Attention and Consequence

You have high ideals and expect the same of others. You can be fussy about your physical space. It needs to satisfy you and no one else. Sometimes you spend a lot of energy trying to get even the smallest detail right the first time. Your reputation is very important to you. You will go to great lengths to protect it.



Your highest note is associated with service to humanity and human spirit. Your feelings and desire to help others resides with this note. Your highest note is associated with the expression of physically prioritizing. Personal control over what happens in your physical environment resides with this note. Your highest note is associated with your internal perspective of insight and self-awareness. Internal faith, fairness and fulfillment reside with this note.

Structure is not required for you to be comfortable. Ideas come to you in very odd moments when you are distracted by a required task. You can sometimes do too much for others in the hopes of helping them change.

#### Points of Communication, Complications and Complaints

You sometimes help others to the detriment of yourself. Your emotions run strong and can influence your health. It is particularly bothersome when people use or borrow your property without permission. You can easily put yourself aside for the benefit of others.

You can easily be distracted from carrying out your plans by a more exciting prospect. You can be very hard on yourself - taking blame or responsibility needlessly. You wish someone could understand you without demanding a lot of conversation.

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	ioundHealthOptions.com	
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If you print your report in color, there is a possibility that you will have one or more of four different colors on your chart - blue, red, yellow and green. Multiple colors on one chart indicate a multi-faceted approach to that subject.

Blue is indicative of an overall love for humanity, the ability to put others first, an emotional perspective and possible naiveté. A nun or minister type who gives more than they receive.

Yellow is indicative of mental processing, an intellectual outlook, a logical, cautious perspective. A lawyer type who can see all sides and acts depending on the desired outcome.

Green indicates a need to accomplish, someone who can plan ahead, appears reliable and is ready to go after careful thought. A Farmer type; on the negative side a con man.

Red is indicative of a physical call to action but without a lot of thought for the consequences of the action. Red likes to see and do things first before the rest of the crowd. A Fireman type who can assess a situation quickly and act accordingly.

Each note needs to be matched with a color and its interpretation.

For example someone could have a very high note of C that was red – this person might use his/her ego or strength to get their way without much thought for the outcome. A bully or autocrat.

If the same high C was green that person might use their first-hand experience to manage getting something accomplished. A leader by qualifications alone who may or may not have many people skills. A workaholic who has little respect for the time commitments of others.

If the high C was yellow the person might want their way because of their education or position. They tend to think they knew best for everyone involved. There is usually a disregard for the opinions of others with this politically astute yet authoritarian perspective.

If a high C is blue this is likely to be an emotional leader who champions a cause for the rights of others. This is not always a logical or rational leadership style but more of a charismatic approach. An uncompromising extremist.

Each note can be assessed using the color and note information. Remember that the examples above are for extremes of a note being well above normal.

Nothing is wrong in your voice; it is what you do with the information that is important. This evaluation is by no means inclusive. It serves to provide a perspective about you as it relates to your topic you chose. For more information about your **nVoice** report, please visit your nearest Human BioAcoustic Vocal Profiling professional.

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A demo version of this software can be downloaded from www.nanoVoice.org along with instructional video and charts

# King Charles III pays tribute to his mother in first speech

# By George Bowden

**BBC** News

• Published 9 September



Watch: King Charles's first speech in full

"Queen Elizabeth's was a life well lived," King Charles III said, as he renewed his "darling Mama's" promise of lifelong service.

In an emotional first address to the nation, he praised her warmth, humour and ability to see the best in people.

Prince William and Catherine will become Prince and Princess of Wales, he said, as he expressed his love for his son Prince Harry and wife Meghan.

The Queen died peacefully at Balmoral in Scotland on Thursday aged 96.

The speech was broadcast as a service to remember the late Queen, attended by senior politicians and 2,000 members of the public, got under way at St Paul's Cathedral.

It saw the first official rendition of the national anthem - God Save the King - since Charles became monarch.

# • King Charles III's address in full

In his televised address, the King, 73, said: "Her dedication and devotion as Sovereign never waivered, through times of change and progress, through times of joy and celebration, and through times of sadness and loss."

He announced he had made his son William the Prince of Wales, with his wife Catherine the Princess of Wales - the title last used by William's mother Diana. And he expressed his "love for Harry and Meghan as they continue to build their lives overseas".

Speaking about his wife of 17 years, Camilla, 75, who becomes the Queen Consort, he said: "I know she will bring to the demands of her new role the steadfast devotion to duty on which I have come to rely so much."

He acknowledged his life had now changed, saying: "It will no longer be possible for me to give so much of my time and energies to the charities and issues for which I care so deeply.

"But I know this important work will go on in the trusted hands of others."

Heir to the throne Prince William will now take on the King's former Scottish titles and responsibility for the Duchy of Cornwall.

"With Catherine beside him, our new Prince and Princess of Wales will, I know, continue to inspire and lead our national conversations, helping to bring the marginal to the centre ground where vital help can be given," the King said.

Looking ahead to the Queen's funeral, the King expressed his hope that despite the sorrow felt around the nation and Commonwealth people would "remember and draw strength from the light of her example".

He concluded: "And to my darling Mama, as you begin your last great journey to join my dear late Papa, I want simply to say this: thank you.

"Thank you for your love and devotion to our family and to the family of nations you have served so diligently all these years.

"May 'flights of Angels sing thee to thy rest'."

## King Charles III

DOB: 11/14/1948

Recording Date: 09/28/2022

Subject/Topic: Queen Elizabeth's death

#### Points of Importance, Attention and Consequence

You have an unusual sense of time. Not having all the information needed to make a decision stresses you. You will go to great lengths to protect your reputation. You appreciate others who recognize your ability to be of service. You have high ideas and expect the same of others. Sometimes there is conflict between your inner ideals and what you want others to think of you. You want everything done but you do so much that some things don't get done on time. You can be fussy about your physical space. It needs to satisfy you and no one else. Sometimes you spend a lot of energy trying to get even the smallest detail right the first time. Your highest note is associated with the expression of your internal perspective of insight and self-awareness. Internal faith, fairness and fulfillment reside with this note. Your highest note is associated with the expression of physically prioritizing what you need and want to accomplish. Personal control over what happens in your physical environment resides with this note.

You sometimes depend on others to support your place in the world. You can see how a situation needs to play out but you don't want to seem interfering. You don't always express your sense of confusion to the appropriate person when others attempt to deal with you inappropriately. Note that thinking about an action is not the same as doing it, so go ahead a send that little gift, card or note. You like pointing out the mistakes of others but sometimes have a hard time receiving the same type of constructive criticism. You like nice things in your life. You admire people who you think have "class." Physical issues are not your priority. You often have more chores than you can possibly get done. Structure is not required for you to be comfortable.

#### Points of Communication, Complications and Complaints

Seeing every side of an issue is important to making the right decision that is for the betterment of all concerned. You can easily put yourself aside for the benefit of others. You can be good counsel for others if you allow them to keep their own systems intact and not insist they follow yours.

Being appreciated is especially important to you. You sometimes help others to the detriment of yourself. Your emotions run strong and can influence your health.

Working to improve yourself is a strong issue. You seek information about yourself that allows you to be resourceful in your interactions with others. You approve of yourself and let others know by the good example you set. You are not likely to allow yourself to be pushed around by other people's opinions. You tend to teach by your actions.

You know how to get things done but don't always have the time for the details. Remember that planning something is not the same as getting something done. Thinking and doing need more balance.

You don't always know how to fight back to secure what is properly your due. It is hard for you to understand why people take your peaceful nature as being an easy target. As long as a rule doesn't pertain to you or yours personally, you don't often bother to object. You very much appreciate those who come to your verbal rescue.

Your spiritual side may be neglected because of the responsibilities you hold. Taking time for yourself is important but you don't often do it. Allowing all that you do to be for the benefit of all concerned, even if it stresses you personally, is the best solution for you in the long run.

#### Points of Cooperation, Learning, Opportunity and Growth

Having time for inner thought is important to you. You often put others ahead of yourself. Inner dialogue is important to seeing who you want to be. Calling on the help of spirit can make your life lighter.

You don't always take time for the spiritual side of life. Balance between spiritual and physical aspects of your being is important. You can allow your spirit to carry you when the body is weak.

You do for others just because they ask not because they deserve your time. You do for others more quickly than you do for yourself. Helping people grow emotionally is rewarding to you.

You can see what needs done and give direction to complete the task. You can visualize yourself in other places and situations and often use this ability to plan your actions. You can physically breathe yourself through stressful situations.

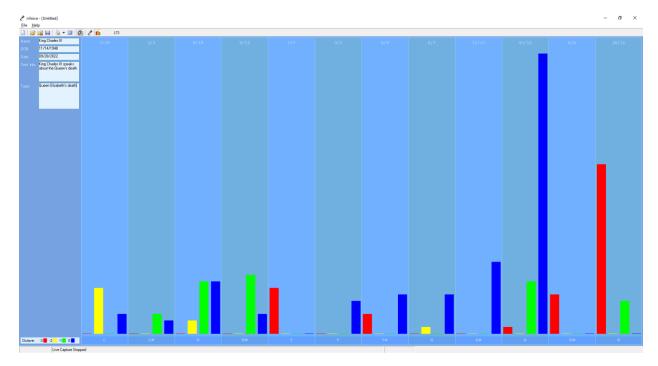
Your self-approval often depends on how satisfied you are with what you have accomplished. You work to please yourself by your accomplishments not necessarily for money or reward. You gain self-approval by helping others gain self-reward. People often come to you to clarify their own thoughts. You shine when you are being appreciated.

Providing others with your reasons for an action, would produce more cooperation. You have a hard time understanding people's ability to be so unfair to each other. You will quickly come to the aid of those who are not being treated fairly.

You strive to bring together what others think of you with what you think of yourself. You can second guess yourself in a heartbeat. You let others convince you that your feelings are in error because you care about them and their opinions.

Your self-power will increase when you begin to demand equal treatment. Your desire to help others can override your ability to accept from others. Always doing for others first is sometimes a lonely life.

The balance of pride and a love of humanity keeps you committed and busier than you would like. You can lose interest in a project without warning. You are likely to be put into a position to require others to finish projects because you spread yourself too thin.





#### **Princess Anne**

DOB: 08/15/1950

Recording Date: 09/28/2022

Subject/Topic: Queen Elizabeth II

#### Points of Importance, Attention and Consequence

You have an unusual sense of time. Not having all the information needed to make a decision stresses you. You will go to great lengths to protect your reputation. You push yourself and others to finish the job. You love new ideas that mean you can have a project to work on. A sense of belonging is important to you. You have a high degree of intuition when it comes to listening to what people are not saying. You have strong opinions about protecting others who can't protect themselves. You will come back again and again to a situation that is unsettled until you find an answer that satisfies you. It distresses you when someone is attempting to prove you wrong. You know when you have settled your mind about a situation because you no longer have a need to talk about it. Being without a reason/cause for a unsettling event can be disturbing and very mentally time-consuming for you Your highest note is associated with the expression of your internal perspective of insight and self-awareness, along with internal faith, fairness and fulfillment, the expression of duty to work and accomplishment, the ability to see the flaws in a plan and make it right, the expression of change of the body, mind and/or spirit and the balance between self-expression and self-worth. Seekers of internal Truth live here.

Note that thinking about an action is not the same as doing it, so go ahead a send that little gift, card or note. You like pointing out the mistakes of others but sometimes have a hard time receiving the same type of constructive criticism. You like nice things in your life. You admire people who you think have "class." You sometimes depend on others to support your place in the world. You can see how a situation needs to play out but you don't want to look interfering. You don't always express your sense of confusion to the appropriate person when others attempt to deal with you inappropriately. Providing balance between what you want and what you will allow yourself will result in harmony in your life. Those around you will allow you to give too much unless you define your own needs. You tend to do more for others than they do for you.

#### Points of Communication, Complications and Complaints

You use established morals and guidelines easily. Your stamina levels are closely related to your emotions. You can find the energy if something needs to be done.

Seeing every side of an issue is important to making the right decision that is for the betterment of all concerned. You can easily put yourself aside for the benefit of others. You can be good counsel for others if you allow them to keep their own systems intact and not insist they follow yours.

Working to improve yourself is a strong issue. You seek information about yourself that allows you to be resourceful in your interactions with others. You approve of yourself and let others know by the good example you set. You are not likely to allow yourself to be pushed around by other people's opinions. You tend to teach by your actions.

Your standards for emotional trust are high. You understand intellectually that trust should be earned but often give trust without reservation. You think about how your words will be received before you speak. You understand that stubbornness of thought exhibited by others is likely a lack of appropriate information about the subject. You can see through people who are trying to convince you that wrong is right. You work well behind the scenes but you expect to be compensated for a job well done not necessarily in money but in appreciation.

Your connection to universal truths can be easily misplaced if you allow others to demand your time. Deciding to put yourself first may require considerable contemplation. Being proactive will lead you where you want to be. You like to see what others think and then add your opinion later. You can put yourself aside for others and often do.

You don't always know how to fight back to secure what is properly your due. It is hard for you to understand why people take your peaceful nature as being an easy target. As long as a rule doesn't pertain to you or yours personally, you don't often bother to object. You very much appreciate those who come to your verbal rescue.

You know how to get things done but don't always have the time for the details. Remember that planning something is not the same as getting something done. Thinking and doing need more balance.

#### Points of Cooperation, Learning, Opportunity and Growth

You don't always take time for the spiritual side of life. Balance between spiritual and physical aspects of your being is important. You can allow your spirit to carry you when the body is weak.

Having time for inner thought is important to you. You often put others ahead of yourself. Inner dialogue is important to seeing who you want to be. Calling on the help of spirit can make your life lighter.

You tend to think you ought to fight authority to prove personal points of honor even when it costs you. Joining a group that thinks like you do will help bring justice to a situation. Your own self-approval issues can get in the way of expressing your opinions that need to be heard. You can be quick to judge before you gather all the pertinent facts. In most cases it is a lack of understanding your motivations.

You strive to bring together what others think of you with what you think of yourself. You can second guess yourself in a heartbeat. You let others convince you that your feelings are in error because you care about them and their opinions.

The desire and ability to be a leader is not often recognized until you speak up. You don't always do things because you want to but because it is expected of you. You tend to give too much or too little of yourself. Reciprocal appreciation is important to you.

The balance of pride and a love of humanity keeps you committed and busier than you would like. You can lose interest in a project without warning. You are likely to be put into a position to require others to finish projects because you spread yourself too thin.

