

Illuminating Your Secret Self

March 2026

Astrological association: Aquarius

Color Association: Lavender, Lilac, purple

Musical note Association: A#

Sharry Edwards, MEd

Pioneer/Founder, Institute of BioAcoustic Biology & Sound Health

Have you ever second-guessed yourself, faced indecision or made a choice you later regretted? It is likely that you really knew what decision would have been best for you but you had no success in accessing that level of personal knowing.

Many people have lost touch with who they are, with how they want to define themselves, or with what they want to feel, or who they want to be.

Do you think Princess Diana would have married Charles if she knew he wanted a mother, not a wife? What do heir apparents to the British throne, Kate and William have in common?

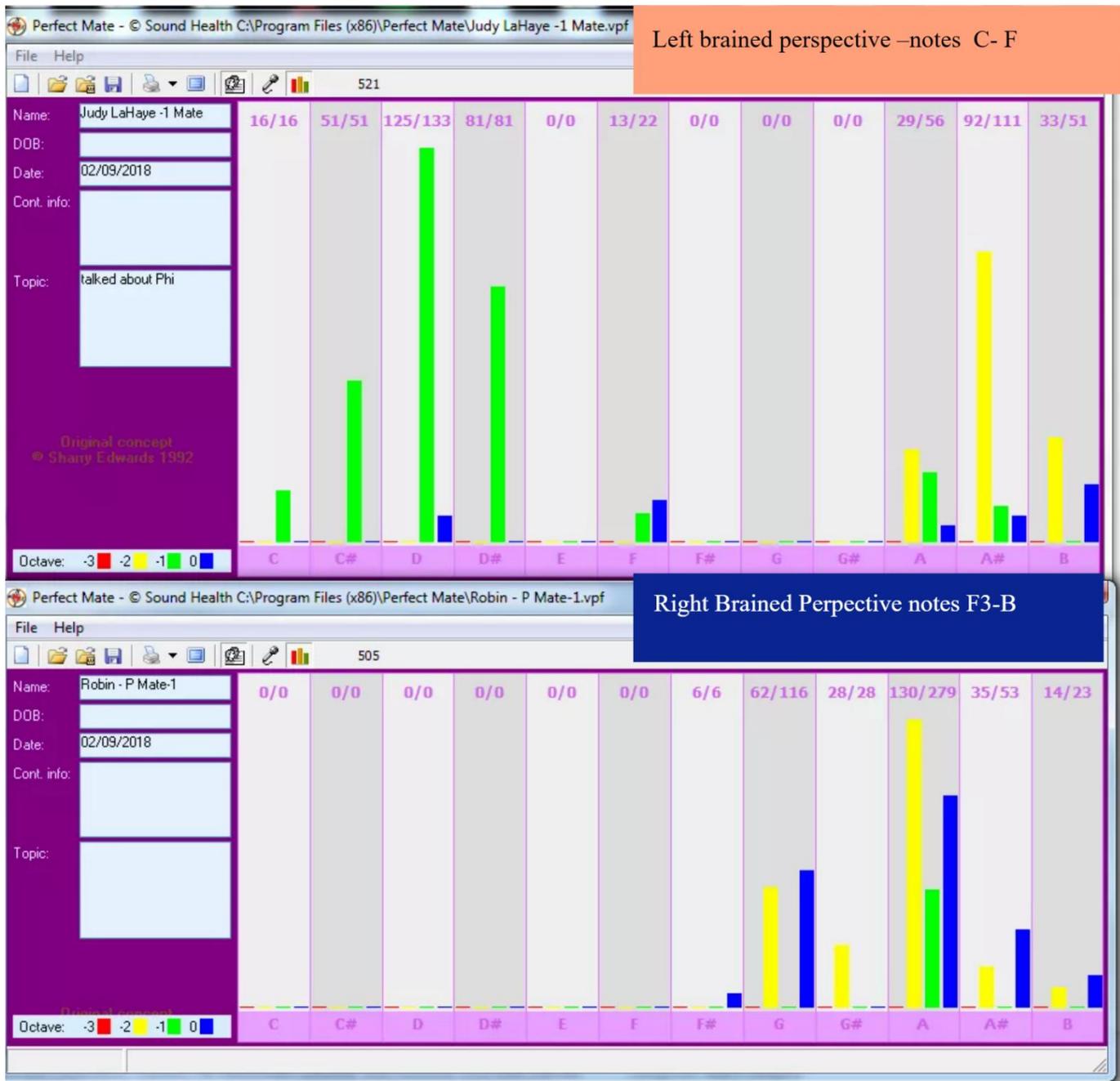
Is the person showing interest in you a cloaked narcissist? What kind of partner would balance you perfectly? You may not be consciously aware of what is best for you but on some level, you know what would positively balance and complete your existence.

Before we go on, what kind of partner are you really seeking? Do you want a relationship of comfort or one of challenge?

In 1982 I developed a computer application that allows the speaker to access their unconscious secret self. It is available as a public APP from the link at the end of this article or it can be used online at SoundHealthPortal.com. Don't worry; It doesn't keep your words, only the frequencies of your voice. You can tell the application your darkest confidences and it will only record the mathematical frequencies, not the private information you are sharing.

Your body seeks emotional balance within itself and with others. A vocal analysis can show brain dominance: left brained, analytical or right, creative imagination.

If you want comfort, the most compatible graph will provide the most comfort. The voice graphs below might complete each other but would likely create challenge.



The voice graphs of Princess Diana and Princess Kate shown below exhibit compatible balance. They would have gotten along famously. Is that why William married Kate? Because her personality and perspective remind him of the mother he lost at a young age?

As you can see their vocal evaluations are very similar.

The colors used in the application are important. Yellow = intellect, Red = future, Green = accomplishment and Blue = emotions.



Every note indicates an issue or perspective. In the graph below, Prince Charles (now king) is talking about Diana's death. He sees it as something required for his physical future.

He lacks the notes of E, F and F# indicating a lack of balance between perception and action. Fig. 3.

If someone's notes are missing or low, the perspective associated with that note is not being expressed or is absent within this frame of reference.

You can talk to the APP about your impending decision, about who you are or who you want to be.

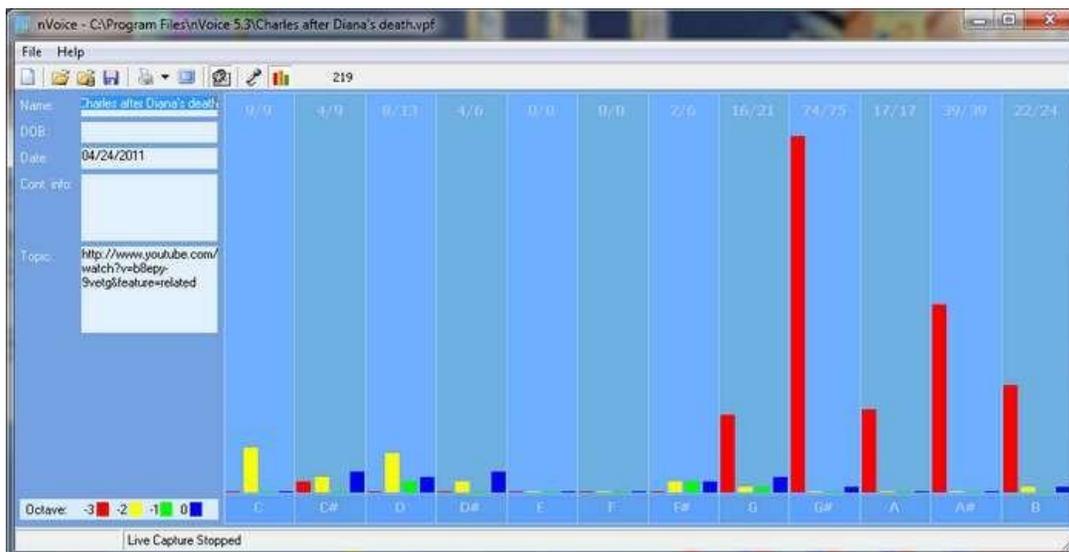
Lots of missed notes express hidden or distorted information. Remember: Vocal evaluations are topic specific.

TIP: Whoever cares the least controls the relationship!

Using nanoVoice software will allow you to explore the options without having to live them. Talk about them to the NanoVoice

application and find out how you really feel about your hidden self:

Download [nano application and instructions here](#).



NOTE CORRELATE CHART

EMOTIONAL		PHYSICAL
Self power, ego, self direct, leader, excitement physically motivated	C	Large, thick muscles, heart gross circulation, female reproduction
Champion of justice, fair play, hard on self, stubborn, hard on others as a cover	C#	Tendon, ligaments, tissue linings, circulation of digestion, bowel
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	F#	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 minerals 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	A#	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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SOUND HEALTH NOTES FOR MARCH 2026

Feb 23-Mar 1

Through the first two weeks of March – the heart Muscle frequencies are stressed; frequencies for the last two weeks of March involve thyroid function and the knees.

For all of March, the forearm and wrist muscles may be vulnerable. Bad time to take up golfing.

Mar 1-7

Specific Nutrients/Biochemicals in stress during this time: B3 (niacin), myosin, B7 (biotin), adiponectin (weight related), catalase (blood detox related). B3 helps thin the blood. Myosin helps stop Tinnitus damage. Systems in stress this week: liver and blood pressure.

Muscles in stress: little finger, pterygoid (jaw), lessor toes, supinator (forearm), palate, elbow, eyelids.

Mar 8-14

Muscles in stress: heart, forearm, major hip muscles, trapezius (upper back)

Nutrients/Biochemicals in stress: phosphorus, magnesium, myoglobin (oxygen to heart)

Systems in stress: thyroid, blood pressure, blood clotting, joint flexibility

Medications: mood supporters, watch for side effects

Mar 15-21

Muscles in stress: pterygoid, trapezius, minor hip muscles, wrist, joints

Nutrients/biochemistry in stress: thymine, Hypericin, hemoglobin, Taurine, glucose, ATP (energy currency of the body), choline, iodine, collagen

Systems in stress: Liver, thyroid, immune, iron delivery, immune – influenza, joint and movement flexibility, collagen.

Pathogens: Epstein Barr Virus (fatigue)

Mar 22-28

Muscles in stress: wrist, eye muscles

Nutrients/biochemistry in stress: brain plaque, serum amyloid, B12 (methylcobalamin), bromelain, glucose, hydrogen

Systems: mitochondria - originating genetic material

Muscles in stress - wrists and fingers are stressed for anyone taking GLP-1 meds

Mar 29-Apr 4

Week one influences that may impact your physical and emotional well-being:

You may notice a lag in muscle response as the Dystonia gene becomes active now.

Glycine may help with muscle signaling and is involved in producing bile salts along with arginine and lysine. Glycine may be important for anyone with any kind of muscle stress: Parkinson's, ALS, multiple sclerosis...

The platelet-activating factor and vasopressin, both known to be associated with the circulatory system, may be active for the next few weeks.

DNA and stem cells will continue to be stressed until the end of April.

Nutrients and biochemicals in stress for the beginning of April:

hydroxyproline, DNA, nerve growth factor, Zinc, Leucine, Isoleucine, Magnesium, GABA receptor (brain activity), keratin, Asparagine, and Ornithine.

Muscles in stress are mostly the rectus eye muscle associated with Macular Degeneration.

Do a BioAcoustic vocal analysis on your own:
SoundHealthPortal.com

Catalog link: <https://bit.ly/3Q0ucrR>

Another BioAcoustic link about the royals:
https://www.bioacousticsolutions.net/_files/ugd/70d3ff_cf4b30149dfb49908b0abfd237090d91.pdf

INTERESTING BIOACOUSTIC FUN FACT: The God Gene which supports empathy is the same frequency as a Covid Spike Protein which may influence your feelings for your fellow citizens.