

Biorhythms

Biorhythm Definition (Merriam Webster)

biorhythm (noun): an inherent rhythm that appears to control or initiate various biological processes - biorhythmic (adj)

Biorhythm Theory

Biorhythm can describe the energy levels and the performance capacities in physical, emotional and intellectual aspects. Biorhythm theory was introduced in 1890 by two German physicians (Latman and Garriott) and was gradually expanded. The word biorhythm is derived from the Greek word “bio” meaning life, and rhythmus meaning a systematic and deliberate motion. From the perspective of biorhythm theory, every human is affected by three internal cycles namely: 1) physical cycle (with a period of 23 days), 2) emotional cycle (with a period of 28 days) and 3) intellectual cycle (with a period of 33 days) and these effects continue from birth to death. During the time that a cycle moves from the positive to the negative phase or vice versa, the ability to function in areas related to that cycle becomes very unstable. During such days called critical days, humans become prone to making errors which likely followed by accidents.

To ease interpretation, each biorhythm cycle takes the form of a sine-wave which continually repeats until the day you expire. When BioRhythm loads, the default calendar day and date of interest are set to the current day. The birth date is set to Jan 1 1975 as an arbitrary date. The plot duration is set to 29 days, but will actually add 2 days prior to specified start date.

The Physical Biorhythm Cycle

Starting at the base-line, your physical biorhythm cycle (show in blue) moves up for about 6 days and then begins its downward journey. Ending the high phase on about the 12th day, it crosses the base-line and begins the low phase. Your physical biorhythm continues it's downward trend for about 6 more days, when it begins its return to the base-line. Once back at the base-line, your physical biorhythm cycle is complete in 23 days, and starts over again.

The Emotional Biorhythm Cycle

Your emotional biorhythm cycle (show in cyan) moves up for the first 7 days, then begins its downward trend toward the base-line. Returning to the base-line at the end of week 2, the 'high' phase is complete and the 'low' phase begins. Continuing down for one more week, your emotional rhythm changes course and starts it's upward 1 week trip back to the base-line. In sync with the moon, your emotional biorhythm cycle takes 28 days to complete before restarting.

The Intellectual Biorhythm Cycle

Your intellectual biorhythm cycle (shown in yellow) moves up for the first 8 or 9 days. Like the other biorhythm cycles, it starts the downward trend, and returns to the base-line on day 16 1/2. Completing its 'high' phase, it swings below the base-line for another 16 1/2 days during the 'low' phase. Your intellectual biorhythm cycle is repeated every 33 days.

Secondary Pulses (Passion, Wisdom)

Your biorhythm's secondary pulses are born by averaging two primary cycles: The passion pulse is the average of the physical and emotional cycles, the wisdom pulse combines the emotional and intellectual cycles.

Interpreting The Curves

Biorhythm readings are presented covering the three major biorhythm cycles of Physical, Emotional and Intellectual states. The readings are most commonly provided as a graphical curve with the horizontal line representing time (usually days) and the vertical line representing the reading for that time. The readings will be presented as being either a positive percentage, zero or a negative percentage – the maximum reading being 100% and the minimum reading being -100%. A reading of zero is actually a 'middle reading'.

The plot has provided a vertical magenta line on the date of interest you specified, it defaults to the current date. For the physical biorhythm reading, locate the physical biorhythm curve, read vertically along the magenta line to get a reading that will be between plus one hundred percent and minus one hundred percent. Repeat then for Emotional Biorhythm and for Intellectual Biorhythm.

Negative indicators should be seen as a warning that to take a little more care in applying ourselves to our daily lives. Taking this philosophy a step further, it is straightforward to see that a 100% reading for the physical biorhythm for example may indicate that we have more bounce in our step whereas for a -100% reading we may feel a little out of tune, perhaps a little quicker to get tired.

What is important to recognize is that biorhythm cycles cannot predict significant life events – despite what many biorhythm gurus will tell you. You may well have a heart attack on a 100% physical day or feel sad on a 100% emotional day – it is just that those events will not be quite as bad as if they had occurred on more negative days.

More noteworthy may be those days upon which a transition occurs between positive and negative – the day when a biorhythm reading crosses the zero line. We all interpret these days as transitions and observe that life in that area of biorhythm may be somewhat more chaotic than usual.

YOU MUST ENTER YOUR BIRTHDAY IN THE FIELD PROVIDED!

This is the only mandatory field, other fields have built in default values you need to review and change if desired. When used together, the calendar and biorhythm graph can display the past, present or future condition of your biorhythms.



Physical

Monitors strength, coordination, and well being. This let's you know the best days to take on endurance sports, when to rest during critical days, or to avoid surgery. Positive signs in biorhythm show stronger working abilities, activeness, good health, etc. on the other hand negative sign in biorhythm shows that you can have some weakness, health issue, sickness, injury, etc.



Emotional

Monitors sensitivity, mood, creativity, awareness, and perception. It can warn you when you (or your mate) may be irritable, negative, or too emotional. Helps you work with others. The positive sign in biorhythm shows that you have a positive mindset, good mood, and positivity for others like kindness, help, love, and feeling. The negative sign shows problems in your relationship, stress, anxiety, haters, fights, unkindness, negativities, etc. It also indicates your relationship with other people around you.



Intellectual

Monitors logical and analytical thinking, alertness, memory, and communication. It can tell you the best days to learn something new or to simply focus on study and reflection... or even when to put off making important decisions. The positive sign biorhythms show that you have active senses, great decision ability, full creativity, better memory, peace of mind. On the other hand, the negative sign in biorhythms shows less capability, mental disturbance, less memory, inability to make decisions, inability to solve problems, etc.



Passion

Monitors your motivation to act on decisions along with the drive that allows you to continue a difficult pursuit. It can tell you the best days to start or work on a demanding project.



Wisdom

Monitors the combination of both your emotional and intellectual cycles. It can tell you the best days to make crucial decisions and when you will be more aware of everything going on around you.



Intuition

Monitors your intuition or sixth sense and is positively influenced by your harmony and relaxation cycles. It can tell you the best days to believe in your gut feelings and may even provide you with a bit of 'induced' luck!



Awareness

Monitors your ability to succeed at tasks, so as to obtain what you desire. It can tell you the best days to push yourself to learn new physical skills or to take a more cautious approach.