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Short Biorhythms Encyclopedia

This text quickly explains what biorhythms are, why they are important, and how you can make you life better by paying attention to them.

Biorhythms Theory

In the beginning of this century, Dr. Wilhelm Fliess noticed identical rhythms in the case histories of his patients. He observed active and passive phases in the physical, emotional and mental aspects of humans. Out of these observations he derived the principle of the biorhythms.

The theory of biorhythms claims that one's life is affected by rhythmic biological cycles, and seeks to make predictions regarding these cycles and the personal ease of carrying out tasks related to the cycles. These inherent rhythms are said to control or initiate various biological processes and are classically composed of four cyclic rhythms that are said to govern human behavior and demonstrate innate periodicity in natural physiological change: the physical, the emotional, the intellectual, and the intuitive cycles.

- The Theory of Biorhythms states that there are rhythms, starting at our birth that influences our live in many ways.
- There are four rhythms: A physical, an emotional, an intellectual and an intuitional.
- The rhythms move in sinus curves. At your birth they start at the zero line (all in the same point), going in the positive area. After the half cycle they cross the zero line and move into the negative area.

Biorhythms Interpretation

When the curve of any cycle is above the X-Axis, we experience a high in the corresponding field (intuitive, emotional, intellectual, or physical). For example, if it is the physical high, you will feel bodily well and, for example, if you were to have an operation the body would be more resilient.

When the curve of any cycle is below the X-Axis, we experience a low in the corresponding field. For example, if it is a physical low, you may feel weak and listless; or if it is an emotional low, you may feel miserable and out of sorts.

When any of the curves crosses the X-Axis, this is a critical time in the corresponding field and if two curves cross the midline at the same point, this is a very critical time. For example, if it is your critical physical day, you may feel exhausted and it is better to avoid physical effort and operations; or if it is your critical emotional day, you may feel irritable and sad, and emotional outbreaks are likely so it is better to avoid conflicts and arguments.

Biorhythms can't predict or explain events, they can only suggest how we may deal with them. For example, some doctors plan operations around them or sports coaches use them in their individual training programs.

Individual Compatibility

By comparison of Biorhythms of two individuals you can determine the degree of their consistency. If all four curves are in the **same phase**, that is for both individuals they **rise and fall more or less simultaneously**, then there is a big chance that these people are **compatible** and can be **good partners**. If phases of curves are almost **opposite**, then there is a big possibility that their relations could be in a **disharmony**.

Biorhythms Cycles Overview

As we stated above there are four primary biorhythm cycles. These cycles are the most frequently used ones and are available even on simple online biorhythm calculators. Besides them, there are other cycles as well however: I-Ching cycles – Aesthetic, Awareness, and Spiritual, as well as other custom cycles, that even you can create using Biorhythms Plus!

Collectively all these cycles are regarded as period-based rhythms, and are represented in violet on the chart below. This means that all these cycles can be represented as sine curves with a specific period.

There is another kind of cycles however – cycles that are based on other cycles, and which, typically represent averaging of several period-based cycles. For example Passion is one such cycle and it represents the combination of Physical and Emotional cycles. There are three groups of this kind of cycles: Secondary Rhythms, Intuitive Patterns, and Custom (user-defined). On the chart below these rhythms are represented in teal.

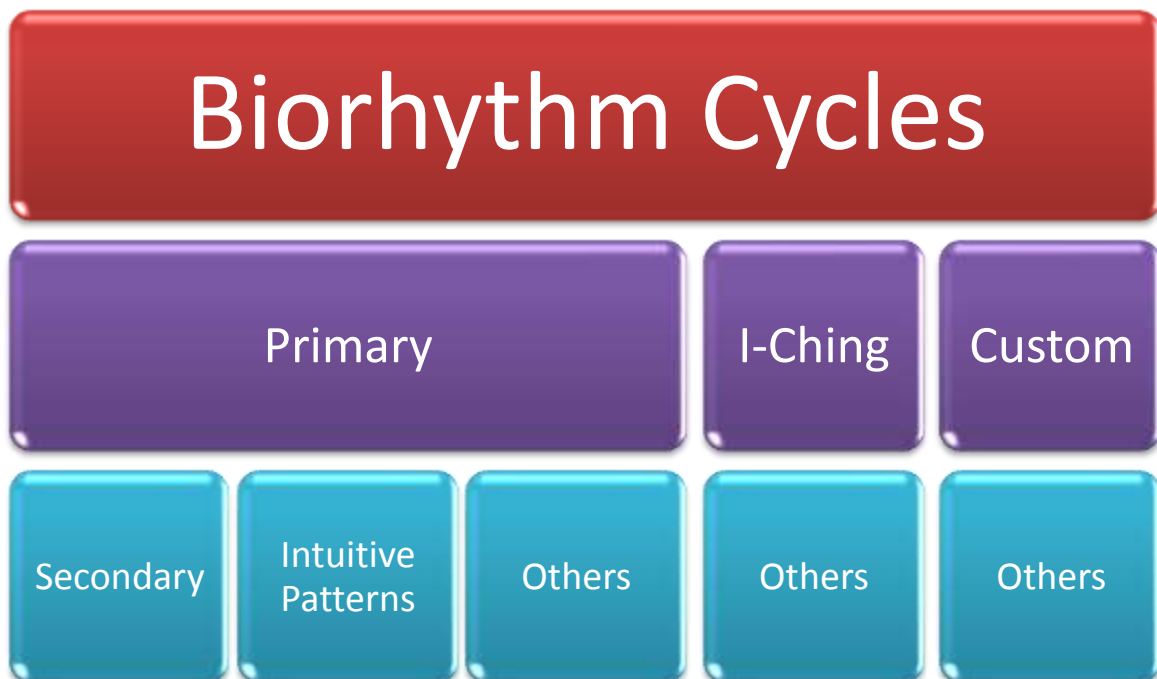


Figure 1. Biorhythms Groups.

Primary Rhythms

There are four primary rhythms: Physical, Emotional, Intellectual, and Intuitive.

Physical

The Physical Cycle deals with the flux of our energy reserves. This is the most grounded and earth bound of the cycles and is 23 days in length. This cycle governs physical energy, vitality, dynamism, powers of endurance our physical well-being and activity in general. During active phases the above activities are generally favored and physical goals are easily achieved. During passive phases physical pursuits will require more effort and goals in this area will be less easy to achieve. This is a masculine cycle and will have the most relevance for people who have physically demanding occupations, sportsmen and so on. The high point represents the highest optimization for this cycle (and indeed any cycle) whereas the Low point is where the energy is in its most dormant state. At critical points people tend to be more accident-prone.

Emotional

The Emotional Cycle is the feminine cycle, that is not to say this cycle cannot apply equally to men only that it is very much a (28 day) lunar cycle. This cycle governs the highs and lows of our emotions. It represents our ability to process events and experiences at an emotional level. Relationships with others and ourselves are often affected by this cycle. During the active phase emotions will be positive, optimistic and upbeat. However during the passive phase emotions are likely to be more sensitive, subjective and internalized. Whether we lean towards optimism or pessimism is governed by the highs and lows of this cycle. At critical points emotional upset or trauma of some kind is often experienced.

Intellectual

The Intellectual Cycle is a 31 day cycle that deals with rational thought, problem solving and mental dexterity, all of which can all be enhanced or hindered by the highs and lows of this cycle. Financial matters, alertness, accuracy, our ability to study and learning in general are all affected by this cycle. The active phase makes it easy to tap into our natural intellectual resources whereas the passive phase often makes the thought process that much slower, that is not to say we are stupid during the passive phase, rather than a slow and steady energy current will prevail rather than the quick-fire intellect of the active phase. During the critical days mistakes can often occur due to a lack of concentration or impaired memory.

Intuitive

The Intuitive rhythm with its cycle of 37 days controls perception of beauty, creative inspiration and the reception apprehension of subconscious impulses, that is, intuition itself. It is also called spiritual rhythm.

Secondary Rhythms

Your secondary rhythms are created 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 and the Mastery pulse's parents are the intellectual and physical cycles. The two primary biorhythm cycles that influence a secondary pulse are either opposing (going in opposite directions) or synchronous (both going up or down) forces. Opposing forces create disruption in a secondary pulse.

Mastery

The Mastery Cycle comes from interaction between Intellectual and Physical cycles. Being high, this cycle enhances ability to utilize skills, knowledge and experience in more efficient way. It allows completing tasks faster and with better results. It encompasses your ability to succeed at tasks and to obtain what you desire, it tracks your athletic ability and the focus required to learn physical skills.

Passion

The Passion Cycle is a combination of Physical and Emotional cycles. When Passion cycle is high, your feelings and emotions are extremely sensitive, especially love, sexual desire, lust, joy, or hatred, anger. This

cycle affects enthusiasm, stimulus, and impulsion. From Passion comes the ability to act. It encompasses your motivation to act, and drive that allows you to continue the difficult pursuit, and is responsible for sexuality in its purest form. It affects enthusiasm, stimulus, and impulsion.

Wisdom

The Wisdom Cycle is created by interference between Emotional and Intellectual cycles. High level of this cycle means wise judgment, better ability of utilizing knowledge and experience with common sense and insight. From this cycle comes the ability to discern inner qualities and relationships and understanding of what is right. Wisdom helps to select the right means for the best ends. Wisdom corresponds to your understanding of the world, your role in it, and the things that are truly important in your life. This cycle is also responsible for the presence of mind and thought needed to make crucial decisions.

I-Ching Rhythms

Aesthetic, Self-Awareness (or simply Awareness), and Spiritual biorhythms are based on the I-Ching (also called Book of Changes), one of fundamental books of Confucianism, that was written more than 3000 years ago in China. It talks about the cycles of change including these biorhythms. It is one of the oldest surviving books in the world, and one of the oldest forms of divination.

Aesthetic

The Aesthetic Cycle is 43 days long and describes interest in the beautiful and the harmonious.

Awareness

The Awareness Cycle, also called self-awareness cycle, is 48 days in length. It expresses ability to percept own personality and individuality.

Spiritual

The Spiritual Cycle is 53 days in length. It describes inner stability and relaxed attitude.

Intuitive Patterns Rhythms

The Intuitive Patterns include the following cycles: Perception, Psychic, and success.

Perception

The Perception Cycle comes from interaction between the Physical and Intuitive cycles.

Psychic

The Psychic Cycle represents a combination of the Emotional and Intuitive cycles.

Success

The Success Cycle is created by interference between the Intellectual and Intuitive cycles.

Biorhythms Phases

There are 3 main phases within a period of any rhythm – the active phase – time when you are in good shape, the passive phase – when you are not doing so well, and the critical phase – time when critical or zero days occur, and when you are least prone to mishaps.

Active Phase

In the active phase the abilities associated with the particular cycle are high.

Passive Phase

When the cycle is in its passive phase the abilities are diminished.

Critical Phase: Critical and Zero Days

Located between the active (high) and passive (low) areas in the biorhythm graph are the critical zones, which are called critical days if you are going from active into passive phase, and zero days if you are going from passive into active phase. When your biorhythm cycle passes through this area, it is in the critical phase. The duration of this critical phase varies depending on the cycle's period and is usually anywhere from 12 hours to 2 days.

For the cycles that are based on other cycles, i.e. the cycles that do not have a period, such as Secondary rhythms, these critical phases can last much longer.

Since your body is busy adjusting to the swing in phases, the critical phase of your biorhythm is perhaps the most vulnerable time for mishaps and confusion. So, be careful and stay on alert!