

Biorhythm course

Biorhythm printouts show how we are all influenced by physical emotional and intellectual cycles. Many people manage to improve the quality of their life by monitoring the ups and downs of these cycles and acting accordingly. For example, you can plan an exam during the highs of the intellectual cycle; avoid talking of important matters with your partner during emotional cycle lows or focus on sport results during the highs of the physical level.

When calculating biorhythms, it is important to determine the so-called critical days, which demand extra caution,

According to some research, it is considered very likely that most births occur during one of two of the mothers' critical days (this is why the date of the birth depends more on the mother's conditions than the embryo's). Therefore in general, there are two critical days : one on the first and the other mid cycle.

There are various ways and graphics to calculate biorhythms, let us look at Dr Fleiss' original method. Here is the example of someone born 1/5/1967. Let us calculate his or her biorhythm for 2/5/1977. The total number of days he or she has lived is 3,655 days

Physical cycle	= 3,655: 23 = 158 and a fraction (total: 21)
Emotional cycle	= 3,655: 28 = 130 and a fraction (total: 15)
Intellectual cycle	= 3,655: 33 = 110 and a fraction (total: 25)

This individual is therefore on the twenty-first day of his physical cycle, fifteenth day of his emotional cycle and twenty-fifth day of his intellectual cycle. The physical and intellectual cycles are in a negative phase whereas the emotional cycle is a critical day.

Particularly interesting is the possibility to calculate the biorhythmic compatibility between 2 individuals. For example, the fourteenth day of an individual's cycle represents his "average point" which is 14 days before or after this person will have an emotive cycle which is exactly opposite to that of the partner. Between these 2 people, the rate of compatibility is 0! To have an average complicity, of 50%, the difference between their birthdays must be 7 or 21 days. Therefore on 5 days their phases of high and low frequency will coincidence perfectly. Calculating in the same way the physical and intellectual cycles, we can obtain a complete compatibility outline. We also must note that the average points of the physical and intellectual cycles are respectively 11 and a half days and 16 and a half days. The percentage of difference between days can be calculated by dividing this figure by 100%, rounding up or down the results and therefore one would obtain the % of compatibility. Remember that compatibility is considered good when it is over 25%.