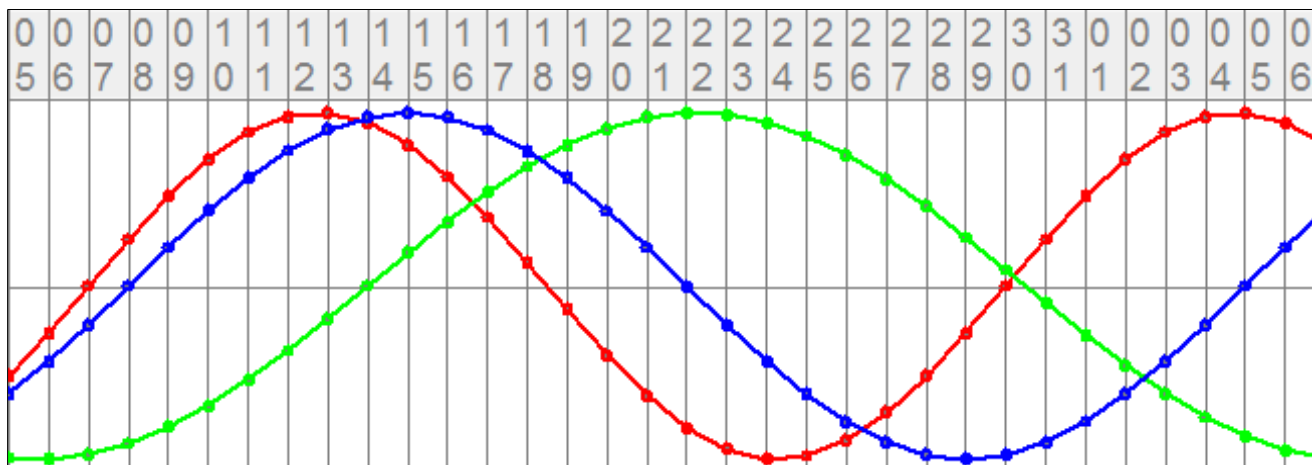


# Amazing Biorhythms

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January, 2013

February, 2013



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**Physical Cycle**

**Intellectual Cycle**

**Emotional Cycle**

Start Cycle: 01-05-2013 • Date of Birth: Tuesday, October 25, 1960 • Days Alive: 19065

## Analysis of The Physical Cycle

**Critical Days:** January 07 • January 19 • January 30

The Physical Cycle is 23 days long and typically influences physical factors for example: eye-hand co-ordination, strength, physical endurance and resistance to ailments and disease. Don't undergo surgery on physically critical days, similarly if you are a Doctor, avoid planning operations on physically critical days. Watch out for accidents on critical days and be careful when using dangerous equipment. If you are on a physical low, take plenty of rest, and get plenty of sleep.

## Analysis of The Intellectual Cycle

**Critical Days:** January 14 • January 31

The Intellectual cycle is 33 days long and typically influences factors like: money, reasoning ability, alertness, accuracy and learning ability. When your intellectual cycle is high you will have plenty of positive intellectual energy, it is a good time to plan tasks which require lots of mental ability, quickness, problem solving, programming, taking exams or interviews etc. On intellectually critical days, your mental performance could be brilliant or it could be terrible. Do routine work on days when your cycle is low, do not expect miracle problem solving when your intellectual biorhythm cycle is low.

## Analysis of The Emotional Cycle

**Critical Days:** January 08 • January 22 • February 05

The Emotional Cycle is 28 days long and typically influences emotional factors for example : love/hate relationships, elation and depression, optimism and pessimism, passion, tenderness etc. When your emotional cycle is high you will have plenty of positive emotional energy, it is a good time to plan tasks like giving a good speech or clinching an important deal. Don't make any critical decisions on emotionally critical days, they could be wrong! When on an emotionally low day, don't pay too much attention to negative feelings, you will find that they will change when on a more positive cycle day.