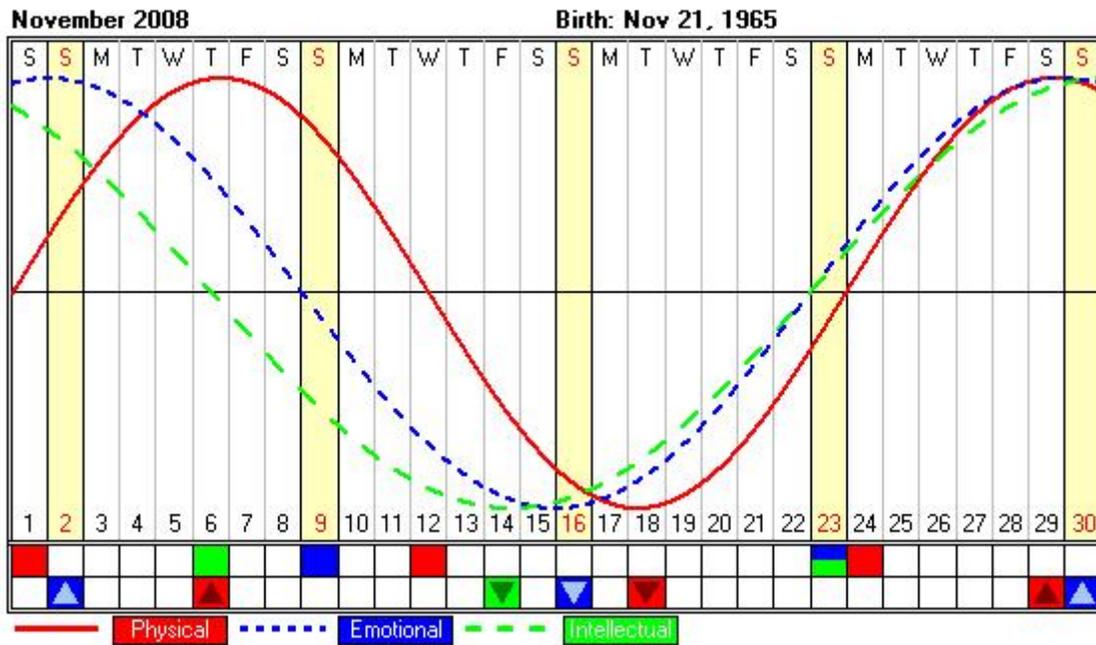


Biorhythms

Biorhythm Report for Björk



This sample report compliments of:
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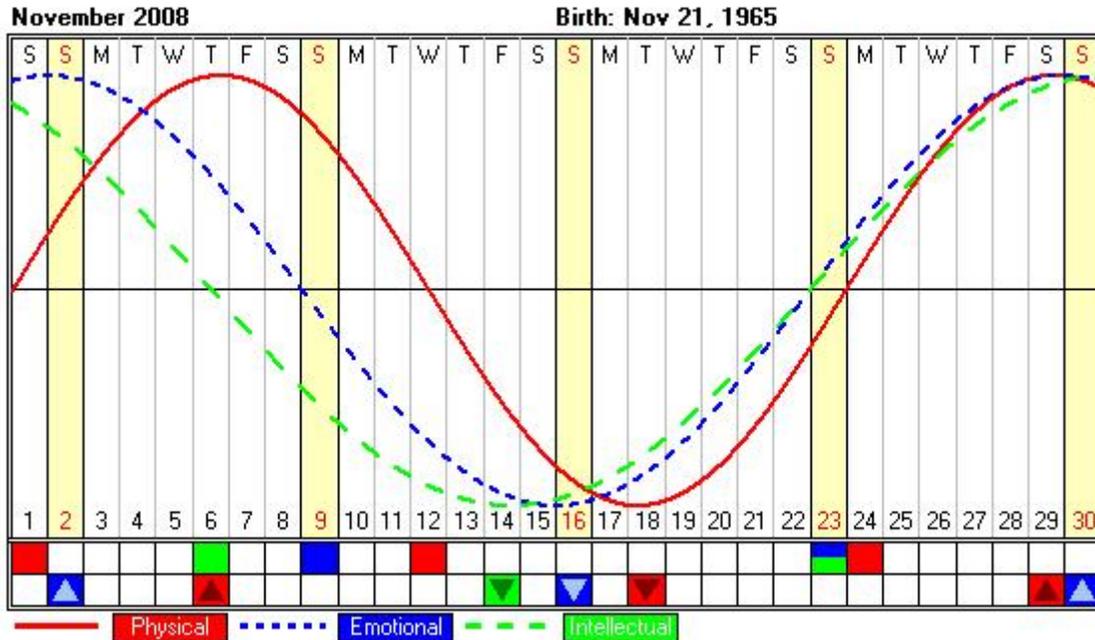
Biorhythms for Björk

Although biorhythms (as presented here) have only been the subject of research since the 1890's, the up & down cycles in our lives are known to all. Alternating periods of stress and release in life are common knowledge. The study of biorhythms concentrates on three particular cycles: a 23 day cycle of physical stamina, a 28 day cycle of emotional and creative energy, and a 33 day cycle of mental or intellectual activity. Each of these cycles alternates from a hi period to a low period. The two days when each cycle crosses from "high" to "low" and vice-versa have been called critical or changing days. Since this biorhythm chart is produced by a computer, you can be sure that it is accurate, providing your correct birthdate appears on the previous page. This report can serve as a guide to the rhythms or cycles in your life. It is up to you to take note of these cycles and respond accordingly. Biorwriter offers you an opportunity to discover ways to take advantage of life's natural rhythms.

How to Use This Report

Your biowriter report consists of three separate sections: (1) a "bio-graph" showing the flow of all three cycles for the month, (2) a "key-day chart" that highlights both critical days (upper row) and high/low days (lower row), & (3) "event details" -- a written description of major biorhythmic events for the month. Here is how to use each of these sections: The "bio-graph" shows each of the three cycles as a separate line plotted against the days of the month. The so-called "critical days" are the two days when each curve crosses the straight line in the middle of the graph. Most books on biorhythms state that these critical days are accident-prone. So take note. Aside from the critical days, there are the "high" and "low" days in the month for each cycle. The "high" days for each cycle are where the curve reaches the top of the graph, the "low" days where it touches bottom. When all three cycles are considered together, the curves combine to re-enforce or work against one another. The "key day" chart (below the graph) indicates the critical days (upper row) and the high/low days (lower row) for the month at a glance. The particular cycle involved is indicated by a letter (p=physical, e=emotional, i=intellectual) and if more than one cycle peaks on a day, an asterisk is used. Days which have both upper and lower boxes filled are more significant. The "event details" offer a brief guide to major events for the month. Each paragraph summarizes the combined state of all three cycles and provides a possible interpretation. These are very general interpretations and are not meant to be dogmatic. You may have to adapt them to your particular situation. We hope you find them useful.

Report for November 2008



Nov 01 Stand back everyone, because you are in high gear. You can feel that the extra drive you need to carry your latest ideas (and self) out into the world is there. Do it. This is one of those times when you can go all out. Do your thing!

Nov 02 Stand back everyone, because you are in high gear. You can feel that the extra drive you need to carry your latest ideas (and self) out into the world is there. Do it. This is one of those times when you can go all out. Do your thing!

Nov 06 'Be here now'... you're doing it right now! And it feels good. These are high times for you, so let yourself go. Very high energy and much creativity too. This is a 'good' time. Not for study though so don't try and think too much. Forget it.

Nov 09 A good time to take that hike or go for a walk. Physically life feels great. Enjoy this high energy, but take note that making decisions (either mental or emotional) should be avoided. Any decisions will have to be re-thought later.

Nov 12 You are feeling some new things and it may take several days for you to get a handle on it. Don't let it depress you. It's time for a change in the way you think and what you do. These are critical days and require patience and understanding.

Nov 14 Down in the dumps? Things can get a little shaky or uncertain right about now. It's just the changing of the guard as you have to let some of what's past... pass. Let it go. Pay your dues, and get ready for some clearer thoughts in a day or two.

Nov 16 You are feeling some new things and it may take several days for you to get a handle on it. Don't let it depress you. It's time for a change in the way you think and what you do. These are critical days and require patience and understanding.

Nov 18 You are still physically low or less active, but are entering the upswing arc. Not a day to make either emotional or mental decisions, as both these departments are in a state of great flux. You are changing your mind and how you feel.

Nov 23 Creative mental ability is coming to the fore. Not a lot of pep however, so this might be the day to curl up with a really challenging book or game. Do some planning or design that new room's layout. Creative solutions are yours.

Nov 24 Stand back everyone, because you are in high gear. You can feel that the extra drive you need to carry your latest ideas (and self) out into the world is there. Do it. This is one of those times when you can go all out. Do your thing!

Nov 29 These are the times when we are really thankful to be alive. Everything is working in harmony right now, so show yourself off and be in the right places. Sow your seeds now so that you can have a great harvest later. You're lookin' good!

Nov 30 Stand back everyone, because you are in high gear. You can feel that the extra drive you need to carry your latest ideas (and self) out into the world is there. Do it. This is one of those times when you can go all out. Do your thing!