Biorhythms for Lance Armstrong

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 hilights 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.

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Report for September 2008

Sep 04  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!

Sep 06  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!

Sep 08  Get back world! Here you come. And are you ever ready. A big switch in attitude coupled with some real power puts you in the driver's seat for at least a week. No need to hold back. Just let out your sails and head for the port of your choice.

Sep 09  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!
**Sep 13**  A vital time during which you will be able to clearly see the alternatives before you with a very clear mind. This is an excellent time for you to pursue studies and oversee projects. Your emotional and artistic side is in the background now.

**Sep 15**  Perhaps an irritable time since you may not have the energy to carry out the dictates of your mind. You may not 'feel like' doing what you can see ought to be done. Some relief from this attitude in several days. Still, a kind of quiet time.

**Sep 16**  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.

**Sep 20**  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.

**Sep 21**  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.

**Sep 24**  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.

**Sep 27**  Don't let your mind hold you back. Not everything benefits from being thought out. Sometimes we just feel like cutting loose. You can feel a real 'time' coming on and you're right on target. Don't think twice, just let go and enjoy it.