

# Biorhythms and biorhythm compatibility.

Derived from the Greek root words, *bios* (life) and *rhythmos* (regularly occurring movement or motion), biorhythm can be thought of as the **body's holistic mathematical system** that can predict, or when studied, consciously control certain aspects of one's life such as high performance, creativity, and emotional receptivity.

Biorhythms are “invisible waves of energy within the human body that are constantly in flux.” Considered unique to each person, these energy levels are thought to begin the moment we are born.

Biorhythms are mostly described considering **3 biorhythm cycles** (a more modern approach considers 6 such biological clocks):

- The 23-day **physical cycle** relates to coordination, physical energy, strength, and overall well-being. The physical biorhythm cycle supports more awareness of times for optimum exertion and time for rest and recovery.
- The 33-day **intellectual cycle** provides critical insights into memory, communication, and analytical functioning. Tracking the intellectual biorhythm cycle may assist with work deadlines and goal-setting.
- The **28-day emotional cycle** centers around creativity, awareness, and emotional sensitivity and can be helpful in managing depression or other mood disorders. Tracking the emotional biorhythm cycle could help regulate mood swings.

**Biorhythm charts** are graphs of the variation of the biorhythm values for a given cycle versus time. These graphs are actually sine curves, with highs and lows. Biorhythm values above the mid-sectional line are considered to be optimum, or positive, biorhythmic times. Values that are located below the mid-sectional line indicate times to pull back, be more reflective, or access different energy flows.

Positive days in the **physical cycle** indicates high levels of energy. Ideal days to go for a run, or hit the gym, for example. Negative days in the physical cycle may indicate that you will have less energy and tire more easily. Instead of hanging around other people, practice self care so you can rest and recharge.

Positive days in the **intellectual cycle** suggests that your focus and productivity will reach an all time high. Ideal days for working, or starting a new project. Negative days in the intellectual cycle suggests that your focus and productivity might be reduced, so refrain from starting new projects and try to reschedule important meetings.

Positive days in the **emotional cycle** mean you'll be more understanding, so use those days to work through any issues and strengthen your relationship with those, whom you care about. Negative days in the emotional cycle means you might experience moodiness and possibly depression, so schedule some alone time to boost your mood – listen to your favorite album, take a relaxing bath, or watch a new movie.

When a cycle switches from positive to negative on the chart, or vice-versa, it is known as a **critical day**. These are days where we are more sensitive or “needy”, thus imply that we take extra care.

- A critical day for physical cycles suggests that you might be more accident prone, so avoid hitting the gym or doing anything that may potentially cause injuries.
- A critical day for intellectual cycles indicates you might have more difficulty concentrating, so try not to start any projects or big tasks.
- A critical day for emotional cycles means that you may experience emotional outbursts, so reserve any deep or heavy conversations for another time.

## Biorhythm Compatibility in Love.

In addition to our body's functioning, biorhythm can be a tool for finding partner compatibility and even love. It's one thing to live in sync with oneself; it's another to be able to achieve that in friendships, love, or even business and professional relationships. Biorhythm compatibility can help you and your partner discover aligned energy levels that go beyond attraction to the deeper level of truly **being on the same wavelength**.

Based on the biorhythm curves, it is possible to calculate compatibility scores (or percentages) between you and the (potentially) loved on for each biorhythm cycle. These values indicate how compatible you and your partner are from a physical, intellectual, and emotional point of view. Taking the average of the three percentages gives the **average compatibility score**. When viewing such scores, always keep in mind that the biorhythms theory is not scientifically proven, and that it should not be used to measure whether you're a "good couple" or a "bad match". Having a high compatibility score may indicate that a relationship will be easier, whereas a low score may tell you that it will take some efforts to make it work. But, there is no insurance that things will effectively be like that. How much you are willing to consider compatibility scores in order to start a new love (friendship, or even business) relationship, is up to you!

Whereas thinking of biorhythms as an answer to your entire relationship is certainly a bad idea, **comparing your biorhythm curves with the one of your partner can be really useful** (supposed that you are among those who believe in biorhythms and similar). It seems obvious that if, for a given day, your intellectual biorhythm level is positive, whereas the one of your partner is negative (or vice-versa), that day is inappropriate to start a common project. Similarly, if your or your partner's emotional biorhythm level is low for a given day, starting a discussion about some issues with your kids, should really be avoided that day.

Another important point is the consideration of your and your partner's critical days. These days, one of you will be more sensitive or more "needy" than usual. Depending on the cycle, where this critical day appears, one of you might be more accident prone, might have more difficulty concentrating, or may experience emotional outbursts. This doesn't necessarily mean that there will be problems, or that you'll have an argument, but it does imply that **during the critical days, extra care is needed to avoid problems or hurting each other's feelings**. Giving your partner space and time for themselves is often more accurate than trying to persuade them for some common activity.

---

This text is partially based on the following web articles:

- [Biorhythms: A Comprehensive Guide to Balancing Biological Rhythms](#) at *Gaia*
- [An In-Depth Guide on Biorhythm Compatibility \(& How to Read the Chart\)](#) at *wikiHow*