

Biorhythms

Biorhythm Report for John Edward

This report compliments of.

Goddess Flight Divination

<http://www.goddessflight.com>

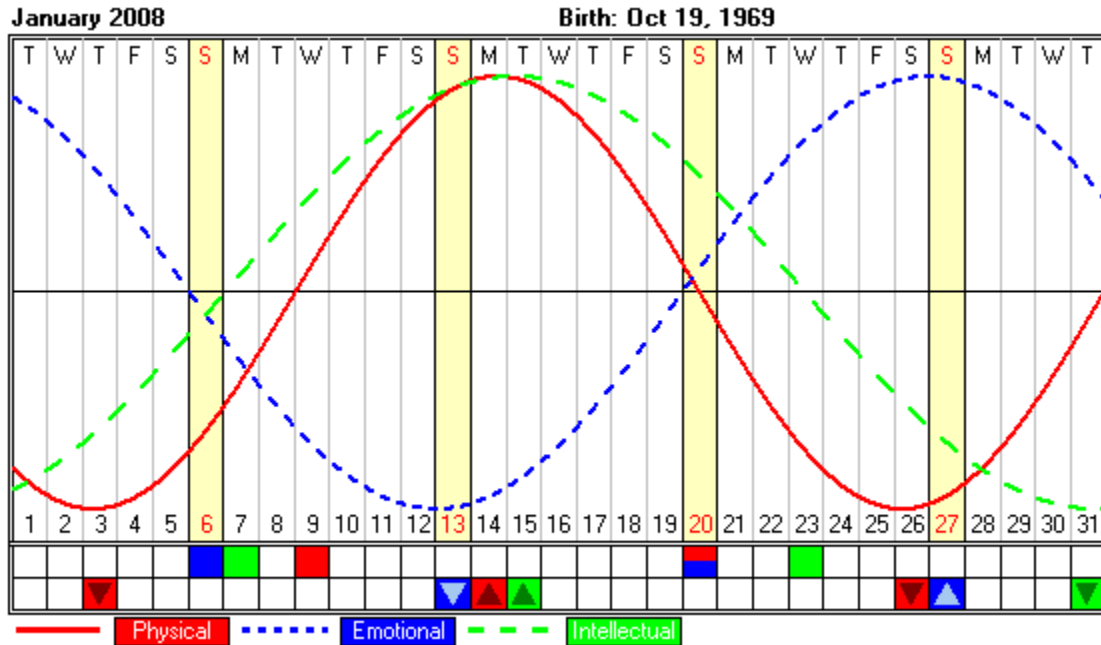
Biorhythms for John Edward

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 biorhythm 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 January 2008



Jan 03 A low energy time coupled with possible indecision. Don't make plans today unless they concern how you feel about your life. You are experiencing fresh insight into how you feel (your emotions) and a new perspective will soon emerge.

Jan 06 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.

Jan 07 You're feeling a little rocky and at kind of a low ebb, in general. The one exception is your mind which is coming into a time of greater focus. You can think clearly now and for many days to come. Do the bookwork and make mental decisions soon.

Jan 09 You're a sharpie these days. Your mind is alert and your coordination is super. You may have a tendency to be insensitive to the feelings of others. You may sense a certain lack of feeling or what you would label as a 'poor attitude'.

Jan 13 You're a sharpie these days. Your mind is alert and your coordination is super. You may have a tendency to be insensitive to the feelings of others. You may sense a certain lack of feeling or what you would label as a 'poor attitude'.

Jan 14 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.

Jan 15 You can feel yourself moving into hi-gear despite some unsettling emotional pangs. You can really see what needs to be done, so supervise, manage, oversee, and take care of all that comes to your attention. Emotions unsettled.

Jan 20 You feel like doing your best. The last few days have been more than promising. Perhaps, a change of focus. Less active outwardly, but still very high-powered in the creative and mental worlds. How does it feel to work with the creative forces?

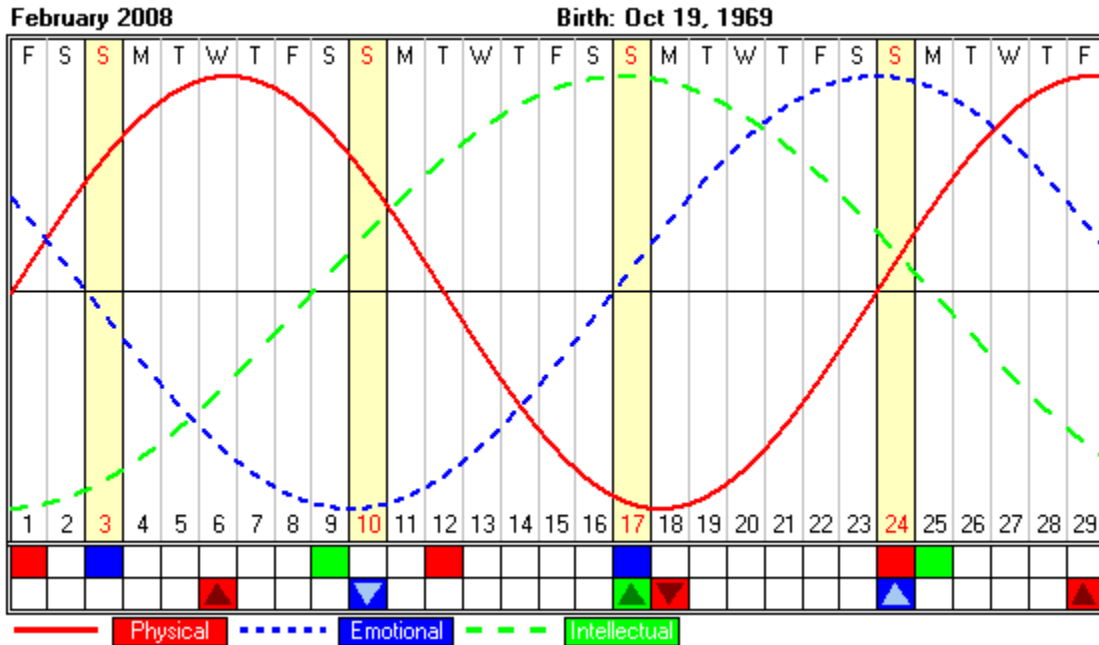
Jan 23 A low energy time coupled with possible indecision. Don't make plans today unless they concern how you feel about your life. You are experiencing fresh insight into how you feel (your emotions) and a new perspective will soon emerge.

Jan 26 A low energy time coupled with possible indecision. Don't make plans today unless they concern how you feel about your life. You are experiencing fresh insight into how you feel (your emotions) and a new perspective will soon emerge.

Jan 27 Read a good book or listen to some challenging music. Your creative juices are in full swing and you can appreciate more than usual. A bad time to make plans or decisions. You are closing off a section of time. Emotional high.

Jan 31 Get ready for a real creative surge as your artistic side takes charge for a while. Take it easy as you may tire easily these days. Let it flow. Ideas will take on renewed clarity and could give your emotional life a real boost soon too.

Report for February 2008



Feb 01 You can feel a real physical push coming on as you turn the corner into some really high times. You're right on target in the creative sphere too! Only your mental attitude is lagging behind. So, don't study or decide too much on this day.

Feb 03 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.

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Feb 10 You're a sharpie these days. Your mind is alert and your coordination is super. You may have a tendency to be insensitive to the feelings of others. You may sense a certain lack of feeling or what you would label as a 'poor attitude'.

Feb 12 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.

Feb 17 You may tire easily just now, but your mind is not asleep. In fact you will find renewed mental vigor as your attitude comes into line with what you have been thinking about. This right attitude gives real power to your thought... to what you do.

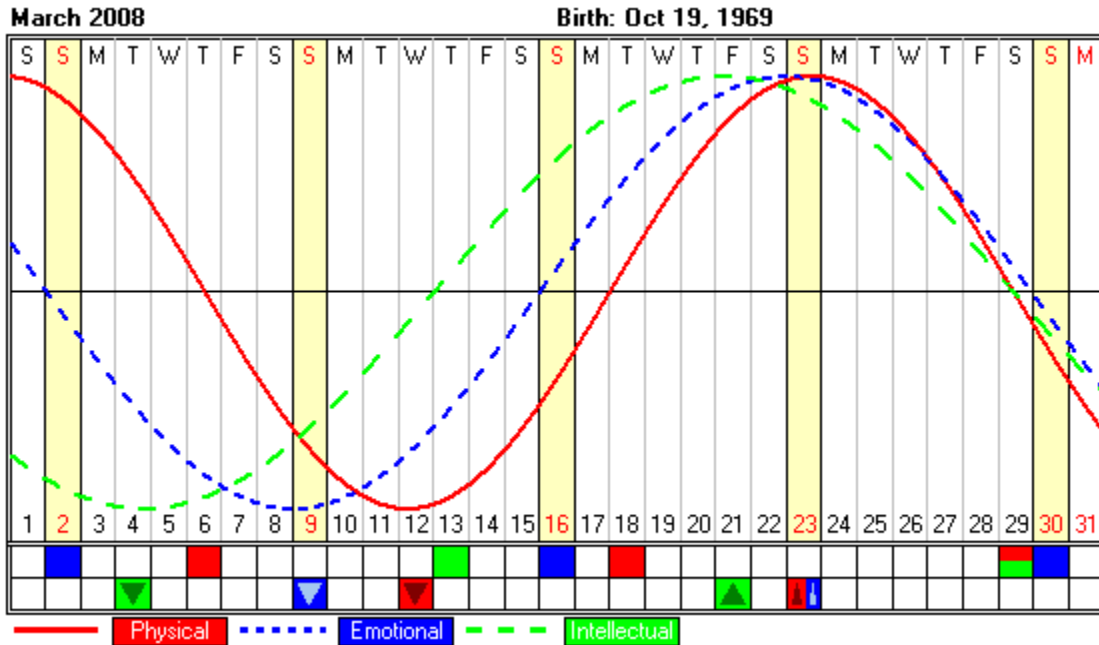
Feb 18 Creative mental ability is coming to the fore. Not a lot of pep however, so this might be the day to curl up with a really challenging book or game. Do some planning or design that new room's layout. Creative solutions are yours.

Feb 24 Ready... Set... and today provides the 'go' that you have been waiting for. Don't waste it, because the percentages don't line up like this that often. You are riding high and have just been guaranteed that this will last. Use it.

Feb 25 If it feels good, do it. That's the kind of day it is. Don't think twice (or even once!) because now is the time for feeling and doing. This good time will continue and you will feel even better about it within several days. Not a time for decisions.

Feb 29 If it feels good, do it. That's the kind of day it is. Don't think twice (or even once!) because now is the time for feeling and doing. This good time will continue and you will feel even better about it within several days. Not a time for decisions.

Report for March 2008



Mar 02 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.

Mar 04 All dressed up and no where to go. You can feel the drive to get out there and 'do', but thinking is not up to par and you may not feel just right either. Nice and safe physical jobs or recreation are in order. Take it easy.

Mar 06 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.

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Mar 12 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.

Mar 13 You're feeling a little rocky and at kind of a low ebb, in general. The one exception is your mind which is coming into a time of greater focus. You can think clearly now and for many days to come. Do the bookwork and make mental decisions soon.

Mar 16 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.

Mar 18 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!

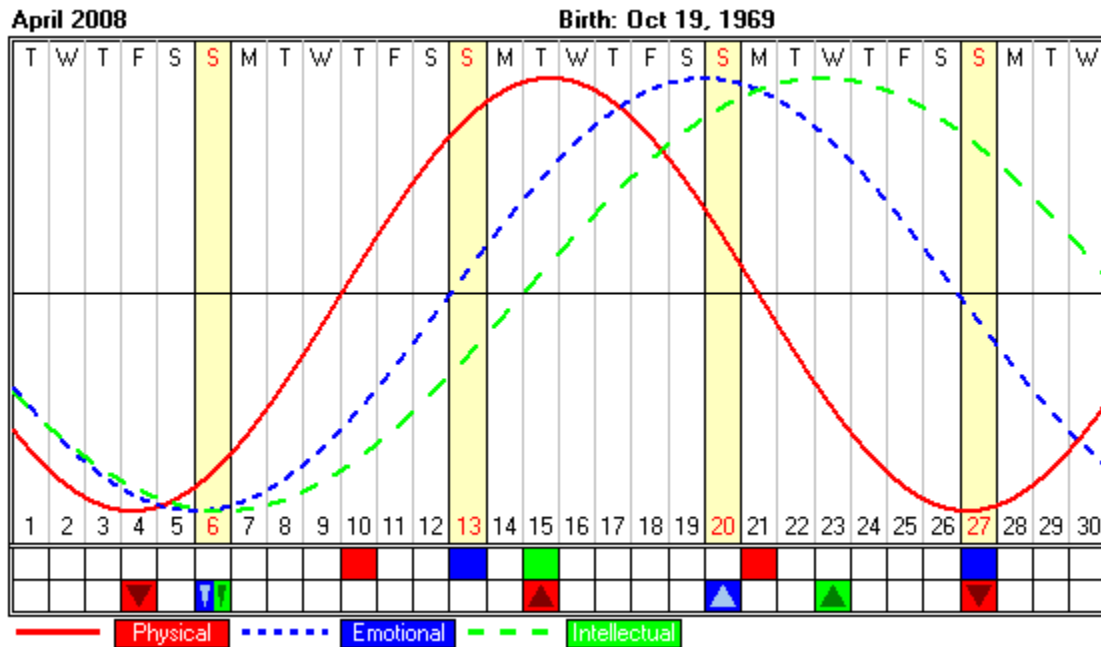
Mar 21 Get back world! Here you come. And are you ever ready. A big switch in attitude coupled with some real power puts you in the driver's seat for at least a week. No need to hold back. Just let out your sails and head for the port of your choice.

Mar 23 This is it! You're on top, so make it count. The force is with you, my friend so enjoy it. Try not to forget these times when you land back on the other end of this cycle. You won't even want to read this note on a day like today.

Mar 29 Read a good book or listen to some challenging music. Your creative juices are in full swing and you can appreciate more than usual. A bad time to make plans or decisions. You are closing off a section of time. Emotional high.

Mar 30 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.

Report for April 2008



Apr 04 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.

Apr 06 Tendency to be a sad-sack today. Caught up in changing circumstance and not feeling in top form can find you cranky and obstinate. It could help if you can know that you are taking a lot in right now... absorbing new data. Be patient.

Apr 10 A time to let old thoughts go and move ahead into something new. Could be feeling low... everything seems 'too much'. Not to worry. You will be finding all kinds of new energy over the next few days that will bring a real feeling back to life.

Apr 13 If it feels good, do it. That's the kind of day it is. Don't think twice (or even once!) because now is the time for feeling and doing. This good time will continue and you will feel even better about it within several days. Not a time for decisions.

Apr 15 This is it! You're on top, so make it count. The force is with you, my friend so enjoy it. Try not to forget these times when you land back on the other end of this cycle. You won't even want to read this note on a day like today.

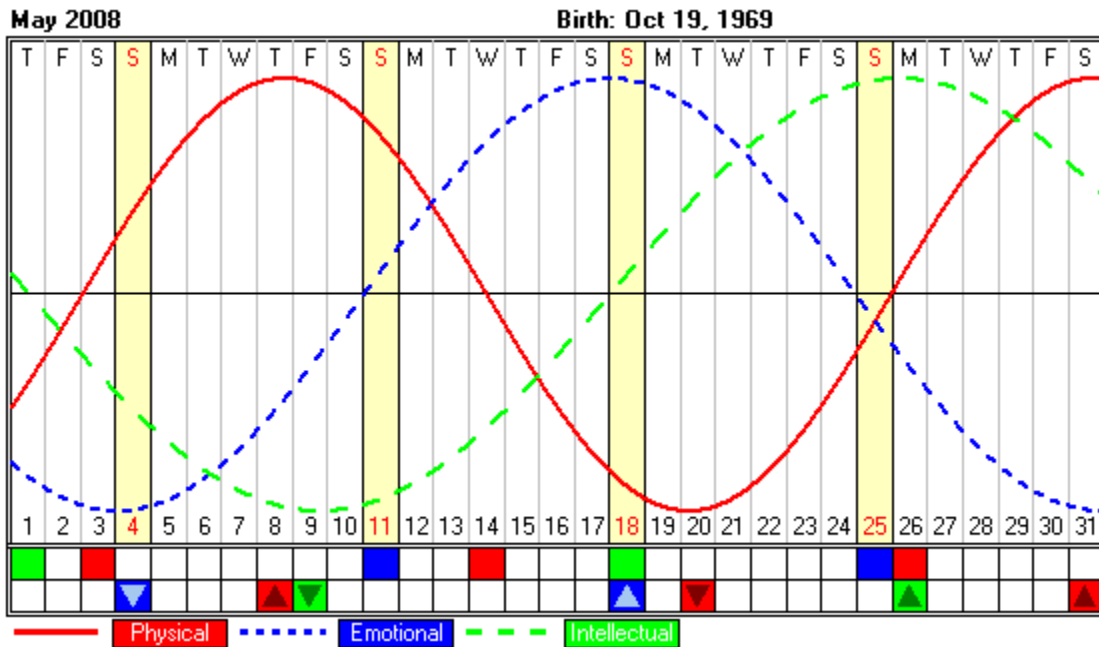
Apr 20 Stand back everyone, because you are in high gear. You can feel that the extra drive you need to carry your latest ideas (and self) out into the world is there. Do it. This is one of those times when you can go all out. Do your thing!

Apr 21 You have an unbeatable attitude just now. Right on the money! However, you may not have the umph(!) to do a whole lot about it. Creative and studious pursuits would represent a good investment of this time. More in-going than out.

Apr 23 You feel like doing your best. The last few days have been more than promising. Perhaps, a change of focus. Less active outwardly, but still very high-powered in the creative and mental worlds. How does it feel to work with the creative forces?

Apr 27 Old bright eyes, you can really see what's happening even if you may not feel 100%. There is a tendency to tire easily and you will be asked to develop a fresh attitude which means letting this latest one go. All this with your eyes open.

Report for May 2008



May 01 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.

May 03 A time to let old thoughts go and move ahead into something new. Could be feeling low... everything seems 'too much'. Not to worry. You will be finding all kinds of new energy over the next few days that will bring a real feeling back to life.

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May 08 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.

May 09 All dressed up and no where to go. You can feel the drive to get out there and 'do', but thinking is not up to par and you may not feel just right either. Nice and safe physical jobs or recreation are in order. Take it easy.

May 11 If it feels good, do it. That's the kind of day it is. Don't think twice (or even once!) because now is the time for feeling and doing. This good time will continue and you will feel even better about it within several days. Not a time for decisions.

May 14 Read a good book or listen to some challenging music. Your creative juices are in full swing and you can appreciate more than usual. A bad time to make plans or decisions. You are closing off a section of time. Emotional high.

May 18 Kind of quiet on the outward front, but hi-energy inside. You feel great and are in one of those places or moods where life looks mighty rosy. You can feel and appreciate what it is all about. Given a few days, you will have more pep too.

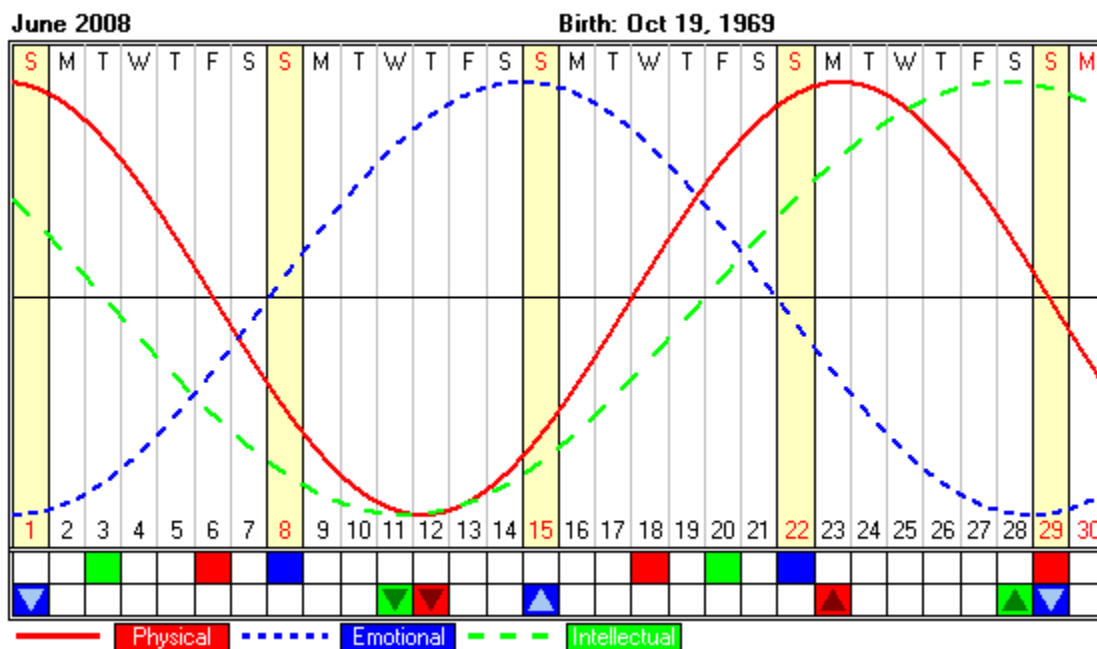
May 20 Creative mental ability is coming to the fore. Not a lot of pep however, so this might be the day to curl up with a really challenging book or game. Do some planning or design that new room's layout. Creative solutions are yours.

May 25 You're feeling a little rocky and at kind of a low ebb, in general. The one exception is your mind which is coming into a time of greater focus. You can think clearly now and for many days to come. Do the bookwork and make mental decisions soon.

May 26 You may feel a bit strange, but you are about to find a way to get some real projects you have had on your mind done. Have no doubt, you can count on taking care of business during this time. Your boss will be impressed.

May 31 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.

Report for June 2008



Jun 01 You're a sharpie these days. Your mind is alert and your coordination is super. You may have a tendency to be insensitive to the feelings of others. You may sense a certain lack of feeling or what you would label as a 'poor attitude'.

Jun 03 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.

Jun 06 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.

Jun 08 A low energy time coupled with possible indecision. Don't make plans today unless they concern how you feel about your life. You are experiencing fresh insight into how you feel (your emotions) and a new perspective will soon emerge.

Jun 11 Get ready for a real creative surge as your artistic side takes charge for a while. Take it easy as you may tire easily these days. Let it flow. Ideas will take on renewed clarity and could give your emotional life a real boost soon too.

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Jun 18 You can feel a real physical push coming on as you turn the corner into some really high times. You're right on target in the creative sphere too! Only your mental attitude is lagging behind. So, don't study or decide too much on this day.

Jun 20 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!

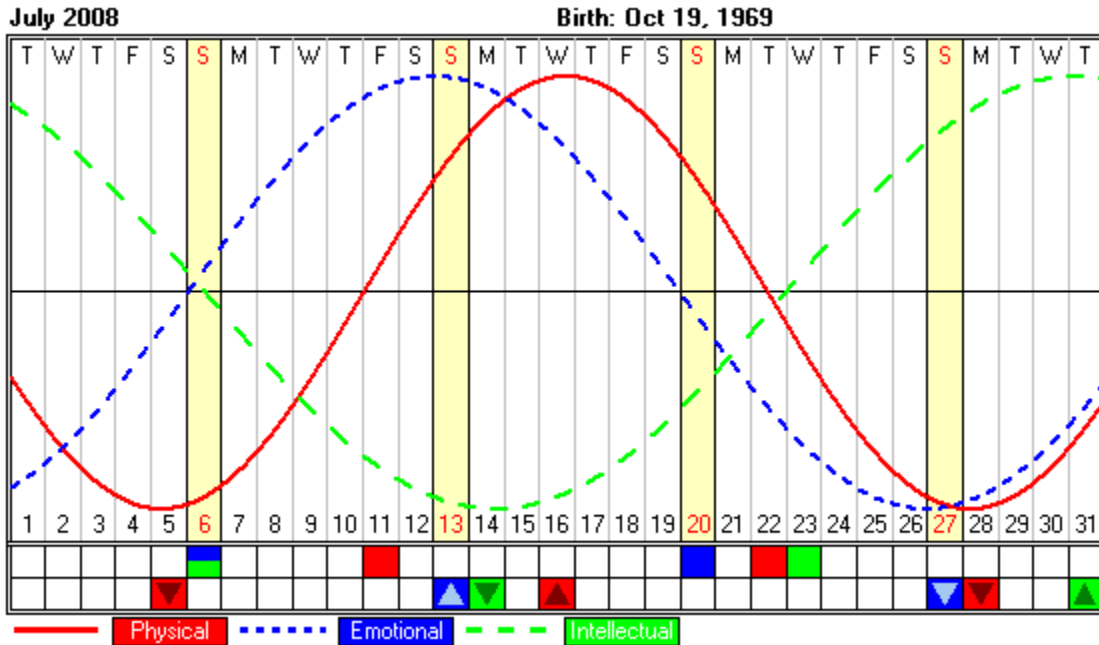
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Jun 28 You can feel yourself moving into hi-gear despite some unsettling emotional pangs. You can really see what needs to be done, so supervise, manage, oversee, and take care of all that comes to your attention. Emotions unsettled.

Jun 29 A great time and what a landscape! But watch out, because your body can't keep up with the flight of your mind. There's a danger here of taking on more than you can handle. The mind says 'yes', but the body says 'hold on'. Not an emotional time.

Report for July 2008



Jul 05 You're feeling a little rocky and at kind of a low ebb, in general. The one exception is your mind which is coming into a time of greater focus. You can think clearly now and for many days to come. Do the bookwork and make mental decisions soon.

Jul 06 A low energy time coupled with possible indecision. Don't make plans today unless they concern how you feel about your life. You are experiencing fresh insight into how you feel (your emotions) and a new perspective will soon emerge.

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Jul 13 You can feel a real physical push coming on as you turn the corner into some really high times. You're right on target in the creative sphere too! Only your mental attitude is lagging behind. So, don't study or decide too much on this day.

Jul 14 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.

Jul 16 If it feels good, do it. That's the kind of day it is. Don't think twice (or even once!) because now is the time for feeling and doing. This good time will continue and you will feel even better about it within several days. Not a time for decisions.

Jul 20 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.

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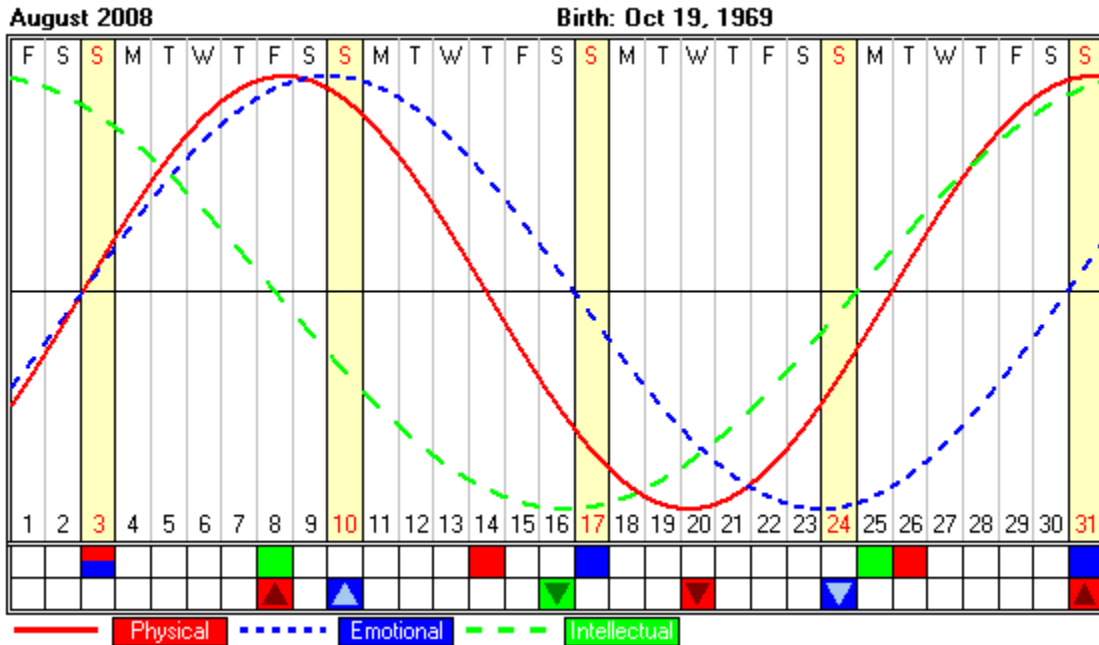
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Jul 27 Perhaps an irritable time since you may not have the energy to carry out the dictates of your mind. You may not 'feel like' doing what you can see ought to be done. Some relief from this attitude in several days. Still, a kind of quiet time.

Jul 28 You're feeling a little rocky and at kind of a low ebb, in general. The one exception is your mind which is coming into a time of greater focus. You can think clearly now and for many days to come. Do the bookwork and make mental decisions soon.

Jul 31 A day of change, so take note. Your mind is right there and you have had one good time lately. Don't push it. Let it go and get into what's next. You are going to have to say goodbye to what has been and take the plunge all over again.

Report for August 2008



Aug 03 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.

Aug 08 '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.

Aug 10 You can feel a real physical push coming on as you turn the corner into some really high times. You're right on target in the creative sphere too! Only your mental attitude is lagging behind. So, don't study or decide too much on this day.

Aug 14 Read a good book or listen to some challenging music. Your creative juices are in full swing and you can appreciate more than usual. A bad time to make plans or decisions. You are closing off a section of time. Emotional high.

Aug 16 Get ready for a real creative surge as your artistic side takes charge for a while. Take it easy as you may tire easily these days. Let it flow. Ideas will take on renewed clarity and could give your emotional life a real boost soon too.

Aug 17 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.

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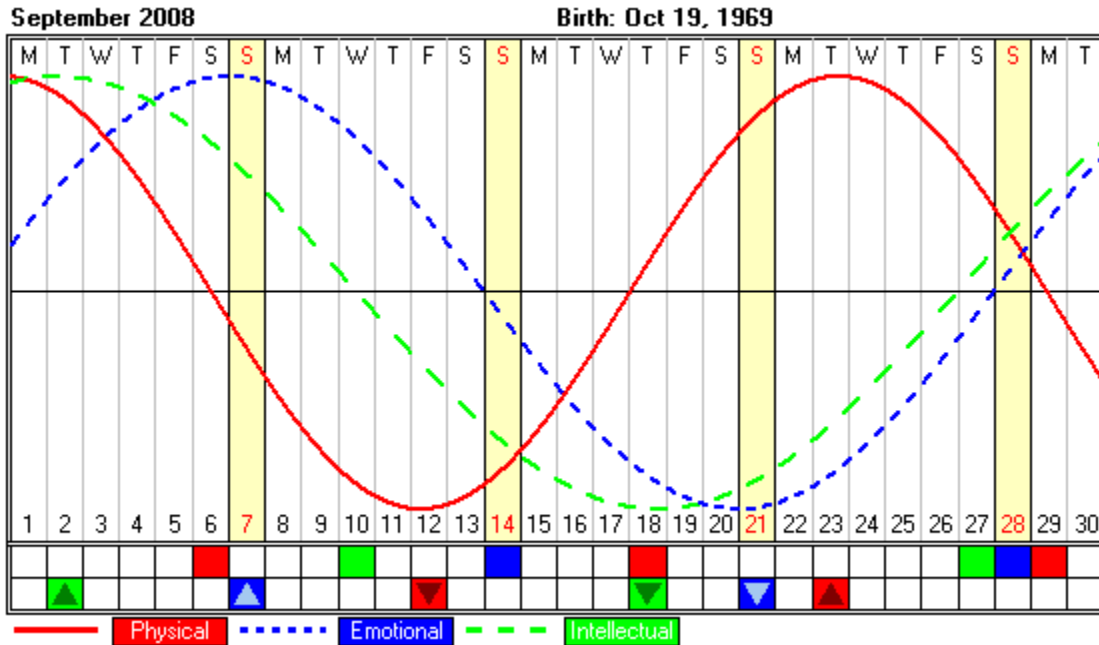
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Aug 26 You're a sharpie these days. Your mind is alert and your coordination is super. You may have a tendency to be insensitive to the feelings of others. You may sense a certain lack of feeling or what you would label as a 'poor attitude'.

Aug 31 Top of form, my friend. All signs point to 'yes' so don't hesitate. "Nothin' to it, but to do it" as the saying goes. You are in the mood and have the power. So don't waste time reading this, go to it!

Report for September 2008



Sep 02 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 06 You have an unbeatable attitude just now. Right on the money! However, you may not have the umph(!) to do a whole lot about it. Creative and studious pursuits would represent a good investment of this time. More in-going than out.

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Sep 10 A low energy time coupled with possible indecision. Don't make plans today unless they concern how you feel about your life. You are experiencing fresh insight into how you feel (your emotions) and a new perspective will soon emerge.

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Sep 14 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 18 Plenty of energy, but low spirits. No great clarity of thought either, is there? You can enjoy some of the simpler pleasures of life such as walking and taking in some fresh air. No easy out, just patience and working through this situation.

Sep 21 A time to let old thoughts go and move ahead into something new. Could be feeling low... everything seems 'too much'. Not to worry. You will be finding all kinds of new energy over the next few days that will bring a real feeling back to life.

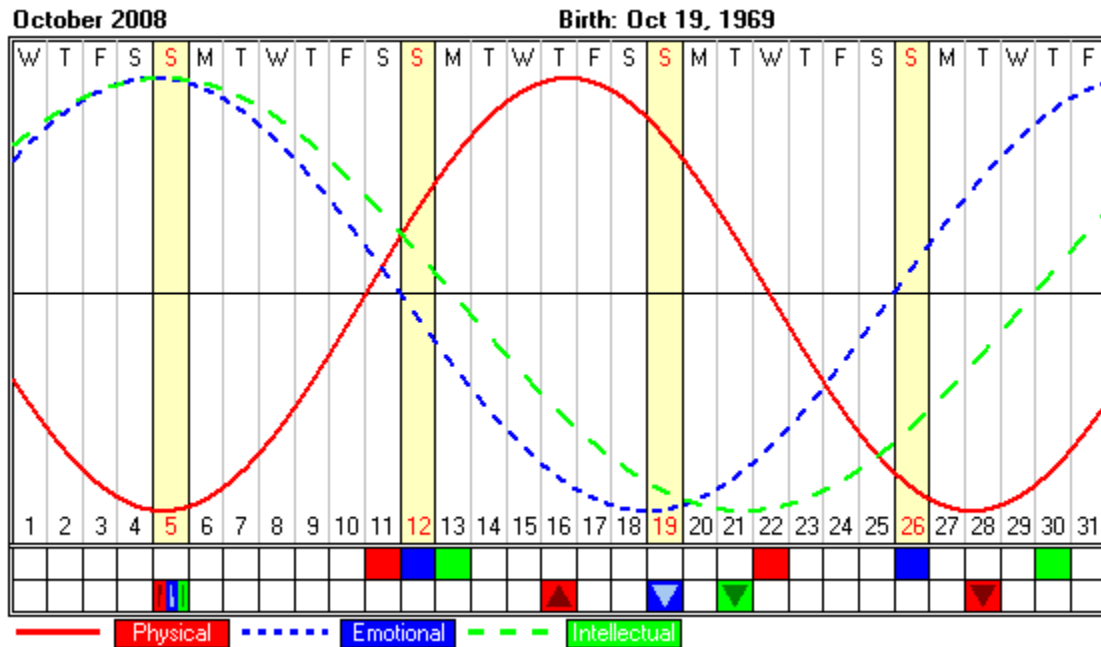
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Sep 28 These are the times when we are really thankful to be alive. Everything is working in harmony right now, so show yourself off and be in the right places. Sow your seeds now so that you can have a great harvest later. You're lookin' good!

Sep 29 You have an unbeatable attitude just now. Right on the money! However, you may not have the umph(!) to do a whole lot about it. Creative and studious pursuits would represent a good investment of this time. More in-going than out.

Report for October 2008



Oct 05 High and low. Very, very high mental strength and a super attitude make solving life's tasks a breeze. Low energy just now means don't try to do too much. Perhaps, artistic or mental activity will maximize this time and avoid exhaustion.

Oct 11 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!

Oct 12 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.

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Oct 19 A time to let old thoughts go and move ahead into something new. Could be feeling low... everything seems 'too much'. Not to worry. You will be finding all kinds of new energy over the next few days that will bring a real feeling back to life.

Oct 21 All dressed up and no where to go. You can feel the drive to get out there and 'do', but thinking is not up to par and you may not feel just right either. Nice and safe physical jobs or recreation are in order. Take it easy.

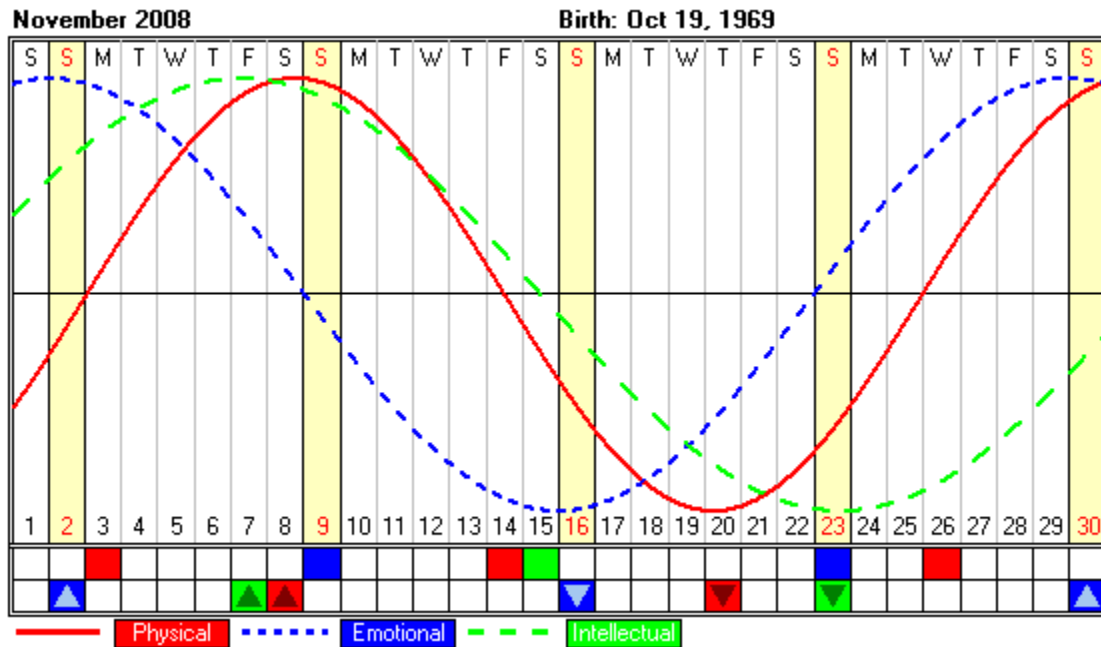
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Oct 30 Creative mental ability is coming to the fore. Not a lot of pep however, so this might be the day to curl up with a really challenging book or game. Do some planning or design that new room's layout. Creative solutions are yours.

Report for November 2008



Nov 02 You have an unbeatable attitude just now. Right on the money! However, you may not have the umph(!) to do a whole lot about it. Creative and studious pursuits would represent a good investment of this time. More in-going than out.

Nov 03 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 07 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.

Nov 08 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 09 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.

Nov 14 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.

Nov 15 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 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.

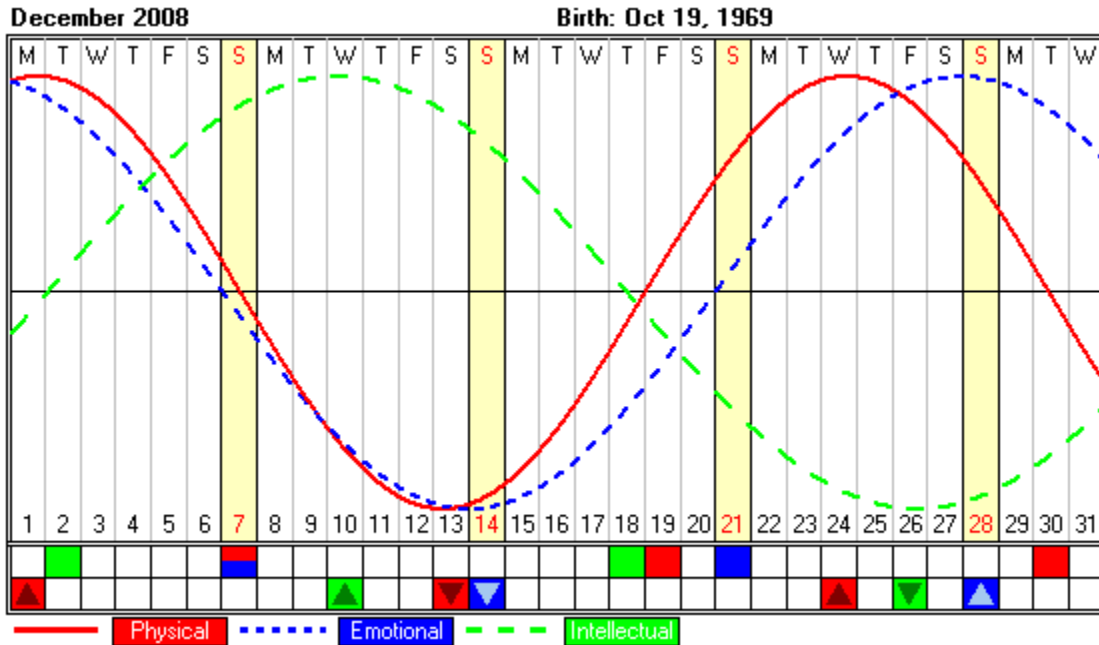
Nov 20 You are still physically low or less active, but are entering the upswing arc. Not a day to make either emotional or mental decisions, as both these departments are in a state of great flux. You are changing your mind and how you feel.

Nov 23 Kind of weary around the edges. There's a tendency to feel dull and not too aggressive. Your spirits and attitude are good and will even improve as the days progress. Take it slow, look around you, and appreciate what you have going.

Nov 26 You can feel a real physical push coming on as you turn the corner into some really high times. You're right on target in the creative sphere too! Only your mental attitude is lagging behind. So, don't study or decide too much on this day.

Nov 30 You can feel a real physical push coming on as you turn the corner into some really high times. You're right on target in the creative sphere too! Only your mental attitude is lagging behind. So, don't study or decide too much on this day.

Report for December 2008



Dec 01 If it feels good, do it. That's the kind of day it is. Don't think twice (or even once!) because now is the time for feeling and doing. This good time will continue and you will feel even better about it within several days. Not a time for decisions.

Dec 02 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!

Dec 07 A day of change, so take note. Your mind is right there and you have had one good time lately. Don't push it. Let it go and get into what's next. You are going to have to say goodbye to what has been and take the plunge all over again.

Dec 10 A day of change, so take note. Your mind is right there and you have had one good time lately. Don't push it. Let it go and get into what's next. You are going to have to say goodbye to what has been and take the plunge all over again.

Dec 13 You're feeling a little rocky and at kind of a low ebb, in general. The one exception is your mind which is coming into a time of greater focus. You can think clearly now and for many days to come. Do the bookwork and make mental decisions soon.

Dec 14 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.

Dec 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.

Dec 19 A time to let old thoughts go and move ahead into something new. Could be feeling low... everything seems 'too much'. Not to worry. You will be finding all kinds of new energy over the next few days that will bring a real feeling back to life.

Dec 21 If it feels good, do it. That's the kind of day it is. Don't think twice (or even once!) because now is the time for feeling and doing. This good time will continue and you will feel even better about it within several days. Not a time for decisions.

Dec 24 If it feels good, do it. That's the kind of day it is. Don't think twice (or even once!) because now is the time for feeling and doing. This good time will continue and you will feel even better about it within several days. Not a time for decisions.

Dec 26 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.

Dec 28 You can feel a real physical push coming on as you turn the corner into some really high times. You're right on target in the creative sphere too! Only your mental attitude is lagging behind. So, don't study or decide too much on this day.

Dec 30 Read a good book or listen to some challenging music. Your creative juices are in full swing and you can appreciate more than usual. A bad time to make plans or decisions. You are closing off a section of time. Emotional high.