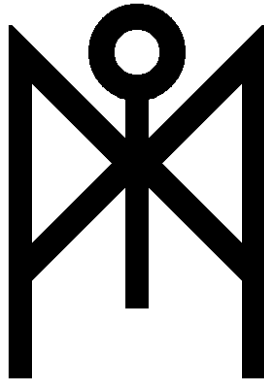


PsyPlan™ User Guide



Psychic Planner Inc.

⌘ PsyPlan™ User Guide ⌘

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PsyPlan - uniquely Yours
please see your astrologer

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Many of our clients have requested this guide, while many have expressed dissatisfaction with instructions that seem only to complicate everything. This guide is provided for people who want it. Please let us know how you like it.

**YOU DO NOT NEED THIS GUIDE TO USE
YOUR PsyPlan SUCCESSFULLY!**

It's easy. Match numbers and read the text.

INTRODUCTION

While PsyPlan helps you plan your time, remember that you control your life – PsyPlan is only a guide.

PsyPlan was created to add extraordinary insight to conventional time planning tools. Your PsyPlan is tailored to your personal birth time and place, so no two PsyPlans are likely to be identical. Please read the following information carefully to assure that you get the most from your PsyPlan.

PsyPlan is constantly being revised and updated. We rely on your comments and suggestions, so please write to us!

PPI LOGO – COMPOSITE RUNE



The composite rune (𐌺) consists of the runes Mannaz (𐌺), Inguz (𐌆), and Algiz (𐌶). Mannaz is the rune for the self. Mannaz signifies an attempt to live the ordinary life in a non-ordinary way. Mannaz is comprised of the rune Wunjo (𐌿) and its mirror image. Wunjo signifies a renewed clarity and emotional understanding. Inguz is the rune for fertility and symbolizes protection through self-knowledge. Algiz is the rune for protection and deals with the control of emotions. The composite rune is also an arrangement of reflecting P's with an I between, depicting the initials **PPI** of Psychic Planner Inc.

ACKNOWLEDGEMENTS

Psychic Planner Inc. articles of incorporation were signed on June 22, 1986 at 9:47 PM in Philadelphia, PA (75W10,39N57) and were received by the Commonwealth of Pennsylvania on June 27, 1986 at 7:35 AM in Harrisburg, PA (76W53,40N16).

The design of PsyPlan comes from a concept derived by Anthony Dickey with assistance from Robert Grenetz, Marc Wasserman, Marcy J. Gordon and John G. Derrickson. PsyPlan evolved further through influence from Vincent Savoia and Margaret Savoia and from customer feedback.

The PsyPlan character font, astrological glyphs, composite rune and logo were developed by John, Tony, Marcy, Bob and Marc.

Original astrological implications (scheduling considerations) were written by Bob and edited by Marcy and Tony. The new astrological implications were written by Tony and edited by Marcy. Implications in your PsyPlan may be written by your astrologer.

The computer software was designed and written by John. The PsyPlan character font, astrological glyphs, composite rune and logo were composed on computer by John.

The *PsyPlan User Guide* was edited by John. The *How To Use Your PsyPlan* section was written by a committee of Tony, John, Marcy and Bob. The *How To Get The Most From Your PsyPlan* section was written by Tony. The *Biorhythms* section was written by John.

We would like to give special thanks to Stan Koczkodaj and all who assisted and endured us during development.

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Note: PsyPlan is available in two layouts, monthly appointment book and yearly forecast report. While this guide focuses on the appointment book, you can easily apply the concepts to the forecast report, even to any astrological planning effort.

HOW TO USE YOUR PsyPlan

HOW TO READ YOUR PsyPlan TEXT

Monthly Influences

We recommend that you proceed from the general to the particular. Therefore, it is a good idea to examine your monthly PsyPlan trends first. This gives you a general overview of the potential influences affecting your life during the month. Notice where your life-influences shift. Remember – astrological influences do not start or end suddenly. The dates indicated on your planner are those of greatest potential for each astrological condition. Influences blend into one another, so the effects of a given influence may also prevail for a few days before and after the date indicated.

You may notice that certain patterns are in effect for an entire month. It is helpful to think of these patterns as major themes for the month. You may want to think of the shorter influences as minor, but significant, themes.

Daily Influences

Try to keep your monthly themes in mind as you evaluate your daily patterns. As with your monthly influences, you may notice certain influences prevailing for an entire day. Again, you may find it helpful to think of these influences as major themes for your day, while viewing the shorter influences as minor, but significant, themes. Remember – these influences may be in effect for a few hours before and after the times indicated.

Conflicting Influences

Sometimes your daily and monthly influences may appear to conflict. In such cases, the monthly influences predominate and the daily influences modulate their effects. When two monthly aspects appear to conflict, you may want to approach the indicated situations with guarded optimism.

For example, you may have two monthly travel influences, one favorable and one unfavorable. In this case, it is probably a good time to travel, but you should be prepared for possible complications, delays and additional expenses. When two daily influences appear to conflict, use the guarded optimism approach for that time frame.

HOW TO READ YOUR PsyPlan SYMBOLS

General Weather Transits

Aspects between transiting planets, which affect everyone, are shown on the monthly and daily pages. On daily pages on the left next to the hours, moon aspects are shown. On monthly pages on the left next to the month-days, all other planet-aspects are shown.

Monthly Symbols

Monthly pages are divided into two vertical sections. At the far left is a calendar with the day of the month and a letter indicating the day of the week (e.g., 'M' for Monday, 'T' for Tuesday, etc...). To the right of the calendar information are columns of numbers and letters. Each column indicates an influence as explained on the right-hand section. The influences are most prevalent on the dates the column spans. A column spanning an entire page represents a major theme for the entire month. Shorter columns represent minor, but significant, themes.

Notice an up arrow (↑) at the top or a down arrow (↓) at the bottom of some influence columns. If the arrow is at the top of the column this means the influence continues from the previous month. If the arrow is at the bottom of the column this means the influence continues into the next month.

Notice a double arrow (↕) in some of the influence columns. This symbol indicates the influence's midpoint. Knowing the midpoint is extremely useful in estimating the duration of your influences. First check the range of the influences (as indicated by the column length), then look to the right for the influence interpretations. Moon phases are depicted in the margin to the left of the days of the month. The moon's sign location is also depicted. Refer to the corresponding daily scheduling considerations for their meanings.

Daily Symbols

Again you will notice that the page is divided into two vertical sections. At the far left is a time grid containing the hours of the day with spaces above and below for additional scheduling needs. As with the monthly page, influences are indicated by columns of numbers, letters and arrows in the page center, with influence explanations to the right.

Moon phases are depicted in the margin to the left of the hours of the day. The moon's sign location is described with the scheduling considerations.

In addition, you may notice ☾ symbols. These symbols indicate a void-of-course moon for that time period. The void-of-course moon influence is described along with the other influence explanations.

Retrograde planets are depicted in the margin to the left of 1 AM. For example, Mercury retrograde in capricorn is shown as ☿♁♏. When Mercury goes direct, it also shows there, like ☿♁♏.

There may be days when very few influences prevail. In such cases, look to the major monthly themes to get a feel for these days.

SPECIAL PsyPlan FEATURES

The date, week number, day of the year and days left in the year appear in the box at the top of each page. Holidays are indicated at the top-left of the left-side daily pages. Above the top line you will find a *Happy Birthday* salutation on your birthday.

On daily pages in the top right corner, your biorhythms are shown. Up-arrows indicate strong days, down-arrows indicate weak days and up-down-arrows indicate critical days.

ASTROLOGICAL ATTRIBUTIONS

You will notice that at the beginning of each monthly or daily scheduling consideration is a set of glyphs which symbolize planets and aspects as follows:

- the first glyph, with a subscript T (τ), represents the planet which is forming a transiting aspect to your birth planet;
- the middle glyph represents the aspect between the transiting and birth planets;
- the last glyph, with a subscript N (N), represents a planet in your birth chart.

For example, for (D τ * N ☉) read "moon transit sextile natal sun."

Astrological Glyphs

● new moon	◐ 2nd quarter		
○ full moon	◑ last quarter		
☉ sun	☾ moon	☿ mercury	♀ venus
♂ mars	♃ jupiter	♄ saturn	♅ uranus
♆ neptune	♇ pluto		
♁ ascendant	♊ midheaven	♁ void-of-course	
♋ conjunct		♌ opposite	
* sextile		Δ trine	
□ square			
♈ aries	♉ taurus	♊ gemini	♋ cancer
♌ leo	♍ virgo	♎ libra	♏ scorpio
♐ sagittarius	♑ capricorn	♒ aquarius	♓ pisces

By studying basic astrological symbols, you can develop a better feel for the rhythms in your life.

For void-of-course moon and moon phases, you will see a set of glyphs, beginning with the void-of-course symbol or the moon phase glyph:

- the first glyph symbolizes the moon (D) or moon phase (●●○○●)
- the second glyph symbolizes the moon's sign location

For example, for (♁ D ♈) read "void-of-course moon in aries" and for (○ ♌) read "full moon in leo."

HOW TO GET THE MOST FROM YOUR PsyPlan

PsyPlan is a unique time management system that can be used in many ways. It is helpful to follow the above instructions, but you will get far more out of PsyPlan if you use more than just a little imagination.

Here are suggestions for how to maximize your use of PsyPlan. They come from people who have used PsyPlan. There are probably as many different ways to use PsyPlan as there are people. You may come up with new ways to use your PsyPlan. If you do, please write and tell us about it. There are many ways to get the most from your time. Opening your mind and taking advantage of time is what PsyPlan and PPI are all about.

GENERAL FACTS ABOUT YOUR PsyPlan

There is no wrong way to use PsyPlan.

There are many ways to get the most out of PsyPlan. An obvious use for PsyPlan is to keep track of appointments, dates and important things to do. Your PsyPlan is more useful if you consult it before scheduling important tasks or commitments. You also may want to consult your PsyPlan at the end of the day to see how certain planetary influences have affected you and why you acted the way you did.

PPI uses general-to-specific planning.

General-to-specific is a classic time management technique. It involves scheduling future tasks in a general manner until more facts are known. When you have more details, schedule tasks more specifically. PsyPlan is purposely designed to optimize this method.

Astrology is basically a general to specific science. Use the monthly pages to make general plans when you don't know enough specific details to make a definitive plan. The scheduling considerations, which correspond to monthly pages, cover the outer, slower moving planets. These planets, because of their slow movement, affect you for many weeks at a time. They represent general themes for the period in question.

As you have more details, you can make more specific plans and assign them to a particular day or time. Thus, the inner planets *zoom in* on what will occur in your life. This is because the inner, faster moving planets *trigger* the outer planets.

Use therapeutic astrology.

Instead of predicting events and leaving little room for options, PsyPlan suggests trends and motivations for your actions. PsyPlan also offers solutions to problems presented by the influences.

Your unique Scheduling Considerations.

PPI uses planetary transits to derive the Scheduling Considerations. Transits are a comparison between current planetary positions and the planetary positions in your natal (birth) chart.

Your natal chart is a *snap-shot* of where planets were at your birth. These planetary positions are fixed – they do not change. However, planets continue to move throughout your lifetime. They move in relation to each other, portending various events in the general population, and they move in relation to the planetary positions in your birth chart. You do not need to know their positions in order to use PsyPlan. However the more you know about astrology in general, and your natal chart in particular, the more PsyPlan can help you.

PsyPlan maximizes your time by using your natural cycles to guide your decisions. Transits (Scheduling Considerations) will not alter personal tendencies indicated in your natal chart. Rather, they work in harmony with your natural tendencies. For instance, if you are generally disorganized, a transit that indicates clear thinking and a need for organization functions within the realm of your tendency to be disorganized. In other words, a Scheduling Consideration is a sign and not a cause.

There are other astrological predictive techniques that PPI plans to introduce. Since transits are the most significant indicator of how outside events affect your life, PPI chose to implement them first.

Transits cannot be fully explained.

You can view the influences in many different ways. There are many books on the subject of the planetary influences called transits (see the bibliography at the end of this document). These books devote many paragraphs to each influence. PsyPlan uses only one paragraph. Therefore you should use the Scheduling Considerations as a guide, not as gospel. Use our wording to *feel* the meaning.

TIME TRAVELER'S ADVISORY

If you are a frequent traveler remember to make the appropriate time zone changes as they occur. The time grid is configured for the time zone you indicated on the order form. If you have a PsyPlan configured for Eastern Standard time and you travel to California you would subtract three hours from your time grid. If you went from Colorado (Mountain time) to Illinois (Central time) you would have to add an hour for PsyPlan to remain accurate. Time changes for Eastern Standard time are as follows:

Central	= subtract one (1) hour
Mountain	= subtract two (2) hours
Pacific	= subtract three (3) hours
Island	= subtract five (5) hours
Bering	= subtract six (6) hours

You will not need to adjust PsyPlan for Daylight Savings Time, as PsyPlan already handles this.

THE YEARLY PREVIEW

Review monthly text to plan your year.

The monthly influences connote general themes. By reviewing monthly pages you get a general idea of your life's course for the period. This preview provides strong clues of what you must deal with in the upcoming year and when your best periods will occur.

For instance, Jupiter opposite Saturn ($4_{\tau} \delta_N \zeta$) reads: "You feel torn between growth and responsibility, burdened by duty and afraid to take chances. Find a way to expand through structure and discipline. Take time to make decisions." At a time like this it is ill-advised to change jobs or to start new projects. If you had planned a new project for this period, PsyPlan will make you think twice. And well you should.

Another scheduling consideration, Jupiter trine Venus ($4_{\tau} \Delta_N \varphi$) says: "You relate comfortably to others, especially groups. Have a party or social affair. Relax, enjoy. Plan a vacation for this period." If you do need to relax and calm your nerves, you might consider planning a vacation during the period of this influence.

THE MONTHLY PREVIEW

Plan your month in general terms.

Consider what you want to accomplish for the month and then consult your monthly page to see the influences for the month. You will be surprised how well the scheduling influences coincide with your plans.

Concentrate on the monthly influences.

The monthly influences are the most powerful indicators. They are the major themes for the month. The daily influences trigger the monthly influences so concentrate on the monthly influences to know where you are headed.

Work with cycles – use moon phases.

The moon phases are very important. If you plan your time by the phases of the moon, you will be more productive than before. The moon phases are felt by everyone. The new and full moons are the most important. Time your projects to begin at the new moon and have them culminate at the full moon.

At the new moon, the moon (emotions) is conjunct the sun (personal drive). The moon and sun are at the same degree in the sky. People are most *at one* with their goals and the environment's demands.

At the full moon, the moon opposes the sun. The moon is at its furthest point from the sun. Emotions, which are by nature unfocused, predominate. People are *outside* of themselves. The full moon is often associated with strange events because of the excess emotion present. People who lack focus are apt to act on their most immediate feelings. Now you can utilize this emotional energy by planning each month according to the moon's phases.

To make optimum use of the moon's phases, try this:

- Schedule new projects to begin at the **new moon**.
- At the **2nd quarter moon** evaluate your progress and decide what parts of the project work and adjust the parts that don't.
- Use the increased emotion of the **full moon** to finish what you have started. Concentrate on what works well and schedule incomplete tasks for the next new moon.
- At the **4th quarter moon** honestly evaluate the project begun at the new moon. Wind down and plan the next cycle. Try to relax or meditate two to three days before the upcoming new moon.

Try this method for a month beginning with the next new moon which appears on your PsyPlan monthly page. Before you know it you will be in tune with the solar system's natural cycle and you will be more content as a result. By the way, PPI has observed this cycle since the company began.

THE WEEKLY PREVIEW

Preview your PsyPlan at least weekly.

Read your daily scheduling considerations for the upcoming week and make general plans based on that information. This way you will not be surprised by any astrological influences. After all, you don't want the weatherman to tell you it will rain while it is raining, you want to know ahead of time so that you can make appropriate plans. A scheduling consideration's meaning may not be immediately clear. However, when the effect appears you will be better prepared to handle it.

Ignore moon transits in weekly preview.

The moon's influence on the emotions is fleeting and it is difficult to understand moon considerations until they occur.

Use moon influences to fine tune plans.

This use of PsyPlan mirrors how astrology works. The further a planet is from the sun the more general a theme that planet connotes. The sun (actually the earth's orbit around the sun) takes one year to circumvent the zodiac. Pluto, the furthest known planet from the sun, takes from two-hundred twenty to two-hundred fifty years to complete the same journey. Therefore, the outer planets (Jupiter, Saturn, Uranus, Neptune and Pluto) affect the general public as much as they affect you. In other words, the planets Jupiter through Pluto indicate how general or worldly events affect your individual chart. The further from the sun a planet is the more general or *world-oriented* a planet's influence will be.

By reviewing the moon's influences in your weekly preview you subconsciously begin to work on themes indicated by the planets. The moon transits trigger planetary influences. By knowing how the planets affect you in general terms, you know what events the moon will trigger. For example: If you have Pluto conjunct Sun ($\text{♇} \text{ } \text{♁} \text{ } \text{♁}$) on your monthly page and Moon conjunct Sun ($\text{♁} \text{ } \text{♁} \text{ } \text{♁}$) on your daily page, the Moon/Sun daily influence will trigger the Pluto/Sun monthly influence. In fact, the Moon/Sun influence will demand more attention than other daily influences. So by concentrating on monthly influences, you easily recognize the most important influences on your daily page.

Include monthly text in weekly preview.

This goes back to the triggering action. The sun, moon, Mercury, Venus and Mars, which make up the influences on the daily page, are personal planets. They signify the personal thoughts and actions you experience throughout the week. The monthly page planets, Jupiter, Saturn, Uranus, Neptune and Pluto, are transpersonal or societal planets. They signify the demands you encounter from society. Unless you live in a vacuum (impossible), your personal thoughts and actions must interact with society's demands.

Check for waxing and waning influences.

Influences are strongest just before they are exact (the up/down arrow (\updownarrow) on the time grid) and fade considerably afterwards. When you plan an event according to your scheduling consideration try to schedule it before the influence is exact.

THE DAILY PREVIEW

Read the day's text for general trends.

You will understand the scheduling considerations most clearly in *real time*, as events happen. Current circumstances make more sense as they occur. Your daily preview will often hold a sudden clue to a troubling problem.

Cut corners.

Cut the dated corner of your PsyPlan with scissors to help keep you up to date. Cut the corner so the current day shows. It makes sense to make your daily preview of PsyPlan when you do this.

Void-of-course moon is very important.

The scheduling considerations for V/C in your PsyPlan are a very brief summary of the void-of-course moon. The importance of this knowledge is not fully expressed. The void-of-course moon is a good time to withdraw, to remember the basics. Try to handle easy, mindless tasks during the V/C period. Doing dishes and cleaning your home or office are great things to do during this period. Also, avoid important meetings, delay new projects and forgo tasks needing concentration – unless you want these projects to fail. Don't expect romances or deals consummated during the void-of-course moon to last. They may start and they may seem wonderful, but sooner or later, probably sooner, they fade. By scheduling around the void-of-course moon you can be more productive and less frustrated.

Pay attention to ♁ symbol.

You can save otherwise much wasted time by NOT scheduling important meetings or projects for these periods.

USING MORE EFFECTIVELY DAILY

Focus on planets, moon is a trigger.

The planets offer a more powerful indication of present personal trends. The moon is a trigger that *sets off* the planetary influences. It is important to consult the monthly page regularly for this reason.

You'll feel □, ♂ & ♂ more than △ & ✱.

Squares (□), oppositions (♁) and *hard* conjunctions (♌) (conjunctions between incompatible planets) are tension laden, challenging influences. These influences indicate a need for action. Circumstances in life will force decisions under these influences. Conjunctions between these incompatible planets are the *hard* conjunctions:

sun	♌	Mars, Saturn, Uranus, Neptune, Pluto
moon	♌	Mars, Saturn, Uranus, Pluto
Mercury	♌	Mars, Saturn, Uranus
Venus	♌	Saturn, Uranus
Mars	♌	sun, Mars, Saturn, Uranus, Neptune, Pluto
Saturn	♌	sun, Mars, Uranus, Neptune, Pluto
Uranus	♌	sun, moon, Mercury, Mars, Saturn
Neptune	♌	sun, Mercury, Mars, Saturn
Pluto	♌	sun, Mars, Saturn, Uranus

Trines (△) and sextiles (✱) and *easy* conjunctions (♌) are flowing aspects that do not force one to do anything. But these are times when you should follow the advice of the Scheduling Consideration closely. Trines and sextiles show you when you can make life go your way. If you take favorable action during a trine or a sextile influence, you will have less problems when squares, oppositions and *hard* conjunctions show up in your PsyPlan. You may not have much motivation to act during a trine or sextile period, but will usually be more effective if you do.

Trines are easier than sextiles, but they are even less of a motivation. Sextiles represent opportunities to take advantage of. During trines, success may fall into your lap, but don't expect it.

Conjunctions between these compatible planets are the *easy* conjunctions:

sun	♌	sun, moon, Mercury, Venus, Jupiter
moon	♌	sun, moon, Mercury, Venus, Jupiter, Neptune
Mercury	♌	sun, moon, Mercury, Venus, Jupiter, Neptune, Pluto
Venus	♌	sun, moon, Mercury, Venus, Mars, Jupiter, Neptune, Pluto
Mars	♌	moon, Mercury, Venus, Jupiter
Saturn	♌	moon, Mercury, Venus, Jupiter, Saturn
Uranus	♌	Venus, Jupiter, Uranus, Neptune, Pluto
Neptune	♌	moon, Venus, Jupiter, Uranus, Neptune, Pluto
Pluto	♌	moon, Mercury, Venus, Jupiter, Neptune, Pluto

Moon influences help with final choice.

Even with all the information in PsyPlan, you may still have a hard time deciding when to schedule an event. In these cases, look to the moon's influence for guidance. For example, if you want to make a date with someone you admire, look for an influence such as: "relationships with the opposite sex proceed smoothly."

Check PsyPlan after a vivid dream.

Check your PsyPlan after an important dream. Usually, a moon aspect triggers prominent dreams since the moon is related to dream, sleep, and the subconscious. As many of you know, a dream is often a subconscious clue to solving a problem. By studying dreams in connection with personal astrological influences, you will learn more about astrology as well as yourself.

THE WEEKLY REVIEW

Review PsyPlan to see how it helps.

By reviewing PsyPlan each week you will continue to learn how the planets influence your life. You will get a better idea of how PsyPlan works for you in particular. You are able to see what occurred, how you acted and how your actions coincide with PsyPlan's guidelines.

Become a more effective you.

It is often difficult to make clear decisions during the heat of the moment. Hindsight is often the best teacher. By objectively reviewing your week you may find helpful clues to living more effectively.

APPOINTMENTS AND SCHEDULING

Tune your agenda with moon influences.

For instance, if you have trouble figuring out the best time to meet someone, look for a moon influence. Obviously, if you are scheduling a sales presentation, you look for "sales and presentations go well" rather than "this is a good time to withdraw." You might not always be lucky enough to have a favorable influence show up on a particular day, but it is an option.

NOTES/MEMOS – TO BE DONE

Keep track of things to do here.

There is one of these sections on each daily page and on the monthly page. Write down things to be done (in general terms) for the month and for the day. Once you have completed the task, either check it off or cross it out, whichever you prefer.

Tasks that are incomplete for the day or month should be written in for the next corresponding period.

Post-it™ notes fit nicely in PsyPlan.

Post-it notes are great if you keep a lot of notes. If a task is incomplete, move the Post-it note to the next available day. Post-it notes are available in several sizes to accommodate pocket and booklet size PsyPlans.

TELL PPI WHAT YOU THINK

Help PPI hone the stellar edge.

Write Psychic Planner Inc. with any questions. Please fill out questionnaires we send you. We value your feedback highly. And we DO listen to your comments and suggestions.

RECOMMENDED READING

PsyPlan must say much in limited space.

You may want to check some of the books listed in the bibliography for more information on time management, particular planetary influences and astrology in general.

Especially recommended are *Planets In Transit, Life Cycles for Living*, (Para Research, Inc., Gloucester, Mass., 1976) by Robert Hand and *Alan Oken's Complete Astrology, 2nd ed.*, (Bantam Books, New York, 1980) by Alan Oken.

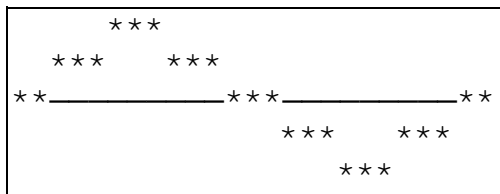
BIORHYTHMS

History

In the early years of 1900, two researchers in medicine and psychology, Dr. William Fliess of Berlin and Dr. Herman Swoboda of Vienna, independently discovered 23-day high and low tides in physical resistance and 28-day tides in the nervous system. About 20 years later, a doctor of engineering and teacher, Alfred Teltscher, collected performance reports of high school and college students at Innsbruck. He discovered 33-day high and low tides in intellectual ability. The author, George Thommen, documented his research in his book *Is This Your Day*, published by Crown Publishers. He introduced a formula which is the basis of all popular biorhythms today.

Biorhythm Theory

Biorhythm theory states that humans are influenced by three biological cycles. The **physical cycle is 23 days** long and influences physical factors like coordination, strength, endurance and resistance to disease. The **emotional cycle is 28 days** long and influences emotional states like love and hate, optimism and pessimism, passion and coldness, and depression and elation. The **intellectual cycle is 33 days** long and influences memory, alertness, learning, reasoning and accuracy of computation. Each of these cycles has high and low periods. The cycles begin at the moment of birth, entering the high period of each cycle. The cycles begin at zero, proceed through a positive period, back through zero, go through a negative period, back through zero and the cycle repeats. The following figure depicts one cycle.



Energies and abilities are high during the positive periods and low during the negative periods. Critical days occur when a cycle crosses its zero point. These are times when abilities vary wildly, from extremely high to extremely low.

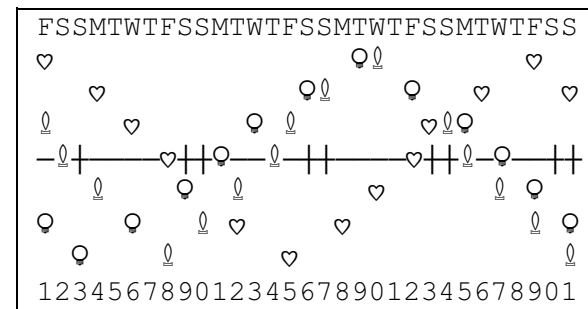
Special attention is needed for the various cycle combinations. For example, if your physical cycle goes critical while your emotional cycle is positive, you might feel like jumping onto a moving boat but you will most likely fall into the water. Catch up on sleep before cycles go critical and plan a lighter than usual schedule.

Biorhythm Chart

Your biorhythm cycles are plotted as three waves on top of a graph of days. Days of the week are shown across the top and days of the month are shown across the bottom. Horizontally across the center is the zero line with the weekends marked. The three waves are shown with symbols:

♁ for **physical**, ♥ for **emotional** and ♀ for **intellectual**

For example:



Air Traveler's Advisory

Jet lag is similar to biorhythm critical days. When you travel a great distance, your biorhythm cycles are upset for about one day. Consider this when scheduling events for after a long trip.

Biorhythm Interpretation

Reading your biorhythm chart is really very simple. After a little practice you will be able to interpret with just a glance at your chart. Here are some suggested interpretations:

strong physical cycle – Expect coordination, strength, endurance, health.

strong mental cycle – Expect good memory, alertness, learning, reasoning, accuracy.

strong emotional cycle – Expect love, optimism, eagerness, elation.

weak physical cycle – Beware awkwardness, weakness, impotence, infirmity.

weak mental cycle – Beware forgetfulness, inattention, ignorance, foolishness, imprecision.

weak emotional cycle – Beware hate, pessimism, coldness, depression.

critical physical cycle – Expect wild swings: At times coordination, strength, endurance, health; other times awkwardness, weakness, impotence, infirmity.

critical mental cycle – Expect wild swings: At times good memory, alertness, learning, reasoning, accuracy; other times forgetfulness, inattention, ignorance, foolishness, imprecision.

critical emotional cycle – Expect wild swings: At times love, optimism, eagerness, elation; other times hate, pessimism, coldness, depression.

In addition to the preceding, here are combination keywords when the pair are both strong or weak:

physical & emotional	strong: passion	weak: lethargy
mental & emotional	strong: wisdom	weak: stupidity
physical & mental	strong: control	weak: turmoil

ASTROLOGICAL ASSUMPTIONS

Positive and Negative Considerations

As with most things, the components of astrology prompt both positive and negative considerations. The following lists depict the assumptions that PPI has used in the interpretation of astrology. Each component begins with key phrases followed by positive (+) and negative (–) connotations.

Aspects

conjunction: strong attempt to blend different techniques or skills
+ a new start, blending of skills, strong focus, automatic expression

– confused techniques, obsessive use, impulsiveness, refusal to reconcile

sextile: good ideas & social contacts, awareness of things & people
+ insight, options, facility, reduced outside resistance, acceptance, cooperation

– limited challenges, inertia, things come too easily, taking things for granted

square: challenge weighing past techniques to present situations
+ a chance to learn or master techniques, strong motivation to test situations, intense focus on what needs to be done

– conflict, confrontation, tension, compulsion, obstacles to goals

trine: deep insight and enjoyment, harmony with use or situation
+ ease of use, opportunities, fluidity, acceleration of contacts, luck, deep insight, great enjoyment with, ease of expression

– taking things for granted, inertia, abuse of resources or skills, sloppiness

opposition: balancing approaches with others, reconciling what is around you

+ recognition of need to balance, acceptance of other approaches, willingness to share

– confrontation with others, denial of other's insights, ignorance or denial of other options

Planets

sun: authorities, ego, men, heart, back, spine

- + vitality, focus, life-goals, purpose
- egotism, arrogance, abused abilities

moon: emotions, intuition, the past, women, the public, the ocean, stomach, breasts, lymphic system

- + sympathy, nurturing, social assimilation
- moodiness, defensiveness, past defendant, manipulative

Mercury: communication, youth, detail work, immediate contacts, near travel, siblings, servants, arms, hands, liver, nervous system, gall bladder, spleen

- + logic, thought, perception, dexterity, versatility
- nervousness, verbosity, indecision, nitpicking

Venus: art, female sexuality, food and drink, partners, throat, neck, skin tone, kidneys, intestines, ears

- + sociability, affection, sensuality, diplomacy, balance
- over-indulgence, sentimentality, stubbornness, rationalization, dependence

Mars: energy, competition, individualism, male sexuality, iron and steel, surgery, sexual and excretory organs, upper kidneys, head, face, muscles

- + courage, will, desire, commitment, direction, determination, passion
- lust, perversion, over-competitiveness, impulsiveness

Jupiter: the law, travel, philosophy, religion, salesmanship, expansion, sports, in-laws, hips, thighs, liver, weight, education

- + wisdom, optimism, speculation, opportunity, generosity, ambition, luck, expanded goals
- over-optimism, sloppiness, pomposity, extravagance, poor judgement, foot-in-mouth

Saturn: structure, crystalization, stability, order, time, the finite, the past, older people, education, morals, teeth, bones, knees, science

- + concentrations, patience, responsibility, thrift, discipline, diligence, prudence
- repression, restriction, pessimism, rigidity, past oriented, prejudiced

Uranus: technology, the future, group awareness, electricity, complex systems, sudden events, freedom, group contacts, friends, science, ankles, calves, nerve impulses, accidents, large communications

- + inventiveness, independence, farsightedness, perceptiveness, technically adept
- eccentricity, irresponsibility, rebellious, hyper-sensitive, dogmatic, impulsive

Neptune: alcohol, drugs, strange environments, poisons, gases, the ocean, hospitals, prisons, mental institutions, secrets, the occult, charity, oil, plastics, art, music, film

- + compassion, fantasy, identification, idealism, inspiration, selflessness, imagination, sensitive, faithful, glamour
- delusion, confusion, addiction, seduction, manipulation, vulnerable, sloppy, defuse, indecisive

Pluto: ability to amass power, recycling, healing, redirection, group power, amassed energy, group resources, significant changes

- + transcending, self-directed, focussed, probing, genuine, intense, powerful, independent, power-skilled
- abused power or abilities, obsessions, jealous, megalomania, sociopathic, alienated, cunning

ascendant: self-image, first impressions, health, integration with body, immediate reactions

- + immediate, comfort with body, attractive, vitality, good first impression
- discomfort with body, low vitality, poor coordination, poor first impression

midheaven: point of culmination, career, status, authorities, the public arena, recognition

- + ability to get along with authorities, recognition, defined goals, popularity, respect
- problems with authorities, stifled goals, lack of social skills, alienation, confused social image, career problems

Monthly Pages – Sample Planner – Left Page

July 1969

Uniquely prepared for:

DAY	APPOINTMENTS / TIME RECORD
↑ Rσϕψπ	↑↑ ↑
T 1	4321
W 2	
T 3 ρρψ, ϑ□ϕ	
F 4	
S 5 ρΔ4	
● T S 6 ρΔϕ	3
M 7 ϑ□4	
T 8 ρρσ, ϑ□ϕ	
W 9 σDϕ	65
T 10	
F 11 ϑ*ϕ	
S 12	
S 13	
● ☉ M 14	
T 15 ○*ϕ	7
W 16	
T 17	
F 18 ○Δψ	
S 19 ϑ*ϕ	
S 20 4σϕ, ϑΔψ	
M 21	
● Δ T 22 ϑ*ϕ, ○σϕ	5
W 23 ϑ*4, ○*ϕ	ϕ
T 24 ϑΔσ, ○*4	5
F 25	
S 26 ϑ□ϕ	8
S 27 ○Δσ	
○ ≈ M 28 ρ□ϕ	7
T 29	ϕ
W 30	7 5
T 31 ○□ϕ	876 4 21
↓ Rψπ	↓↓↓ ↓ ↓↓

SAMPLE

Monthly Pages – Sample Planner – Right Page

July 1969

Neil Armstrong

SCHEDULING CONSIDERATIONS
<p>1 𐄀𐄁𐄂 Your emotional and domestic life is prone to upset. Think hard before making any real estate moves. Avoid making impulsive relationship decisions. Problems with others stem from your prior failure to express individual needs.</p> <p>2 𐄃𐄄𐄅 Combine vision with discipline, foresight with attention to detail. You now see what is necessary to live your dreams. You have the opportunity to improve your status. Commerce proceeds well if you apply yourself.</p> <p>3 𐄆𐄇𐄈 Set up a clear pattern for success. You are comfortable and confident in your work. Moreover, you enjoy working and have a well-defined agenda. Your life runs smoothly. Cooperation comes easily because you seek achievement, not self-gratification.</p> <p>4 𐄉𐄊𐄋 Take advantage of opportunities to advance yourself. Changes you make now bring your career more in line with your individual needs. You can have what you want and fulfill demands and responsibilities simultaneously.</p> <p>5 𐄌𐄍𐄎 Don't let emotions get out of hand. You feel loving and protective, but remember that others need space within relationships. Don't let old feelings affect current relationships. Evaluate emotions to gain self-knowledge.</p> <p>6,7,8 (CONTINUED IN REAR)</p>
<p>NOTES/MEMOS - TO BE DONE: (✓ when done)</p>

卐 PsyPlan™

Daily Pages – Sample Planner – Left Page

SUNDAY
4:18pm, the "Eagle" lands on the Moon
Uniquely prepared for:

20

10:56pm, first step on Moon Week 30

EDT	APPOINTMENTS / TIME RECORD										
1AM	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑
2AM	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑
3AM											
4AM											
5AM											
6AM											
7AM											
8AM											
9AM											
10AM											
11AM											
NOON											
1PM											
2PM											
3PM											
4PM											
5PM											
6PM											
7PM											
8PM											
9PM											
10PM											
11PM											

SAMPLE

Daily Pages – Sample Planner – Right Page

SUNDAY

Neil Armstrong 20

Day 201 - 164 Left July 20, 1969

SCHEDULING CONSIDERATIONS

- 1 Domestic and personal affairs interfere with your decisions. You are emotionally tense. Don't let others get to you.
- 2 Your defensive, impatient behavior invites arguments or danger. Try not to drive if angry and use sharp objects with caution.
- 3 Desires and pleasure are important. Be assertive but not obnoxious. Vent excess energy through energized creativity such as dancing.
- 4 You find breathing space even if you are quite busy. Spend time with others. Small opportunities arise through friends or family.
- 5 Your energy is low. Skirting issues enables others to deceive you. Rest and alleviate stress. Above all, avoid any type of dishonest behavior.
- 6 You brim with confidence and optimism, but watch yourself. Lofty ideas pique your interest. If you see yourself as the ideas you represent others may see you as pompous or foolhardy.
- 7 You wholly involve yourself in your actions and focus on your career goals. You have the energy and resources to get what you want and to enjoy physical activity.

8,9,A,B,C,D (CONTINUED IN REAR)

Nitpicking may prevent good choices. Allow for confusion. Expect false starts and poor decisions.

NOTES/MEMOS - TO BE DONE: (✓ when done)

PsyPlan™

Horoscope Page – Sample Planner

♈ PsyPlan™ Natal Chart

Neil Armstrong
08/05/1930 12:00 PM zone 5 ST 8H 17M 17S
Wapakoneta, Ohio 40N34 84W12

#11 0♄15 ♀ 2♄32 ♃ 2♄36 ♁ 25♄09	#10 2♂03 MC 2♂03 ☉ 12♂31	#9 24♃59 ♃ 8♃49 ♀ 19♃47	#8 25♃21 V 2♃33 ♂ 15♃12
#12 28♄42 ☉♂ 2° 40' ☉♃ 3° 21' ☽♁ 6° 04' ☽♃ 5° 00' ☽♄ 1° 19' ☽♁MC 0° 50' ♃♃ 0° 05' ♃♃♃ 5° 26' ♂♃♃ 0° 05' ♃♃♃ 2° 35' ♃♃♃ 3° 41' ♃♃♃ 4° 30' ♃♃♃ 5° 21' ♃♃♃ 4° 53'	2° 40' 1° 23' 7° 35' 1° 18' 4° 03' 3° 37' 0° 03' 5° 22' 0° 41' 6° 28' 4° 10' 0° 01' 3° 55' 0° 17'	#7 27♄10 ♁ 27♄28	#6 28♃42 ♃ 15♄17
#1 27♄10 ♃ 27♄10 ♃ 27♄28			#5 0♃15 ☉ 15♃52
#2 25♄21 ☽ 1♃13 ♃ 6♃13R	#3 24♃59 ☽ 1♃13 ♃ 6♃13R	#4 2♃03	#5 0♃15 ☉ 15♃52

SAMPLE 01-24-2003
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Charts Page – Sample Planner

Koch Cusps	Elements	Planet Weights			
1 27♄10	Fire 2	Dignity ♃♃	Detriment ♄♄	Exaltation ♃	Fall ♁
2 25♄21	Earth 5				
3 24♃59	Air 1				
4 2♃03	Water 2				
5 0♃15	Quality	House Weights			
6 28♃42	Cardinal 5	Angular ☉	Cadent ♂♃♃	Succedent ♄♃♃	
7 27♄10	Fixed 1				
8 25♃21	Mutable 4				
9 24♃59	Polarity	☉♃♃	♄♃♃		
10 2♂03	Positive 3	4	3		
11 0♄15	Negative 7	2	1		
12 28♄42		♄♃	♃		
	Critical Degree	☉			
	Mutual Reception	☉ 10° 46'			
	Most Elevated				
	Ruler	♀			

POSITION	HOUSE				
☉ 12♂31	10	SUN			
☽ 1♃13 -4° 32'	3	MOON			
♀ 2♄36 0° 52'	11	Δ MERCURY			
♀ 25♄09 0° 25'	11	□ VENUS			
♂ 15♃12 -0° 16'	8	* MARS			
♃ 8♃49 -0° 08'	9	♃ JUPITER			
♃ 6♃13R 0° 38'	3	♃ Δ SATURN			
♃ 15♄17R -0° 42'	6	Δ * URANUS			
♃ 2♄32 0° 39'	11	Δ ♂ NEPTUNE			
♀ 19♃47 -0° 02'	9	* PLUTO			
♃ 27♄10	1	* * ASCENDANT			
MC 2♂03	10	♃ M.C.			
♁ 27♄28	7	N. NODE			
♃ 27♄28	1	♃ S. NODE			
V 2♃33	8	♃ □ VERTEX			
♃ 15♃52	5	♃ □ Δ PART OF FORTUNE			

Order Form – Sample Planner

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ADDRESS _____

Phone _____
 home work

Name to appear
 on the planner _____

Birth date ____ - ____ - ____ (month-day-year)

Time of birth ____:____ O AM O PM zone____
 When birth time is unknown, we will use noon.

Place of birth _____
 city, county, state

Where will your
 PsyPlan be used _____
 city, county, state

Begin PsyPlan with month of _____

Text- style O ADZE O DICKEY O KEYWORD O NOVICE

Use precession of equinoxes? O yes O no

Size (inches) wallet pocket booklet notebook
 O (3x5) O (3x6) O (5x8) O (8x11)
 O custom (enclose a sample page)

Binding O Wire-O double loop wire comb
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 (enclose a sample page)

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 O calendar forecast \$21
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A _____
D _____
D _____
R _____
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Text- O ADZE O DICKEY O KEYWORD O NOVICE
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