

Chapter V

Log-A-Rhythm

Re-Orientation to Balance

A Creative Method of Chronicling, Analyzing, Organizing and Planning

Logging regular activities (such as exercise, work performance, habits, diet, sleep, etc.) develops one's objective overview orientation and increases one's self-awareness. It is also a way to enter naturally into goal setting. Periodic record keeping and review provides insights into how and what we are doing, stimulates insights for changing what we are doing that is counter-productive, and also helps us understand how to go about making the appropriate changes. **Our problems arise from doing too much of what we do not want to be doing.** If you know what you want, and what you want to be doing with your life, you will experience greater clarity, harmony, and better health. Logging what we are doing naturally takes us to an overview perspective. From this positioning we can objectively see what we are doing and align our lives according to what it is we want to be doing.

It is often this overview and objective perspective that we have lost when we find ourselves preoccupied by pursuing some tangent or superficial concern rather than the higher and noble purpose of our lives.

You will also find that when you look at what you've been doing, you realize you are already naturally setting goals and working towards their attainment.

Personal Scheduling and Cycle Planning Tools

We have found the log-a-rhythm process useful both with historical reflections as well as future projections.

The initial approach we have found very helpful is the daily log with daily update capacity. There are several formats that can be used depending on your own focus and preferences. The following charts are examples of several which we have found useful in motivating and monitoring my daily activities. The factors we have used are included on the example charts and then more generic, blank charts are provided for your experimentation and use.

Daily activity chart example:

WEIGHT		WEATHER			LOCATION			DATE:	
		A.M.			A.M.				
		NOON			NOON			PH #	
		P.M.			P.M.				
	SLEEP				FRUIT	VEG	GRAIN	MEAT	LIQUID
12:00 A.M.									
1:00 A.M.									
2:00 A.M.									
3:00 A.M.									
4:00 A.M.									
5:00 A.M.									
6:00 A.M.									
7:00 A.M.									
8:00 A.M.									
9:00 A.M.									
10:00 A.M.									
11:00 A.M.									
12 NOON									
1:00 P.M.									
2:00 P.M.									
3:00 P.M.									
4:00 P.M.									
5:00 P.M.									
6:00 P.M.									
7:00 P.M.									
8:00 P.M.									
9:00 P.M.									
10:00 P.M.									
11:00 P.M.									
12:00 A.M.									

Weekly Log-A-Rhythm chart

Daily survey and review bar chart

Positive activities are marked differently than negative activities. Or may use green for positive assessment, yellow for marginal, and red for negative assessment.

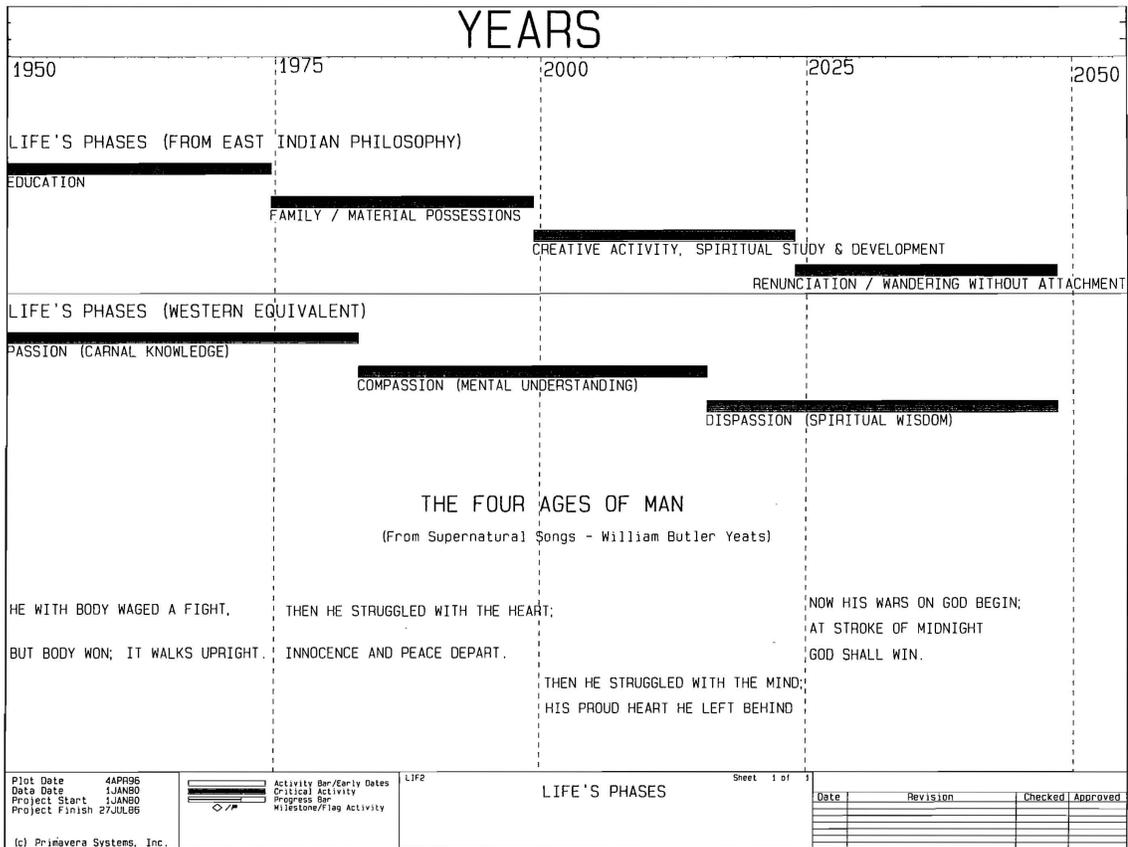
Monthly Log-A-Rhythm (activities and consumption)

Long-term cycle planning and scheduling can be done for longer periods as three months, six months, one year, five years, ten years or even lifeline plans for the next twenty years.

Chart examples – graphic of year

Include blank charts

Life Phases:



Other Areas of Personal Planning

Typical organizational lists and charting includes “do lists”, telephone logs (out and in), activity logs and daily expenses. Business records may include personal expense recaps, personal expense projections, work performance, etc. Several example forms are provided.

Example organization forms

Do-lists

Resource evaluation

Needs list

Work performance review

Objective Evaluation and Avoiding Self-Judgment

With all of these approaches to self-appraisal, reflection, self-evaluation, or scheduling, a recap done on a daily, weekly, monthly basis or any interval you define is very important to increase your objectivity and overview awareness. It will help you use these tools in aligning your activities and help you motivate yourself to consciously change certain aspects of your life. However, no recap is essential, results are automatic. The solution is always simply to be aware. It is important to note that self-judgment is not a part of this review. Be compassionate towards yourself and you will record with honesty what you are doing. The purpose of these tools is to increase objective self-awareness.

Avoid the Judgment Spiral

Self-judgment with either resulting punishment or reward, only clouds the issues you are working with. When you judge yourself you separate a part of yourself from your whole self and push off the part you judged as bad or unworthy into shadows or some available dark and unconscious closet of the mind. Here, because we are denying part of ourselves, it functions subconsciously by having a controlling effect on our behavior and self-concept. Besides from being encumbered and controlled by a negative self-concept, we also acquire from the self-judgment a residue of guilt and resentment. Guilt brings a negative pattern of energy into one’s physical or emotional body because one hold’s one’s past, present or imagined future behaviors in a negative context. Also with the feeling of guilt, there is a punishment delayed, the subconscious minds sends out this request to the universe world around you, it obliges. Our reaction to this

impending possibility of punishment may be a vague feeling of anxiety or outright fear. Fear causes us to move out of the present moment and worry or preoccupy ourselves with the potentially threatening future or feeling guilty about the past. We are reminded of the humorous overview perspective of Mark Twain. "I've known trouble in my day, and most of it never even happened."

If we do not fully participate in the "now" of the present moment, we miss essential information, step out of harmony with life and miss the understandings that protect us and direct our next steps. Any type of chaos or disorder may result when we move against the governing life energy. And since anger is the other side of the same coin as fear, anger or hostility may also result. Then because both anger and fear are judged as not acceptable, our judger sentences us as guilty again and the judgment spiral intensifies and becomes additive. This is a bit of a simplistic summary but it is easy to see that this will not lead to peace of mind and a harmonious life style.

It is essential to simply view the data you compile objectively and without coming down on yourself with judgment. Allow what you see, and accept and love yourself unconditionally. If this is done, the increase in objective self-awareness will naturally catalyze certain intentional changes in your orientation and activities without causing you to judge and deny any part of yourself.

Developing self-awareness is also inhibited if we are developing a reward and punishment system to control ourselves using it as an outside authority. With pure objectivity we accept ourselves unconditionally and we are free to see what we are doing in our lives. This objectivity enhances our experience of every moment. It is from full and open experience of the "now" that the information for self-improvement arises and in this innocence awareness transforms.

In summary, it is important to realize that the purpose of the Log-A-Rhythm technique is to increase our objective self-awareness. The experience of this is to allow us to widen our experience to each and every present moment. This allows us to release any guilt from the past we might have been carrying and release any fears of the future we might be entertaining. Accepting yourself unconditionally will allow you to use these tools for personal growth.

Log-A-Rhythm for Improving our Life-Style Health

Health is our primary wealth. It is a basic need and an individual responsibility. Self-responsibility in health means you must look after your own health interests. Health results from rhythmical order, disease from disorder. Problems result

from doing too much of what we do not want to be doing. The lack of rhythmical living can be present a constant stress in a life that will produce disorder.

The Log-A-Rhythm approach of *Quantum Networking* provides us with an insight for objectifying what we are doing and helps us view our lives from an overview and cyclic perspective. From this vantage point we can, without self-judgment, develop and log our positive habits and discern the presence of habits that are deteriorating our health and discomforts or stressors that we are blindly accepting. We can also see if we are living our lives reactivity and feeling like helpless victims rather than living at cause in our lives and feeling empowered and in control. Our attitude toward ourselves is the single most important factor in remaining healthy or healing ourselves when disorders exist.

Quantum Networking is also an excellent tool for logging and exploring what we are doing through the rhythmic nature of our lives and discerning the presence of any disharmony. Harmony is the most essential element of health and it is one of the most difficult aspects of life for anyone and everybody to sustain.

Charting Your Course

All areas of our lives lend themselves to objective awareness. To get us started, let us consider 12 specific areas for focusing our self-improvement: Self-esteem, stress self-care, fitness, diet, relationship, joy, play and spirit, sexuality, helping others habits (smoking, drugs and alcohol, and other additions) and sleep.

Compass graphic – Life Style Health

To help you with an overview orientation that will help you prioritize a direction for self-improvement, begin by charting your course on the twelve pointed compass illustrated above that includes these areas.

1. For each area there is a 10-point scale, with 10 representing an ideal goal and 1 representing the opposite.

Begin by plotting where you think you currently rate in each of the twelve areas.

Next to that, write where you would like to rate. For example, if in fitness I am currently exercising two hours a week and I would like to be exercising two times daily, I would write Fitness 3/10.

The following blank form will help you to express where you currently are and where you would like to be. The next blank form will help you list certain changes you could make in order to move up just one point on the scale in each area. And on the third blank form explain why you want to make the changes.

Life Style Health

I. Awareness

First rate where you currently are and secondly rate where you would like to be.

1= worst expression in that area

10= best expression in that area

	Current rating	Desired Expression
1. Self-esteem	_____	_____
2. Self-care	_____	_____
3. Stress	_____	_____
4. Fitness	_____	_____
5. Diet	_____	_____
6. Relationship	_____	_____
7. Joy/play/spirit	_____	_____
8. Sexuality	_____	_____
9. Helping others	_____	_____
10. Smoking	_____	_____
11. Alcohol, drugs, addictions	_____	_____
12. Sleep	_____	_____

Next list certain changes you could make in order to move up just one point on the scale. It is important not to try to move too rapidly by moving up several points at once. Slow and continued effort is the safest way.

II. Life-Style Changes

1. Self-esteem
Changes 1.
2.
2. Self-care
Changes 1.
2.
3. Stress
Changes 1.
2.
4. Fitness
Changes 1.
2.
5. Diet
Changes 1.
2.
6. Relationship
Changes 1.
2.
7. Joy/Play/Spirit
Changes 1.
2.
8. Sexuality
Changes 1.
2.
9. Helping others
Changes 1.
2.
10. Smoking
Changes 1.
2.
11. Alcohol, drugs,
or other addictions
Changes 1.
2.
12. Sleep
Changes 1.
2.

III. Understanding the desired changes

Explain why you want to make the changes

1. Self-esteem
Reasons for changes 1.
2.
2. Self-care
Reasons for changes 1.
2.
3. Stress
Reasons for changes 1.
2.
4. Fitness
Reasons for changes 1.
2.
5. Diet
Reasons for changes 1.
2.
6. Relationship
Reasons for changes 1.
2.
7. Joy / play / spirit
Reasons for changes 1.
2.
8. Sexuality
Reasons for changes 1.
2.
9. Helping others
Reasons for changes 1.
2.
10. Smoking
Reasons for changes 1.
2.
11. Alcohol, drugs
Or any other addictions
Reasons for changes 1.
2.
12. Sleep
Reasons for changes 1.
2.

Next use the daily routine form to express the time schedule of what you are doing and the following form to implement the initial changes you have envisioned into your daily routine.

1. Chart of daily routine – current daily activities – marked in time or general sections of time such as early morning, morning, mid morning. . . see existing forms.

Life-Style Health

Daily Routine I

Morning

4:00 am – 4:30 am

4:30 am – 5:00 am

5:00 am – 5:30 am etc.

or

Early Morning

Mid Morning

Noon

Early Afternoon

Late Afternoon

2. Improved daily routine – Daily routine showing a manageable change that you could make in your daily activities to take you one step closer to your ideal life-style.

Life-style Health

Daily Routine 2

Write a manageable change that you could make in your daily activities to take you one step closer to your ideal life-style.

Once you have done this, a daily log will enable you to monitor your progress and stay in touch with how you are doing. This may contribute to your awareness and foundation for generating goals and your life vision.

It is important to remember to be gentle and patient with yourself and make changes gradually. Re-creating a health-style out of our life-style takes time. Change can only come from within and only very gradually. Be interested in the process, for that is the real goal, and take each day one moment at a time.

Making changes to feel better allows you to maintain a positive orientation. Making changes for guilty reasons (e.g. I'm exercising so I won't have a heart attack) will not produce sustainable healthy results. Make them to feel better. The things that make you feel better (being fit, eating nutritiously, and staying in

control) are the same activities that help prevent disease. When you do them with a positive attitude, they become part of your lifestyle. Our attitude toward ourselves is the most important factor in creating health.

“Life is what is going on all around us while we’re busy making other plans.”

John Lennon

Example of Using Urine Ph Monitoring as a Log-A-Rhythm Biofeedback System

We all would like to become more sensitive to our bodies messages. Logging urine Ph monitoring is a simple indicator of the body’s reaction to internal and external stressors. By monitoring our urinary pH we can view the consequences of what we experience. We can see how specific dietary factors, emotional factors, or activities are affecting how our body can maintain its homeostasis or balancing. By understanding what our body has to do in order to maintain homeostasis (balance) we can empower its natural self-healing energy by living in such a way that its natural self-healing process is supported and not impaired. Learning to understand the consequences of our lifestyle and diet on our body’s ability to maintain homeostasis empowers us to take control in our lives.

Through urine analysis and pH monitoring we can for example monitor how certain supplements or foods affect us. Or we may want to note how certain emotions or activities affect our bodies. We can also use it to help identify hidden stressors such as allergies or food and environmental sensitivities. We can develop it as our own road map to dynamic health and increased energy.

Acid Base Link to Health

Our food intake directly affects the Ph of the blood. When optimal it allows our digestive enzymes to function optimally throughout the body. This helps to maintain the blood Ph at 7.4, which helps to maintain an optimal electrolyte balance, which helps to maintain an optimal fluid transport. This in turn affects the extra cellular fluid for cells to bathe in, and to absorb nutrients, discharge toxins and function at maximal energy levels. Thus when our diet consists of the right amount of acid and alkaline foods, we digest them better, and the blood Ph is balanced and the electrolyte balance is maintained and there is optimal fluid transport, with optimal extra cellular fluid for cells to bathe in and then there is optimal nutrient absorption, optimal cellular discharge of toxins and we function at our maximal energy level.

If the body gets too alkaline, it will take acid from other parts of the system (particularly the stomach's HCL acid digestion) to maintain the proper Ph of the blood. This may be one cause of hypochlorhydria (low stomach acid).

If the body gets too acidic, it will take bicarbonate ions from the alkaline phase of digestion (pancreatic phase) to keep the blood Ph right. This in turn will put a stress on the pancreas and ultimately impair the breakdown of protein, carbohydrates and fats. When the body is too acidic, the alkaline minerals (magnesium, calcium, sulfur and potassium) are pulled out of the system to balance the Ph of the blood.

The body will do everything it can to keep the blood Ph balanced. It will take from other parts of the system to maintain the balance. Ideally the blood Ph needs to be maintained at 7.4. If the **blood Ph** is more alkaline than 7.4 results in convulsions, tetany or cramping, more acidic than 6.95 results in stupor and heart stops.

Symptoms of Excess Acidity or Excess Alkalinity

Our first insight into using the urine's pH to improve our health and energy may be its general pH range. If it is consistently acid or alkaline this may be an indication of why one may be experiencing certain symptoms.

What kinds of symptoms may be related to a body that is too acid or alkaline? When there is a persistently acid or alkaline 24-hour urine pH one may begin to experience certain symptoms. A summary of the symptoms of excess acidity and excess alkalinity is given below.

Symptoms of Excess Acidity

- Tired, toxic felling, fatigue
- General muscle stiffness
- Headaches
- Nervousness
- Sluggish mind
- Chronic diarrhea or constipation
- Decreased central nervous system function
- Uric acid build-up
- Arthritis (products of acidity tend to collect in the joints)
- Osteoporosis (calcium is pulled out of the bone to buffer the blood)
- Lung and sinus problems
- Poor fat and carbohydrate digestion

Too rapid gastro-intestinal transit time for complex nutrient absorption
Undigested food in small and large intestine, irritation of gastric lining

Possible nutrient absorption problems indicated by a persistent 24-hour urine pH of the following values:

pH less than 6.0 – loss of manganese, iron, zinc and copper
pH less than 5.8 – poor assimilation of B vitamins, manganese, calcium, potassium, chloride and sulfur
pH less than 5.6 – nervous emotional balance, poor assimilation of phosphorus, silicon, magnesium, and biogenic sodium

Symptoms of Excess Alkalinity

Anxiety and excitability. Over excitability of the central nervous system
Poor protein digestion
Decreased stomach acid increases parasitic infection tendency
Decreased immunity
Muscle spasms, tetany, low tolerance of physical stimulation, and muscle tension
Slow injury recovery, physical adjustments don't hold well
Muscle pain
Slowed peristalsis, constipation, and purification of intestines
Decreased liver function
Slow metabolic activity
Decreased WBC (white blood cell) production and increased RBC (red blood cell)
Acne, cystitis, anemia, prostate congestion
Calcium deposits in joints
Infertility may result if saliva Ph and urine Ph are persistently less than 7.0

Possible nutrient absorption problems indicated by a persistent 24-hour urine Ph of the following values:

pH greater than 7.2 – poor assimilation of germanium, vitamins A, B, C, D, E & F
pH greater than 7.4 – poor utilization of nutrients begin
pH greater than 7.8 – poor assimilation of zinc, copper and iron – fatigue, backache and decreased sex drive may result

Understanding Our Urine pH Patterns

When we first begin to plot our urine's pH we may notice certain patterns. Often these will not make sense at first. Developing awareness of our metabolic individuality takes time and awareness develops gradually as this is an individual and experiential insight.

Include example charts here

Recreating a Comfortable Balance

We each have our own dynamic comfort range that the urine pH may indicate. In your own comfort range your body's response is dysfunctional. We need to choose foods, activities, and supplements to help keep ourselves within the window of comfort. We also need to widen our comfort range by increasing our adaptive resiliency. We can do this by improving our digestion, metabolism, increasing our nutrient reserves, improving our biochemical regulation, and improving our stress management and optimizing our lifestyle.

Balancing Your Metabolism

Initial steps you can take

1. Observation: First observe the pH range where you feel comfortable and how the pH range changes when you begin to feel uncomfortable or develop your symptoms.

Possible nutrient absorption problems indicated by a persistent 24-hour Urine pH of the following values:

pH greater than 7.2 – poor assimilation of germanium, vitamins A, B, C, D, E and F

pH greater than 7.4 – poor utilization of nutrients begin

pH greater than 7.8 – poor assimilation of zinc, copper and iron
fatigue, backache and decreased sex drive may result

Understanding our Urine pH Patterns

When we first begin to plot our urine's pH we may notice certain patterns. Often these will not make sense at first. Developing awareness of our metabolic individuality takes time and awareness develops gradually as this is an individual experiential insight.

Add pH patterns

2. **Next begin to connect and establish what factors have affected your pH** and how they do so. For example, when your pH changed out of your desirable range did you eat something different, excessive or improperly timed? Was there emotional turbulence or upset? Was there physical activity or breathing pattern changes? Or were there toxic environmental influences?

3. **Step in:** Next step is to learn to intervene so that you can maintain your metabolic balancing and stay in your comfort range and moving into the range where you are not comfortable.

A. Avoidance: You may find it necessary to avoid those observed factors that throw you off balance and out of your comfort range.

1. **Dietary factors:** food is the single most important factor that provides a stimulus that our bodies must adapt to or move off balance. This adaptation involves efficient digestions, assimilation, metabolism and elimination. There are several dietary factors which may be considered here:

- Type of foods taken in – for example, eating foods that are
Excessively and persistently acid
- Amount of food – over eating being a major factor
- Eating generally too much at any one time
- Eating processed food or too complex foods, confusing or
Irritating the digestive system
- Eating at the wrong times such as just before bed or in the
Middle of the night
- Eating at irregular times, “all the time”, at the wrong time
(such as just before bed or in the middle of the night)
or eating foods in irregular amounts
- Eating foods out of season, foods unnaturally ripened, old or
rancid food
- Eating for reasons other than hunger, eating under stress

2. **Stressors other than dietary**

- Disturbed or irregular sleep cycles
- Auto-toxicity (autointoxication, endotoxins, faulty
Elimination)
- Sluggish liver (or gallbladder problem) causing abnormal
Fat metabolism
- Emotional stress
- Impaired digestion

For example inefficient pancreatic enzyme function
Which does not completely breakdown large macro-
molecules but allows their absorption and the system
responds as though there were a foreign, infectious
and inflammatory process on board

Toxic exposures (such as pesticides, radiation, home
and work place environmental pollution)

B. Stabilizing: Guiding our diet and lifestyle to support metabolic balance
(and health, energy and happiness)

1. Dietary factors

pH awareness of foods taken frequently and balancing with
our metabolic needs

Eating high quality and appropriate fresh biogenic and
nutrient-dense foods

**2. Support and augmenting digestion, assimilation, metabolic
functions and organ systems**

Digestive and assimilatory augmentation through use of
enzymes. Re-establishing Enzymatic function. Enzymes
may be the key factor in preventing chronic disease and
extending the life span. If the acid / alkaline balance in the
body is optimal, then all the enzymes in the body will
function optimally. If the acid / base balance is optimal the
body is able to maintain its equilibrium (homeostasis) and /
or return to equilibrium more easily. Our health and
longevity is directly connected to the functioning level and
amount of enzymes we have. By urine analysis and pH
monitoring we can determine our biochemical imbalances
and begin to correct them through the needed nutritional
enzyme support. We can determine enzyme deficiency
patterns and use specific plant enzymes to help restore
homeostasis so that the body can take over and maintain it.
In Ayurveda, the very root of health is considered to be *agni*
which includes the digestive function as well as all
enzymatic function in the body.

Assisting metabolic homeostasis through use of

Specific enzymes combinations

Improve and repair intestinal mucosal integrity

Intestinal ecology – normalize intestinal flora through
Use of probiotics (such as lactobacilli,
bifidobacteria, streptococcus, faecium, etc)
Cultivate daily rhythm including regular elimination,
meditation, exercise, meals, relaxation and
quality sleep
Bridge therapy for nutritional deficiencies with
biogenic supplements
Normalize bowel transit time with adequate and
Appropriate fiber

Examples of some changes you may consider for:

Shifting from Acid to Optimal pH

1. Increase complex carbohydrates (fresh vegetables and fruit) in diet
2. Improve complex carbohydrate digestion with plant enzymes
3. Decrease proteins and fats in diet
4. Increase fruits, vegetables & bioactive foods (ex: lemon, chaparral, apricots)
5. Stop yin acid foods: white sugar, synthetic vitamins and drugs, processed foods
6. Decrease yang acid foods, flesh foods, grains, pasteurized dairy products and beans
7. Stop ascorbic acid
8. Increase vitamin K (found for example in outer leaves of cabbage)
9. Deep breathing exercises
10. Detoxify the skin, kidney, bowel, and liver and improve their general function. Correct blood sugar regulation problems if present
11. Maintain emotional balance. Fear, anger, depression and stress creates acidity
12. Decreasing excessive or stressful exercise or work. Ayurveda suggests exercising to 50% of one's maximum

Shifting from Alkaline to Optimal pH

1. Increase protein in diet
2. Improve protein digestion with plant enzymes
3. More raw seeds and nuts (especially walnuts and flax seeds) and less soaked seeds and nuts
4. Specific food, herbs and vitamins that are useful: apple cider vinegar, yellow dock, watermelon seed, cranberry juice, vitamin A, ascorbic acid, fermented foods like sauerkraut
5. Increasing exercise (produces lots of lactic acid)

General Eating Guidelines

In general it is important to eat only what you can digest and what causes no harm. Not to satiate oneself with food is the science of health. To a certain extent, the less you eat the better you absorb. Eat simply, just enough and enjoy it. Overeating is a deadly poison to any system. "Eat light, eat pure and on time."

Log-A-Rhythm Summary

The way we think and feel, the foods we eat, the way we live our lives, can all protect us from disease, heal us when we become sick, and help us to attain new and higher levels of wellness. We can cultivate consciously a health life style and participate in the creation of our own health. Health is a way of life. It is not a hobby that can be adopted with faddish and incomplete measures. Problems will always arise if we focus only on a part and neglect the whole. For this reason the overview technique of *Quantum Networking* is so beneficial. If for example, our program for improving our health includes scientific cardiovascular exercise but ignores our needs to play, relax and laugh, or if we eat perfectly but don't eliminate, exercise or sleep regularly we are not balancing the whole person.

When we concentrate only on a part rather than the whole, disorder or disease due to imbalance will eventually appear. *Quantum Networking* and this tool of *Log-A-Rhythm*, insures that we have access to the overview and can create an entirely individualized way of taking responsibility for our own health. By living a healthy life-style, health will naturally develop. Disease is the result of disharmony, and harmony is the secret of health. People who live true to themselves and follow their joy do not get sick.