

L O N G E V I T Y C I R C U I T

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HAPPY NEW YEAR, EVERYONE! Welcome, 1990! a year that promises to bring lots of fresh starts and opportunities for new forms of self-expression. January 27 will also usher in the CHINESE YEAR OF THE HORSE. Since the horse is popular, loves the center of attention, is flamboyant, impatient, adventuresome, spirited, communicative (underscore that!), a hard worker, authoritative, and seemingly selfish, we can look forward to a year of political changes, increased communications globularly, and large groups of peoples congregating together to effect change. A word of caution: sentimentality and holding onto the past will really slow us down, while hard work and an enthusiastic attitude will take us far. Imagine a rearing stallion chafing at the bit, ready to go! The horse fits well with the new decade and adds the excitement needed to volunteer for change.

And THANK YOU again for your continued financial support to keep this newsletter coming to you. Your donations are essential and each issue is dependent on them, including this one.

Look for a new column beginning with this issue, on HEALTH. Keep letting me know what you want.

B R E A T H E

ADIOS, NEPTUNE/SATURN
CONJUNCT

Neptune and Saturn have been travelling together through the constellation of Capricorn for the last year, dissolving old structures and concretizing our belief systems. Then, in the Fall, Uranus entered the scene, bringing the unexpected.

We did well with this one as a planet! Despite failed attempts at democracy in China, the unexpected() crumbling() of the Berlin wall() warmed the hearts of all and brought us hope for a concrete world peace. Another example of the conjunct was recently seen by the enforced () strongarming by the U.S. in a surprise attack () to curb drugs() in Central America.

HOW DID THIS WORK ON A PERSONAL LEVEL?

Many of us experienced at least one unexpected shock that opened doors to new awareness and possibilities. Many of us have experienced a wall coming down personally with a brain-shift in consciousness. Outmoded ways of looking at oneself have been left behind, fixations have

shown themselves to be useless in dealing with current energies while resiliency and adaptability have proven to be beneficial tools. In short, Neptune has loosened the material grip of Saturn, while Saturn has provided us with the discipline to overcome our addictions(). Not a bad way to start the new year!

Neptune and Saturn are no longer in close position, so the tension they brought with their conflicting energies is beginning to dissipate. Look for long-range results, however, of their union.

CAPRICORN

The sun is in Capricorn from Dec. 21 to Jan. 21 each year, thus it brings in the new year. For that reason, and because there are currently 3 outer planets in Capricorn for a number of years, let's get more familiar with its energy since we are have to live with it anyway. (Remember that Astrology is an umbrella?)

What Capricorn Rules

Capricorn rules structure: in medical astrology it rules the skin, teeth, and bones, i.e., what gives the body its form. So it means duty, obligations, authority, rules, limits; wanting public approval, identifying with our profession; caution and reserve.

Since Saturn (its ruler), Neptune, and Uranus are all located in this constellation, our planet is strongly concerned with issues of political reform, bureaucracy, and decontrol of large systems (countries or corporations).

On a personal level look for issues of home v. business, delays, hard work, "the blahs," beginning projects of long duration, problems with parents, bosses and authority. The cardinal signs, Cancer, Libra, Aries, and of course, Capricorn will feel the effects most strongly.

SO...with Neptune in Capricorn for many years, be sure you're not wearing rose-colored glasses when you should be reading the fine print, and continue to turn your ideas into

viable form.
AND...with Uranus here for 7 years, use your intuition to guide you and expect the unexpected in the areas we mentioned above.

****HEALTH CORNER****
With this issue we begin a look at alternative health care. Some of the areas we will cover are acupuncture, massage, astrology, herbs, nutrition, chiropractic and more. Each article will be contributed by an expert in his/her field.

Colon therapy is the first alternative method to be reviewed. With each issue we will look at a different therapy. This issue's contribution is from Pamela Martin who has a clinic in San Diego, Cal. She writes:

We are vibration of sound and light. The primary system of our body is the intestinal tract that receives, digest, assimilates, and eliminates. All other organs are like fruit hanging off this tree of life. When the eliminating end (colon) of the tube develops fixed and frozen areas, the result is accumulation of solid and gaseous waste. When the waste does not move out, it distills and sends toxins into the blood.

WHAT CAN BE DONE?

Pamela recommends a few things to aid in colon cleaning:

1. Before getting out of bed in the morning, give your cells physical therapy by moving the right hand up the right side of the abdomen (ascending colon) while at the same time moving the left hand down the left side of the abdomen (descending colon) with gentle pressure.

Both water and ice are manifestations of invisible gases and have only formal, transitory existence. Similarly, both mortal mind and matter are fleeting manifestations of Divine Consciousness.

Yogananda

2. Squats. The body is designed to be in a squatting position when having a bowel movement. One's legs then lend necessary support to lower abdominal muscles. Pamela recommends her "stool-stool" for propping up the feet while sitting. Assuming a squatting position throughout the day will also help the body and colon stay loose, limber, and circulating.

3. Colonics, or lower intestinal evacuation is the quickest way for rapid elimination of solids and gas. One session is worthwhile, but a series of 12 is best.

4. Pamela also recommends herbal teas, such as Laci Lebeau, reflexology and massage.

For more information, she suggests reading: Colon Health-The key to a Vibrant Life, by Norman Walker. You can write or call Pamela Martin at: 1712 Bervy St., San Diego, CA. 92110. or (619)275-6019.

MY WINTER WORKSHOP SCHEDULE

January: Washington, Richmond, New York City. Call Tom Lumpkin at (703)789-7237

San Francisco. Call Jeri Wood at (415)752-8760 or write Spark Minter at 1730 No. Star Dr., Petaluma, CA. 94952

February: Dallas/Ft. Worth. Call Vicki Fabres:(817)354-6421.

Later: Denver. Call Cami Newton (303)796-0643.
El Paso. Dee Briones (915)566-6961
San Diego. Pam Martin(619)275-6019
Tucson. Susan Willig (602)743-7554, or John Provost (602)748-0924

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and PHYSICAL THERAPY**

call
PAMELA MARTIN
San Diego: (619)275-6019
for an appointment

EACH: \$45. SERIES: \$495.
(Discounts available)
Physical Therapy Session \$36.
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LONGEVITY CIRCUIT is published quarterly and is dedicated to perpetuating techniques which contribute to a longevity lifestyle. Please send your contributions to Virginia Cornell, P.O.Box 9624, Santa Fe, N.M. 87504 or call at: (505)983-5911.

H A P P Y N E W Y E A R

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THE THREE CONDITIONS OF ENLIGHTENMENT

The first condition of an enlightened man is: Knowing that you are a winner, based on the fact of the mechanism that the sperm made it to the ovum.

The second condition is: Knowing that you have a sense of timing whether to confront or avoid.

The third condition is: Not being afraid to make mistakes, because it's already written in the stars anyway, and you're not attached to the outcome.

Quoted from talk with Swami Nityananda Saraswati, June 1989.