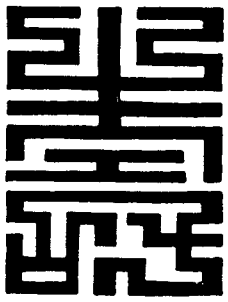


# longevity circuit

P.O. BOX 9624, SANTA FE, N.M. 87504

VOL. 2, NO. 1, SUMMER, 1990



Dear Readers:

Ever wonder how this magazine, first called "Astrumbrella," got a new name, THE LONGEVITY CIRCUIT? It was originally intended specifically as a support newsletter for my astrology clients, and I wanted to convey the idea that using astrology to help manage one's life was similar to carrying an umbrella.

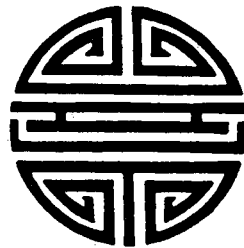
But that was before I sent a copy to my Teacher. He had a couple of decisive comments I want to share: "Change the name, and send it to everybody." He also wanted others to have the opportunity to contribute, including himself. He has since left his physical body so it will be/is interesting to see how he contributes!

Confessions in order, I admit that I thought I knew what "longevity" was, being brought up in the Western tradition. With my dictionary at hand, it meant living a long, long time. (In terms of Aquarian astrology we do say one's life span can be extended to 144 years. Consider all the productive people in their 80s and those living past 100 in good health.)

But in the larger world view understanding, "longevity"

means alot more.

In Chinese, "longevity" is transcribed by sheu a character that consists of radical 33 & 11 additional strokes. I include the technical numbers for you who are interested in numerology. Both 33 & 11 are considered very special numbers indicating a kind of spiritual completion or mastery.



The character, sheu is in turn made up of the words old, to speak and word. It means old age, years, a long and prosperous life, your birthday, to endure forever, as well as a euphemism for death.

However, the meaning of "longevity" is not limited to the secular idea of long life in this world, but is endowed with religious significance verging on the idea of immortality in the Western sense.

It is the most popular word in China and appears everywhere. There are 180 different characters to represent sheu, all of which are recorded on

3 large, ancient tablets still inexistence.

The star of "longevity" is Canopus, which is alpha of Argo, The Boat, which was given this name because the ancient ones thought they saw a ship in the sky. It was given to the old Egyptian god, Canopus who was the patron of voyages. He has the attributes of Jupiter and Saturn in Western Astrology; all of which presumably indicates long journeys and thus longevity. He resides celestially at 14 degrees Cancer.

There are several symbols for longevity in China: One is the peach from a mountainous peach tree that bears fruit only once in 3000 years, and from which is distilled the elixir of life. The pine tree, the crane, and the tortoise are others.



In the Tarot, the longevity symbol is contained in the Major Arcana card, the Magician. He is the alchemist who can turn (Continued next page)



lead into gold, knows the secrets of transformation, and draws power from above. Over his head is the mobius strip, or the sideways figure eight which stands for eternal life and dominion over the elementals. His astrological counterpart is Mercury, the messenger of the Gods who communicates laterally as well as vertically, God to man. The Magician is the number one card.

Also numbering one is the I Ching hexagram, Yang. Here we see the concept of longevity with two trigrams for heaven: heaven in change, and heaven creating itself: perpetual regeneration, also symbolized by the dragon.

The list goes on in every country and in every system of thought: the Kabbalah, Hermetics, Qigong, etc. Even Ponce de Leon was looking for the Fountain of Youth right in our own country----in Florida!

Perhaps the message in "longevity" is that man's spirit continues on---long after the body has gone; and that we have the tools to experience this now in ourselves.

And what about the word, CIRCUIT? Well, we can draw upon Webster for this one. He tells us it means to go around; a circular course; orbit; revolution; a complete path of an electrical current; association; A SYSTEM FOR TWO WAY COMMUNICATION BETWEEN TWO PLACES!

So we have a new logo: a Chinese character meaning LONGEVITY, and the Western word, CIRCUIT, to remind us of our possibilities. Good Luck! and Sheu!



## CURRENT TRANSITS

It seems these days we jump out of the frying pan into the fire. For the last few years we have had 3 outer planets closely grouped together and causing quite a stir. They have been taking us from one crisis to another, forcing rapid change on those who have strong Cardinal Sign emphasis in their charts: Aries, Cancer, Libra, & Capricorn.

We were just recovering from the Saturn/Uranus conjunct, when we were thrust into the Saturn/Neptune energy. That barely over, we now have to get ready for Uranus & Neptune to interact. All this is just three years! WHEW!!

### WHAT DOES IT ALL MEAN?

We've not had a situation like this in our life time. Certainly it is a major shift in consciousness, forcing us to change more rapidly. Since we don't have the necessary time between transits to stabilize, this intense energy is bringing out our latent resourcefulness and instinctual solutions that we might not have discovered otherwise.

We will talk about the Uranus/Neptune conjunct alot: its strength builds into mid-1992. It will affect our waking consciousness in many ways. We might see an increase in mystical thought, channeling, and psychic breakthroughs.

We can expect changes in social awareness, big business and more interest in Astrology. It can add a creative & visionary element to your chart especially in the areas around 18°. What do you want to change?

THERE'S ALOT MORE  
TO LIFE  
THAN MEETS  
THE "I"

(Author unknown)

\*\*\*B\*R\*E\*A\*T\*H\*E\*\*\*

## LETTERS

### Be Practical

Editor:  
Concerning your article on acupuncture, I found it very interesting and would like to know more. I wish you had included some practical applications in case I can do it on myself? Can I?

Matt Mitchell  
Utopia, Cal.

(Thanks, Matt. Would any of you acupuncturists out there like to give this one a try?)

### Is Astrology all bad?

Editor:  
Why don't you tell us something good about Astrology? Or is it all bad?

Chris Doyle  
Wautaga, Tx.

(Thanks, Chris. No, Astrology isn't all bad. It's 50/50, but most people don't question the good times. They only want to know why things are tough.)

### Where am I?

Editor:  
How can I tell where my planets are? I need to know so that I can follow your articles better.

Jason Wightman  
Oakland, Ca.

(Good point, Jason. If you will send me your birth data: DATE, TIME, AND PLACE together with \$5.00 and a SASE envelop, I'll send you a computer print-out of your natal chart. Send to P.O.Box 9624, Santa Fe. N.M. 87504.)

LONGEVITY CIRCUIT welcomes letters to the editor, preferably short. Include your address and phone number and send to Longevity Circuit, P.O.Box 9624, Santa Fe., N.M. 87504.



Health Corner

Balancing and harmonizing the energies in the body can be accomplished in many ways. One little known but highly effective hands-on method is JIN SHIN JYUTSU, actually an ancient art form brought to this country from Japan, by Mary Burmeister of Scottsdale, Arizona.

Jin Shin Jyutsu means "Now know myself" and stems from the "eternal beginning-less beginning of life. It is the Creator's Art which all Life has been given to utilize for the enjoyment of experiencing Living."

The body contains various energy or electrical pathways that feed life into all cells. Thus a practitioner acts as a "jumper cable" to release the tensions that can cause various physical symptoms.

There are 6 depths of creation and 26 "safety" energy locks located on specific areas of both sides of the body. These act as valves to regulate the body's excess pressure tension, overuse and abuse. They provide an early warning system for the body, by causing discomfort or pain. Ignoring the symptoms eventually results in dis-ease.

A pathway can be unblocked as the practitioner places his hands, in a sequence of steps, on the client's body at the energy locks, charging the body's run-down battery, & enabling the body's circulatory functions to work properly.

As harmony to the physical body is restored, mental and emotional attitudes that underlie the physical symptoms also change and harmonize.

Jin Shin Jyutsu has other benefits: (1) The modest/trepid client need not remove his clothing, providing a safe first experience with alternative healing treatments.

(2) One can treat oneself anywhere: in a car, while waiting in line, etc., further enhancing its availability.

If you are new to the efficacy of hands-on revitalization, this is a good place to begin your experimentation. Or it can be a fine addition to your healing arts repertoire.

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Thanks to John Provost for this article. John is a Jin Shin Jyutsu therapist in Tucson, AZ. He can be reached at (602) 748-0924 or at P.O. Box 43907, 85733. \*\*\*\*\*

Movie Critic

Released in 1971, "The People" attracted little attention & was quietly lost in feature film obscurity. Produced by Coppola, it is the story of a teacher who accepts a position in a remote rural area. Young and idealistic, she not only sets out to find herself, but to make a difference in the community of an Amishlike sect that has been unable to keep a teacher.

The local physician played by Wm. Shatner, is also an outsider who is curious about the ways of these reticent folk who never

need his skills as no one ever gets sick.

In the schoolhouse, Melodye, played by Kim Darby, has her share of challenges. Her attempts to introduce music, laughter, sports, etc., are forbidden and met with resistance. The children are so firmly programmed to avoid joy that they & the adults shuffle as they walk.

A tractor accident, which reveals the hidden abilities of the group and their fear of being exposed by outsiders and consequent change, arouses Melodye's curiosity to know the truth.

She soon learns that shuffling is done to prevent "lifting" which occurs as the children begin to laugh and play, and "remember the Home," & why these gifts have been concealed.

Haunting music and wonderful truths are woven into the dialogue: "The people in Bendo listen very deeply. It is best not to speak in the shallows."

And later, when Melodye reveals the depth of her own personal trauma, she is told, "You must face your own fears before you can help us." In the end, a crisis brings all together to lend their energy for "strength of unity, the unity of purpose and the unity of mind."

"The People" may pale by comparison to the high-tech motion pictures of today, yet its message is still timely. Given the age and obscurity of the movie, finding it to rent may not be easy, but the effort will have been worthwhile!

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(Thanks! Susan Willig of Tucson, Arizona.)

LONGEVITY CIRCUIT is published quarterly and is dedicated to perpetuating techniques which contribute to a longevity lifestyle. It is completely dependent on your donations. Please send your contributions to: Virginia Cornell, P.O. Box 9624, Santa Fe, N.M. 87504. Or call (505) 983-5911 for suggestions, contributions or information.

# MONEY (AND SATURN)

Remember our old friend Saturn? How can I forget, you say? He is making himself very known these days to the Cardinal Signs

Saturn is showing his power by restricting the flow of money for many of you. But he is also known for constricting the body as well, so better less wealth than health.

(As for health, many are reporting sore shoulders, arms, & general achiness. Also fatigue, the blahs, & depression.)

The end is in sight: In February, 1991, as Saturn leaves Capricorn, hopefully he will also leave us more empowered to work with that "green energy." Here is an excerpt from a talk with

Swami Nityananda to increase the flow.

"You want to assume the responsibility to do the work; and the flow to sustain & make it has to come from Creative Consciousness but you will do the work & Creative Consciousness will do the flow..."

"I'll do the dirty work because that's what I was designed for with individuality. But to keep the flow going, I couldn't invent the environment. It was already set up for individuality to function.

"Environment has already built in its own guarantee to satisfy individuality, even when individuality doubts that it can keep up. It doesn't know that indiv-

iduality is only a function for self-evaluation & can't own anything. So it must serve. Individuality is set up to render service.

"So I'll do the service as long as the flow, which is the environmental condition that makes it function keeps moving...You're entitled to it. Everybody is entitled to the flow, but you've got to make that statement to yourselves:

I'm willing to pay my bills ahead of time with some to spare and some to share.

I'll do the dirty work until midnight Eternity, Daddy, because who is here but Daddy himself playing out roles of individuality."

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yes *cf*