



LONGEVITY CIRCUIT

P.O. Box 9624, Santa Fe, N.M. 87504

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CURRENT TRENDS

**Spring has sprung, the grass has ris.
Birds are singing, how glad I is!**

The first day of spring comes at 10:02 AM MST on Mar. 21. What this really means is that due to the position of Earth in relation to the Sun, the Sun is "crossing" the Equator, and the days and nights are equal. The Sun is "moving" toward the Tropic of Cancer, at which time in the Northern Hemisphere the days will be longer, the nights shorter and we enter the season called summer. These are all optical illusions resulting from describing astronomical phenomena from the vantage point of the Earth. But astrology is geocentric, not heliocentric (from the vantage point of the Sun), so these descriptions are valid.

On March 21 the Sun enters the constellation Aries, the first natural house in the 12 pieced circular pie called a horoscope. This is Mars' house, the spermal planet that indicates the burgeoning growth after the dormancy of the winter, the first shoot of the crocus, that first blade of grass or weed that must with amazing strength push through the hard pressed earth to find the light: In short, heliotropic, sensitive to the Sun. Thus Aries is a Fire sign and the Aries person is warm, ardent, initiating and childlike, needing hugs and a warm environment. They are quick-tempered and pioneering, and like to start things but get bored easily and need a partner to help them finish up.



His animal symbol is the Ram: We say, "She butts her way into things." Or, "He's a ramrod." Or, "He rammed that down her throat." All indicate the forceful driving force of the initiating quality that life is dependent on: Thus we speak of "spermal energy" as the Aquarian way of referring to the Astrological sign called Aries. The glyph

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AQUARIAN ASTROLOGY

FREE CHOICE
OR
FREE WILL

A common misconception about Astrology centers around the old idea that Astrology seals our fate and carves it in stone. The early Christians believed this which is one of the major

reasons that Astrology was banned by the Early Catholic Church fathers. A negative sense of fate does not foster self-growth. Rather, in Aquarian Astrology, we make a distinction between free will and free choice. Free will would be the ability to determine one's sex, or know the number of hairs on one's head: abilities none of us have. But choice is another matter. Here we clearly do have skills: we are competent to develop options, unusual solutions and creative opportunities as we address our fears and hang-ups and put them in their rightful perspectives.

And how does this relate to Astrology? At your moment of birth, it is true, a certain set of energies or radiations are frozen in space-time and that energy field is YOU. These energies are neither good nor bad, negative nor positive however. They merely comprise a matrix within which we have the choice of developing to our fullest potential. Obviously this changes the way we interpret astrological phenomena. How you perceive is a choice. For example, suppose you have planned a picnic this weekend and put alot of time and effort into it and it rains.

POINT OF VIEW
IS EVERYTHING
IN ASTROLOGY.

What would your attitude be? You can't do anything about the storm, that would be exercising free will, but you can develop your options: relocate the picnic, change the day, wear your raincoat, decide to get wet, have a bottle

Continued on page two.

The Legend of the Appointment in Samarra



A servant overheard in the marketplace that Death was looking for him.. He raced home and told his master he must flee to the neighboring town of Samarra, so that Death would not find him. After supper that night, there was a knock upon the door. The master opened it and saw Death standing there, in his long black robes and hood.

Death inquired after the servant.

"He is ill in bed," lied the master hastily. "He is too sick to be disturbed."
"That's odd," said Death. "Then he is surely in the wrong place. For I had an appointment with him tonight at midnight. In Samarra.

Author Unknown

**** THANKS ****

Longevity Circuit is published quarterly and is dedicated to perpetuating techniques which contribute to a longevity lifestyle. **It is completely dependent on your donation.** Please send your contributions to Virginia Cornell, P.O.Box 9624, Santa Fe, N.M. 87504 or you may call (505-983-5911) for suggestions and other contributions. Your help is greatly appreciated.
Thanks!

AQUARIAN, continued.

of wine to keep you warm, etc. Or you can be a fatalistic "Grumpy Man" and blame the elements or your astrology for dealing you a bad hand. (It seems so simple with this corny example but when more subtle emotional "storms" hit, the choices aren't so obvious.) So this is where Astrology shines: "forewarned is forearmed." (if you know it's going to rain, carry an umbrella!)

Let's take this idea that astrological energies are neutral and develop it. We will use the planet Mars as an example. Mars, (see Current Trends) expresses the idea of energy, action, using one's body, for example. But we find that some people use it for anger, or malice, or hostile action. Why do some people prevent or block the natural essence of the planet? We look at the natal chart to see what house Mars is in, in what constellation, or how affected by other planets in aspect, or what transits are happening, or what midpoints are being intensified. We see what kind of a Mars the client has, and we 'unravel' it, showing the client what he has to work with, what he can develop, and what his full potential is.

Remember the concept that we reviewed in the Winter Issue of Longevity Circuit, that Astrology is a map out of itself: our full potential is to overcome Astrology rather than be victims to it. So in Aquarian Astrology we learn how to read the energies in order to work with them rather than resist them.

Or we could say: you can't solve a problem you can't name. Knowing what is wrong is half of the solution. Astrology gives us the ability to define the difficulty in such a way that the solution evolves out of the predicament. Obstacles are only apparent dilemmas: when the enigma is solved, the issue disappears.



has worked? Reevaluate, make plans for new research.

Beware of lowered vitality and fatigue. These planets affect your consciousness and can make you feel fuzzy or confused. Continue to test out your intuition. Remember the current collection of astrological energies is showing us how to participate in the invisible at the same time we function in the visible.

Pluto has already joined the ranks of the retrograde group. You won't feel so intense now or combative, or want to force changes. Your ego strength might be reduced, but that will give you the window to look into yourself and determine if what you're working so hard for is what is really in everybody's best interests. All in all this Spring is a good time to plant seeds in your consciousness as well as in your garden. Then in the Fall you'll see what you cultivated in both!

Mars finishes up his sojourn in Gemini in early April when he goes into Cancer. This might exacerbate your sense of fatigue until you get used to working with a fire planet in a water sign. It's sort of like walking through a swimming pool. It's easier to swim. And things are distorted in the water and similarly you will feel strange or blocked emotions that might be hard to deal with but you'll soon learn how to make the adjustments. Be sure you do so by early May, because Venus is going to join Mars in Cancer. This can be a very sexy time when these two planets are travelling together. Suggestions? Use water to learn new skills. Be sensuous, intuitive, nurture yourself and others. Try working more around the house, add something beautiful to your home.

In late May and early June, Venus and Mars will join Jupiter in Leo. This promises to be lots of fun and very arty as well. If you're good at investing, you'll be right on the mark now. Take some creative risks, do something public, be a little flamboyant and maybe even fall in love! AND, DON'T FORGET TO BREATHE!



CURRENT TRENDS, Continued.

for Aries is the Ram's Head, while his ruling planet, Mars, is the familiar sign meaning 'male.'

Shortly after the Sun enters Aries, Jupiter will make a station at 3 degrees Leo, meaning that it will reverse its apparent backward motion and begin a direct attitude once again. If you know your own chart and have a natal planet at 3 degrees of any sign, this planet will be highly charged by Jupiter's energy of expansion, optimism, and luck as well as the down-side energies of exaggeration, and extravagance.

Jupiter made its retrograde station at 13 degrees so be watching for this number as well when it gets there the end of June. For everyone, the forward motion of Jupiter should get us back on the fast track again. Only now, we've had the time to carefully make our plans, cross the t's and dot the i's for sure success.

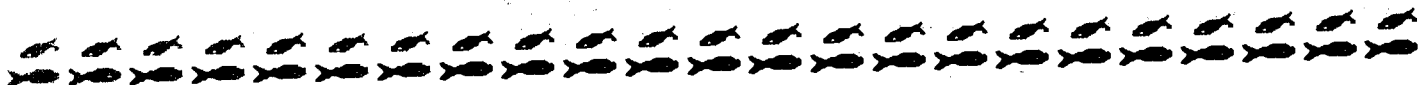
Interestingly, Saturn (in Aquarius) is exactly opposite Jupiter until the end of May, creating a polarized expression of these two planets. If you've been reading Longevity Circuit for the last couple of years, you should be well acquainted with Saturn by now: he's the delayer, constrictor, form and function fellow of the Zodiac. Together with Jupiter now, he demands practicality, patience and perseverance if you really want that 'thing.' But in June they will begin to split up, as Jupiter travels faster through the Zodiac than Saturn does leaving Jupiter freer to do

SPRING CALENDAR OF EVENTS

Mar. 30 Jupiter Direct, 3°
Apr. 4, Mars enters Cancer
Apr. 18 Uranus Retrograde, 13°
Apr. 19, Neptune Retrograde, 16°
May 10, Venus in Cancer
May 17, Saturn Retrograde, 6°
May 27, Mars in Leo
June 7, Venus in Leo
June 21, Summer Solstice,
1:20 P.M. MDT.
(The longest day of the year!)

his job. Saturn will retrograde at 6 degrees in May making us more introspective, particularly about our responsibilities and practicality. This 'old man' is in Aquarius, remember, and will go 'backward' to 0 degrees, perhaps giving us a chance for a fresh start and this time you'll get it right! It's good, though, for you serious artists: recall form and function.

It's retrograde time of year: Uranus and Neptune also make their stations, in April, within one day of each other, at 13 and 16 degrees respectively. These planets, together, are bringing us a new consciousness for those ready to accept it. Now's your time to investigate ways to make them work. Review the last issue of Longevity Circuit for practical suggestions. If you've been experimenting with meditation, unexpected behaviors, intuition, and unusual solutions, ask yourself now, what





HEALTH

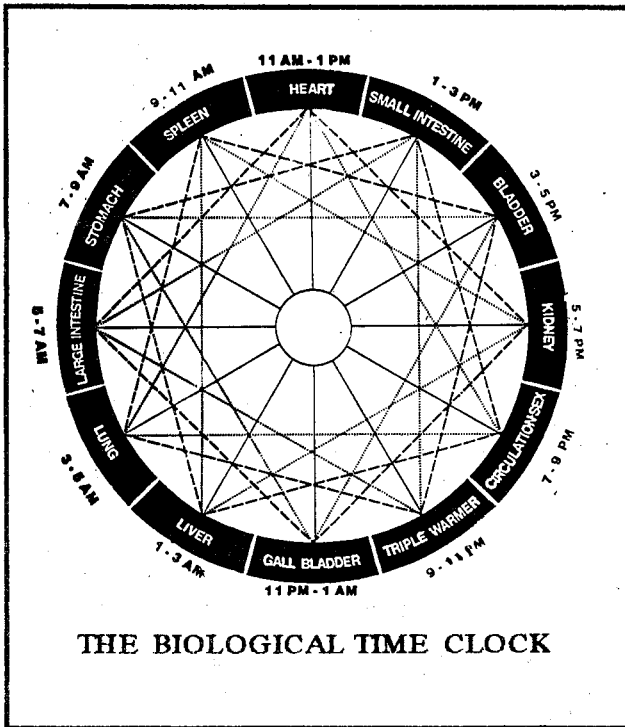
MORE ON SOLAR NUTRITION

In the last issue of Longevity Circuit we began our look at a kind of nutrition based on timing called Solar Nutrition. To review, according to this system, WHEN you eat something takes precedence over what you eat. It is based on the idea of correlating the timing of your body and its secretions with the timing of the solar system, specifically the Sun as it relates to the planet Earth. The growth patterns of the body, when synchronized with the growth patterns of the food you eat create a matrix for optimum health and well being.



BASIC PRINCIPLES

Solar Nutrition takes the ancient principles of astrology and combines them with the ancient techniques of the Eastern acupuncture medical paradigm to produce a new approach to health utilizing modern principles of physics. Taking its roots from Ecclesiastes, (see quote, page 4) and The Biological Time Clock of the early Chinese acupuncturists, (see insert below) the late Swami Nityananda Saraswati developed a nutritional plan that allows us to see our bodies as chemical factories, and thus to regulate



THE BIOLOGICAL TIME CLOCK

ourselves by adjusting the various minerals and nutrients in terms of actual foods we ingest.

This procedure gives us control over our physical bodies and adds options to our physical expectations. We no longer need to be victims of ourselves as we develop a greater understanding of the body's needs and its timing requirements. This is thoroughly in keeping with the Aquarian philosophy in which each person must be responsible for himself, and consequently each person is capable of achieving full optimum awareness, individuation or wholeness. (The words only differ in terms of which path you have chosen to grow along.)

HOW TO DO IT: BREAKFAST.



So timing is everything in Solar Nutrition. How do we time what we eat then? The easy way to remember the right foods at the right time of day is by following

the path of the Sun. In the morning eat the foods that grow above 4 feet and that are on trees.

One of the most important foods to eat in the morning is almonds. This nut comes fully equipped with all the essential nutrients to get us started, plus it has a tolerance factor that balances the juices of the stomach to accommodate other foods. The number of almonds eaten is personal: 1 almond for every 10 lbs of bodyweight is good for maintenance; but if you want to lose weight, then eat one almond for every 10 lbs you want to weigh. 'Almond' is an old French word, *almonde*, meaning all the world.

The genus is *prunus amygdalus*. And inside the human brain as part of the basal ganglia resides the amygdala, a tiny protuberance that may be responsible for exciting various emotions. In solar nutrition, foods that resemble parts of the body are often especially suitable for that part of the body. In the morning our minds need to be clear and bright to get us through the day. Balancing the amygdala process is not a bad idea. And with our nut we need a fruit that will clean out the waste from the day before. The prune is perfect for this and goes deliciously well with the almonds. Try it.



NOON:

In the middle of the day, the Sun is directly overhead: Now's the time for grains, most vegetables, and meats and fowl. Most of the food sources apply during the midday, and that is, in fact, the time to have the largest meal. Why not try experimenting with different combinations of grains to get a whole protein, if you're a vegetarian, or try a Chinese stir-fry for different vegetable mixtures. Rice is nice, and goes with almost every type of food. Use the brown variety for it has not only more flavor, but a higher nutrition value, including more protein. Brown rice has lots of fiber and scrubs the intestinal system to aid in weight loss and colon therapy. If you're on the run, try a turkey sandwich with lettuce and tomato. That's "solar," too!

AFTERNOON



In the afternoon you might find you need a lift: This is the time for grapes, cranberry juice, and melons, although it's best to eat melon alone. Try these fruits around 3 P.M. when they will have a chance to tonify your bladder and kidneys. They grow on vines or in a bog so qualify for afternoon as the Sun is in its downward path. A glass of wine is okay for late afternoon, perhaps when you've come home from work and want to relax a bit. And if you eat cheese, try to add that glass of wine: it has a lot of malic acid from the grapes and helps break down the lactic acid in the cheese.

[You've probably caught on my now: everything you eat in Solar Nutrition is for therapy: preventive or otherwise. Remember, you're a chemical plant and you are mixing different chemicals, minerals and elements together in such a way as to benefit your body. It is meant to be a lot of fun and delicious as well but it won't take you long to figure out that you have a lot of habit patterns about the timing and combinations of the foods you eat. See if you can remember things that happened to you as a child that connect with the foods you crave.]

NIGHT

At night, eat the foods that grow under the ground, in water, or that grow at night, because the sun is below the horizon. Asparagus, pineapple and napaletos fall in the latter category. Although there are fewer choices at night, this is because we require less food before retiring.

NEUTRAL FOOD

There are some foods that are considered neutral because they are so perfectly balanced: these include brown rice and ghee (clarified butter). You can have these anytime and still be following the Solar Diet.

WATCH THIS:

And what about effects: We talked about the improvement you will feel physically, but you will feel emotionally uplifted as well. Notice an increase in resiliency and adaptability. Notice, too, how your timing is improved in all areas of your life. Look for those parking spaces at the front door, how the phone rings as soon as you walk in the house, that your client is in the office when you call, etc. Feel yourself synchronizing with your environment. Locate your very own place in the universe!

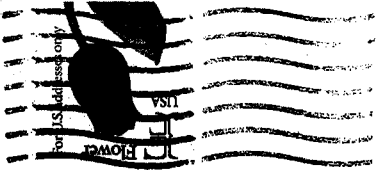



HOW TO EAT FOR OPTIMUM HEALTH, on page 3.

TO LEARN THE TRUTH ABOUT ASTROLOGY, see page 1

PAUL ZAKIAN
5222 1/2 17TH AVE. N.E.
SEATTLE, WA 98105


LONGEVITY CIRCUIT
P.O. Box 9624
Santa Fe, N.M. 87504



 Dear Friends,
 The Post Office has done it again! You don't need me to tell you that stamps cost more now; and consequently so does this newsletter. Also, I want to add another page of copy: there's never enough room for everything, and the typeface is as small as I can go.
 SO-if you haven't sent in your donation yet, PLEASE help the cause and, while you're at it, send in a couple of extra dollars for the stamps!
 Love, and thanks,
ginger

During this New Moon both the Sun and the Moon are pulling on the water. You may have known that, but did you know that two times a year, in the Spring and Fall, the highest tides of all occur because not only is there a New Moon, but it happens during the Equinoxes, and thus the Sun and Moon are moving even more closely in the same direction and thus are pulling on the ocean even more strongly. [They are travelling on the same elliptical plane.]
 What does this have to do with Nutrition? If you're into Solar Nutrition, then you're into Lunar, too, and know how important the Full Moon is in choosing foods. Watch for special effects from the "Spring" tide coming up on April 14. For those of you who are new to "Solar," read the next issue of *Longevity Circuit* to find out about "Lunar," and Tides.
 See you then!

QUOTE FROM ECCLESIASTES,
 (Chapter Three)
 "To everything there is a season, and a time to every purpose under the heaven:
 A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted;
 A time to kill, and a time to heal; a time to break down, and a time to build up;
 A time to weep, and a time to laugh; a time to mourn, and a time to dance;
 A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing;
 A time to get, and a time to lose; a time to keep, and a time to cast away;
 A time to rend, and a time to sew; a time to keep silence, and a time to speak;
 A time to love, and a time to hate; a time of war, and a time of peace."


TALK OF THE TOWN
 Here's an interesting little-known fact that correlates with the current articles on nutrition and Astrology inside:
 Each month there is a highest tide and a lowest tide. This phenomenon is due to the relationship of the Sun and Moon to the Earth. A high tide occurs when the Sun, Moon and Earth line up creating a strong pull on the ocean.



[See inside for articles on Aquarian Astrology and Nutrition. The Wise One, Soloman, may have some answers for us there.]

