



LONGEVITY CIRCUIT

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

Vol. 3, No. 2, Fall, 1991

CURRENT TRENDS

Oh Sacrament of summer days,
 Oh Last Communion in the Haze
 Besides the Autumn poets sing
 A few prosaic days
 A little this side of the snow
 And that side of the Haze
 Emily Dickinson

FALL BEGINS with the Autumnal Equinox on September 23 at 5:59 AM MST. Equinoxes are evidenced by the days equalling the nights: equi=equal, and nox=nights, because the sun is directly overhead on the equator. (Refer to the Summer issue for a diagram of the axis rotation.)

These are cusps, or turning points of energy and were very important to agricultural man who told time by the sun and who saw the seasons as threats or defences of his livelihood. In fact, there is a lot of material concerning the solstices and equinoxes within the Celtic and Druid history.

This year, the equinox is arriving with a full moon, further increasing the intensity of the shift in energy. In addition, the retrograde planets will be turning into a direct motion about the same time: Uranus on the 19th, Neptune on the 26th, and Saturn on Oct. 4th. All the delays, frustrations, and foginess are going to come to the surface. All those plans you've dreamt about making, the changes you've wanted, the ideals you've imagined are going to manifest. Don't complain about what you get: you set it in mo-

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AQUARIAN ASTROLOGY

FRIENDSHIP

(With this issue we begin a two-part series on utilizing a new perspective on astrology.)

TRADITIONALLY, Aquarius is the Humanitarian. He also goes by the name iconoclast, revolutionary and friend. What do these themes have to tell us about not being victims of our charts?

Since we know there are many people who have learned to transcend their charts, how can we use Aquarian Astrology to do it ourselves? Developing the Art of Friendship and finding it in all the sectors of your chart is one tool. Here the Art of Friendship is defined as finding one's place in the world without competition: finding one's niche.

Taking it house by house, we find the FIRST HOUSE relates to you as an individual and your presentation to the world. An alienated self, a person who is in inner conflict has a problem adequately expressing himself to the world. Thus the first step in the Art of Friendship would be learning to be a friend with yourself. How much do you like yourself? Are you content to be alone? Or are you constantly finding ways to run from yourself: reading all the time, having some other person(s) around constantly? Workaholism? Sleep? We find that highly evolved people are present in each

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SOLAR NUTRITION for Fall

There were a lot of comments about the almonds and grapefruit discussed in the Summer issue. It seems many people are having trouble with blood sugar these days. It could be the result of energies expressed through Jupiter in Leo: a lot of fire burning up one's natural internal resources and causing the big flop you may be feeling at mid-morning; or excess in eating and drinking habits due to extra opportunities for socializing, parties, and general all-out fun. In that case, when Jupiter enters Virgo in September your body chemistry will stabilize as those kinds of expanding energies wane. Jupiter in Virgo will bring an increased

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SOLAR, CONT.



interest in natural healing techniques including nutrition for health.

On the emotional level, low blood sugar symptoms often have their origin in trauma or shock: has life lost its sweetness for you due to the sudden loss of something or someone? It wouldn't be surprising to experience a readjustment of sugar levels after the loss of one's Guru, for example, or a lover or wife or a job. If these people/experiences have given your life meaning, their loss causes also a loss of sweetness of living. The real healing comes from accessing meaningful reasons for one's life from within the consciousness rather than outside one's self. Easier said than done.

But if your body does not respond to the prevailing astrological energy, other blood sugar regulators are umi boshi, a Japanese plum, eaten at spleen time (9-11AM standard or biological time) and Jerusalem artichokes at night, either raw or cooked. Umi boshi is very sour and salty and is best chewed slowly and the pit sucked out. Even the nut can be opened and its kernel eaten.

All this brings to mind one of the five Rules of Solar Nutrition as expounded by Swami Nityananda, its modern founder:

"A LITTLE OF ANYTHING IS MEDICINE FOR THE SYSTEM, TOO MUCH IS TOXIC."

He explained that each one of us must determine for ourselves how much is too much or too little, and that comes by researching one's own body for effects of too much. Remember that this Rule No. 2 follows the first about timing: it is not what you eat but when you eat it.

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AQUARIAN, CON'T

moment and don't escape from themselves into unnecessary or avoidance activities.

THE SECOND HOUSE: This is the house of resources, and most people think of it as a money house, and it is, but that is not all. The emphasis on money comes from living in a material world where security is often placed in our bank account. Where's the friendship here? You are your greatest resource: make friends with that idea; But on a more practical level, make friends with your material resources: let them be welcomed additions to your life, rather than possessing or being possessed by them. True friendship is devoid of any possessiveness: we let our friends come and go, we let them flow through our lives; some years we spend more time with one friend, other years with others: the same for money. As Swami Nityananda said, "We deserve to be paid well for doing a job well that we love doing."

THE THIRD HOUSE: This is the area of the intellect and the environment as well as brothers and sisters. Are you at ease with your thought patterns? Do they enhance your life or restrict it? Are you willing to change your ideas? So too with the environment: who occupies it? Are you friends with your neighbors? Are you enjoying your location? And have you turned your siblings into friends?

THE FOURTH HOUSE: Here's another tough challenge: In this the house of the home, and the mother or father, we find the need to refine our relationship with our parents. This is often called

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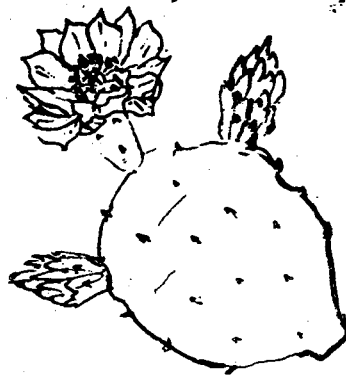
HERBS for HEALTH

Beginning with this issue we welcome Janet Snowden, L.Ac, O.M.D. and certified herbologist in both eastern and western plants. Jan has travelled extensively around the world categorizing, wild-crafting and studying medicinal botanicals. She has graciously agreed to share her knowledge with Longevity Circuit because she feels herbs are an important part of self-health and optimum living.

Since many herbs are readily available either in your own back yard, so to speak, or by buying prepared ones in your local herb store, they are indispensable in the alternative medicine cabinet. You might want to keep these articles as you develop your own pharmacopaea.

Remember, these are brief

introductory articles on readily available plants. Diagnosis and dosage requires professional help. Be sure to obtain that assistance. If you have any



questions about these herbs and their uses, you may contact Dr. Snowden at

either P.O.Box 89d, Crawford, Tx, 76638, or P.O.Box 1731, Silver City, NM 88062, or in care of this newsletter. Jan has also lovingly provided us with the line drawings illustrating the plants. Thanks, Jan!

PRICKLY-PEAR

Opuntia compressa is the botanical name, but prickly pear also goes by the name of Beavertail cactus, Nopal, and Tuna, and belongs to the Cactaceae Family. Indigenous to the Americas, it is most abundant in the Southwest but ranges from the Northwest to the Appalachian area and from Minnesota south to Texas and S. America. As you may have surmised, it is quite a hardy plant, able to withstand a wide range of adverse climates.

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Sugar has various origins: the most common, table sugar, comes from the sugarcane. That's a middle of the day food. If you crave something sweet and gooey, it's probably loaded with sugarcane so eat it in the daytime. Many of you solar nutritionists will remember Adano in Houston taking his friends out around 4-5 pm for strawberry pie and middle-of-the-day coffee (not Folgers): a great solar pick-me-up.

At night, there is always pineapple, and tequila and pineapple juice for those in the B and O blood groups. Another source of sweet is corn syrup also for middle of the day. (Try reading some can labels: you'll be surprised to discover how many packaged foods come with extra sweetness.) And there are honeys: Orange blossom honey for the morning, clover honey for middle of the day, and cactus honey for night. There's rice sugar which is neutral so you can have it anytime of day and date sugar for morning.

And remember, sugarcane was originally a medicine for dysentery. The dose was 1 teaspoon to stop diarrhea. We have totally abused a fine healing nutrient from mother nature and turned it into an addiction that muddles up our brain chemistry. Oh well, just one more of the materialistic attractions to be overcome! Bon appetit!



SPECTRO-CHROME THERAPY



Spectro-chrome therapy is an alternative health method of curing various ailments by the use of colored light. [Beginning with this issue we shall explore what it is, how it is used and what are its effects from excerpts taken from a document written by John Provost for a clinic in Santa Fe which had inquired as to its efficacy in their health plan.] Thank you, John!

Only humans and a few animals like monkeys can see color. This condition happens when light is focused by the crystalline lens to the back of the eyeball that is lined with special nerve cells (rods and cones) which produce signals or impulses when light is shone on them. It has been scientifically proven that only the cones can see color, and only the rods can see shades of grey.

The evolutionary development of seeing happens in four stages: to see brightness and darkness, to distinguish movement, to see shape and form, and to recognize color. However, our understanding of the actual mechanism by which color is recognized is incomplete.

Scientists now know human beings are made up of 144 elements and these elements are affected by any source of light, especially the sun. These chemical elements can be measured, identified, and examined by using a spectroscope invented in 1814. The various colors can be seen by the

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HERBS, cont.

Botanically speaking, it is interesting to note that the "pad" is actually a stem with the leaves being the spiny protuberances, an adaptation for survival in extremely dry areas with very hot and cold temperatures.

Parts which can be used are the pads, flowers and pears, which are the fruit of the flowers. Harvest with gloves carefully. The flowers may be collected and dried for teas, but be sure to strain infusions well as their tiny hairs may irritate the throat. Their action is soothing to inflamed mucosa. Pears, ripe when red, may be gathered, their barbs removed and seeds strained leaving a delicious tasting juice for making jellies, syrups, etc. The pads have been widely used by the American Indians and natives of Mexico. The spines are removed from the pads which are then peeled, filleted and applied as

a poultice to wounds or burns. Their action and slimy gelatinous consistency works similarly to aloe vera. The pads may also be juiced and imbibed to treat hyperglycemic and diabetic conditions. The juice also serves as an anti-inflammatory diuretic for relieving pain. The entire plant is high in vitamin C so take



Mallow Malva

care not to destroy its healing nutrient. Heating too high.

MARSHMALLOW

Aithea officinalis is a member of the Malvaceae Family with a number of varied species and names

such as common mallow, high mallow, cheese mallow and malva neglecta, but the common property they all share is a mucilaginous gel-like substance which is produced upon crushing the leaves or root. Two relatives you probably already know are okra and hollyhock, easily cultivatable. Those of you who have tasted okra will recognize its slimy consistency, the family trademark. Both the roadside, or wild mallows, and the garden varieties, e.g. hollyhock, may be harvested for their leaves, flowers or roots, and prepared dried or fresh into a soothing tea for sore throats, irritating coughs, digestive complaints and urinary tract inflammations. Apply externally as a poultice to ulcerative skin conditions or wounds.

In China Marshmallow is considered to be nutritious and is used as a soup base or thickener. It easily lends itself to Solar Nutrition: leaves and flowers at lunch, roots for dinner. (Cont. on page 4)

HERBS, cont.**PREPARATION METHODS:**

Infusion: pour 1 cup boiling water over 1 tsp flowers and/or leaves. Cover and steep for 10 minutes.

Decoction: place 1tsp chopped root into 1 cup water. Cover and boil 10-15 minutes.



Marshmallow Althaea

**CURRENT, cont.**

tion with your summer activities, so enjoy! This is the harvest, remember?

Later in October, Mercury on the 15th and Mars on the 16th will enter Scorpio, presaging the Sun's entrance on Oct. 23. That's alot of personal Scorpio energy, folks: lots of activity, angers being acted out, subversive actions. No light-hearted surface conversations here! Best to be toughened up for this one as you might find out more than you want to know. On the other hand, if you're a true truth seeker, or need extra energy to accomplish a difficult task, you've got it. And guess what? Scorpio also comes in with a Full Moon! Whew, hold your hats, dig in and fly!

The intensity will disperse as the sun approaches Sagittarius with Mercury entering Sag on Nov. 4th (travel, talk, lots of talk and gadding about) and Venus in Libra on Nov 8th (art, love, and laid back). Be careful of the Mercury Retrograde occuring on November 28, until Dec. 18th. Make those Christmas travel plans either before or after those dates, especially with airplane tickets being non-refundable these days. A retrograde Mercury encourages us to change

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(The following article appeared in the CERC newsletter from Floyd, Va. Because some of the words may offend, it is advised that children under the age of 13, er.. 9, er..6, not be allowed to read it without parental consent. Editor)

SHIT HAPPENS

TOAIST - Shit happens.

CONFUCIAN - "Confucious say, "Shit happens."

HINDU - If it happens, it isn't really shit.

ISLAM - If shit happens, it is the will of Allah.

ZEN - What is the sound of shit happening?

ZOROASTERIAN - Shit happens half the time.

PROTESTANT - Let shit happen to someone else.

CATHOLIC - Shit happens because you deserve it.

JEWISH - Why does this shit always happen to us?

SATANIST - I made this shit happen and I'm glad.

EXISTENTIALIST - Shit happens and it is depressing.

NIHILIST - Shit happens so let's blow it up.

AGNOSTIC - What is this shit?

ATHEIST - I don't believe this shit.

SOLIPCISM - This shit happens only to me and me alone.

NEW AGE - For \$300 I can help you achieve Shit Happening Awareness .

AQUARIAN, cont.

the House of Roots, and it is the source of all co-dependency problems. Chec k to see if you are leaning on a parent, or are caretaking your own parents, unnecessarily. Then elevate the association to friendship . This works with one's own children, too. Some children find it necessary to call their parents by their first names in an attempt to sever the umbilical cord. Why not initiate this yourself: ask them to call you, the parent, by your first name, and watch the sparks fly!

THE FIFTH HOUSE is children, creativity and risktaking. The common thread here is intimacy without control. When we have a lover there is no commitment due to the voluntary desire to be with one another & the joy of sharing each other's company. And with the child, we delight in his spontaneity, his naturalness never knowing exactly what he is going to say or do next. Either the child forces us to respect his creativity, or we destroy the child by control., Dare we trust love without control? How much conformity do we demand and do we limit letting everyone enter our halo of unconditional love?

THE SIXTH HOUSE concerns health, work and one's employers, employees and colleagues. When you are friends with yourself you are going to protect your health as a matter of course. Your daily activities will reflect your healthy respect for your body, through nutrition, exercise and preventative therapies.

(The other 6 houses will be discussed in the Winter Issue of Longevity Circuit)

**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 call (505)983-5911 for suggestions and other contributions. Your help is greatly appreciated!





CURRENT, Cont.

our minds about things. It's excellent for studying and gathering information, but decisions are often premature during the Retrograde. Also watchout for travel irritations: lost tickets, luggage in New York, your destination, Florida. Carry on what you can. Don't hold onto fixations.

When the Sun enters Sag, the full moon again coincides with its entrance so more of that "mirror in your face" kind of energy: What you don't see is what you'll get. All three months of this quarter find the entrance of the Sun into a new constellation coinciding with a full moon. It's a real opportunity to explore the light and shadow sides of the Sun's energy. Watch how each full moon feels differently from the preceding, observe yourself and learn.

And let me be the first to wish you Merry Christmas. Research has shown that I can't seem to get the winter issue of Longevity Circuit in the mail until after the New Year. So all of us here in Fanta Se land wish you the best for the holi-days.

FALL CALENDAR

- Jupiter entered Virgo Sept 11
- Uranus goes Direct, Sept 19
- Autumnal Equinox, (Sun in Libra) Sept 23, 5:59 AM, MST with Full Moon
- Neptune Direct, Sept. 26
- Saturn Direct, Oct. 4
- Sun enters Scorpio Oct 23 with Full Moon
- Daylight Savings ends Oct 27
- Mercury goes Retrograde Nov 28 - Dec. 18.
- Sun enters Sagittarius Nov 22

SPECTRO, cont.



naked eye using a prism. With the spectroscope, scientists know that the emission of each element produces a characteristic line or frequency. When the emission is passed through a prism, the frequency can be measured and the frequency is registered within a color spectrum range.

As early as 1856 the various color spectrums of many of the elements were observed, and thus it was possible to categorize which elements belonged to which color spectrums. Accordingly, the foods we eat contain elements that can be classified within their respective color spectrums. For those who have taken advanced classes in Solar Nutrition from Adano Ley this information sounds familiar. (More in the next issue!)



ABOUT THE LOGO.....

Lately many readers have inquired as to the origin of the beautiful symbol that appears on the upper left hand of the Newsletter. Thus I am reprinting, in part, the article that appeared in the Fall, 1990 issue when the new Longevity Circuit Logo was introduced as a result of an idea developed by Chris Doyle.

To clarify his idea Chris wrote: "Communication is a process of encoding and decoding, and a circuit of communication is an electrical current with the energy going both ways. The ovum and sperm represent this two way communication: The encode and the decode. And as the sperm orbits around the Chinese symbol for longevity, he indicates revolution, continuity and balance. The single circle between the Chinese symbol and the sperm/ovum electrical symbol holds these two principles together: thus both LONGEVITY and CIRCUIT are interrelated and identified."

FROM THE EDITOR



Dear Friends,

SPECIAL THANKS are due in September: this marks the constellation of Virgo, the harvest. It's a good time to give credit where it's due: thank the stove for its cooking, the plant for its tomato! AND:

Special thanks are in order for PINON FAST PRINT, in Santa Fe, N.M. for its continued interest and support of this newsletter. Brian takes a home-town sort of interest in its growth and development while I learn from my mistakes. Brian has also kindly made available the beautiful color print that has sparked up the layout and about which many of you have commented favorably. Thank you Brian!

Nepotistic thanks (which are always special) go to my son, Christopher Doyle, of Ft. Worth, Tx. for his constant critiques and suggestions for improvement. Chris has a degree in Advertising from U.T.A. and a special interest in mail-order. Remember, he designed the Logo for the Newsletter (see above). Since so many of you have asked, I have reprinted the Fall, 1990 article that explains its symbology. Thank you Chris!

COMPUTER CORNER in Albuquerque is also on my list. Carole and Joe have gone beyond courteous service to provide me with the best hardware and help me choose the right software at the right price. Learning to use the computer has literally changed my life: I think differently, I organize differently and consequently new avenues of self-expression emerge. Having the right computer advocate is important for keeping your bytes and bits and pixels straight. Thank you, Joe and Carole!

Love, Ginger

F ALL PREDICTIONS --Get ready for big changes!

TWO NEW COLUMNS ! BOTANICAL MEDICINE AND LIGHT THERAPY; See inside

Special section!

LONGEVITY CIRCUIT
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 **PLEASE TAKE NOTE:**

LONGEVITY CIRCUIT has two new columns beginning with this issue, one on Herbal Therapies written by Dr. Janet Snowden, O.M.D. and one on using color and light tonations to correct physical problems written by John Provost, a Jin Shin Jitsiu therapist.

I especially appreciate these contributions because they help to accomplish the mission of this news letter as outlined by my mentor and Teacher who wanted other people to participate with their specific knowledge. This newsletter is designed for YOU.

For this reason I am thanking **AHEAD OF TIME** all those of you out there who will be sending me contributions relating to the Longevity Lifestyle: Living to Live, not living to die. How about articles on Aquarian Economics? Sports medicine? Organic gardening? Body therapies? Since Life is a Joke, humor is as good a therapy as any, so send in your cartoons, jokes, puns etc.

I HAVE MY  ON YOU !