

VOL. 3, NO 4, SPRING, 1992

# LONGEVITY CIRCUIT

the quarterly newsletter dedicated to perpetuating techniques which contribute to a longevity lifestyle. **THANK YOU FOR YOUR DONATION.** Please send your check to Virginia Corne... P.O. Box 9624, Santa Fe, NM 87504.

## CURRENT TRENDS

"April is the cruelest month, breeding/ Lilacs out of the dead land, mixing Memory and desire, stirring/ Dull roots with spring rain."

T.S.Eliot, *The Waste Land*

Spring springs on Friday, March 20 at 1:49 AM MST. This first day of Aries signals the Sun's position directly overhead the Equator, the Vernal Equinox: equal days and equal nights of Spring. The planet hovers in balance, getting ready for the next push of energy creating new life and growth. Not a bad time to celebrate symbolically sloughing off cold, withdrawal, and isolation thoughts. The pioneer in

[More on the next page]

## AQUARIAN ASTROLOGY

### ADDICTIONS

We hear alot about recovery groups these days: Alcoholics Anonymous, sex groups, 12 step programs, men's groups, shaman circles, single parent groups, cocaine groups: the list is endless. What does Aquarian Astrology have to say about it?

The common thread is addiction, a Neptune and Pisces issue.

Over 10 years ago URANUS [higher knowledge & groups] and NEPTUNE [addictions] began to interact with PLUTO [exposing & obsessing] whose energy works negatively as well as positively in terms of group psychology. Here in Santa Fe there was a rapid increase in numbers of groups and people attending.

Now ten years later, URANUS and NEPTUNE CONJOIN IN CAPRICORN, the field of

struture, form, early family patterning, public esteem; and, PLUTO in SCORPIO, its own sign, is intensifying its need to obsessively expose and investigate the hidden & threatening. We need this powerful energy to dislodge entrenched ideas, lifestyles that prevent us from growing. But it can be carried to excess: I hear much more frequently now complaints of sexual addictions

and substance abuse. It's good that we are alert to these problems, but I often hear a ring of the Gestapo in some people who because they are clean, or dry, or meatless, or sexless, point their finger at those whose addictions show. And yet, who among us is free of the addiction to

UNCONSCIOUSNESS, or even OXYGEN? What's more, Jesus rebuked his disciples for their ADDICTION TO SLEEP.

[more on page five]

### ADANO C. LEY ON ADDICTIONS

"We are addicted to our own imagination through the craving patterns. Therefore as we become addicted we have to repeat it over & over & over. Then we become attached. From the addiction comes the attachment. We can't seem to let go and if we want to let go, we're afraid that we're going to lose ourselves, our identity. That's the big problem in this ego nature. Yet when you realize that by detaching yourself, breaking free from your imagination of what will happen to you, in the process you start the elimination of holding onto unfulfilled desires. The unfulfilled desires begin to shut off." From a talk given in 1972.

### BALI

Since many of you asked me to relate my impressions of my trip to Indonesia, and now that I have had several months to digest them, here are some tiny glimmers, like sparkles in an endless sea, of reflections. Bali does not lend itself to rational articulation. Bali feels. But alas, my computer can only compute requiring that you translate with your heart.

\*\*\*\*\*

After a year of waiting, last September I finally arrived in Ubud, Bali. A longtime friend of mine had wanted to share the glories of his Island retreat with me thus giving me the opportunity to explore a different culture, a shift in latitude (Bali is 8 degrees South of the Equator, one actually revolves in the opposite direction from that in the Northern Hemisphere), and a switch in consciousness, for the Balinese are

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ARIES

is surfacing, daring to extend, reach out, grow!

Aries is a fire sign, ruled by Mars signifying lots of released energy. But this year, Spring is ushered in with a RETROGRADE MERCURY in Aries (the 17th), a RETROGRADE JUPITER in Virgo (Dec. 30), a RETROGRADE PLUTO in Scorpio (Feb. 24) and a waning Full Moon, and in the Year of The Monkey! The Monkey demonstrates a good lesson: he never lets go of the tree he is swinging from until his hands are firmly grasping the new one. As you hang in the balance this Vernal Equinox, do a little mental inventory: check those details, dot your i's, cross the t's. And, don't burn your bridges behind you.

April brings DAYLIGHT SAVINGS TIME again, on Sunday the 5th. For those of you committed to Solar Nutrition eating, it helps to keep a watch or clock around with Standard [biological] Time. The tendency is to keep the old time habits but eating lunch, for instance, one hour earlier (Noon Daylight time, is really only 11 AM) puts added stress on your digestion. This is definitely not the time to increase stress!

APRIL 8th, MERCURY GOES DIRECT and mid-April, URANUS & NEPTUNE finally share 18 degrees beginning the long conjunct between these two diverse planets. SATURN is related, also being just 1 degree behind in Aquarius. If you have any planet between 18 and 22 degrees you will feel these energies. If your Sun, Moon, or Ascendant is involved it will be easy for you to rebel, quit, leave, abandon or reject your job, relationship, religion, town, friends, or ideals. You will discover your addictions, or dissolve them, deceive yourself or others, or demand specific proofs. Physically you may experience drug reactions, unexpected body changes, rhythms or accidents. Politically, look for increased subversive tactics and corruption in government, and grassroot rebellions; drug issues, whether from the pharmaceuticals or the cartels; computer-related events involving communication, intelligence and networking; media intervention, seduction, and hidden and not so hidden messages.

What can we learn from this? As a gift from the Universe we are being offered the opportunity to experience and use new tools. Do you want "Second Sight" to see the invisible ranges, life as a movie, prophetic dream states, find creative unusual solutions, feel your place in

the cosmos, take a trip on a space ship, use more than 5% of your brain? Now is your chance.

April 19 THE SUN ENTERS TAURUS. It is also Easter Sunday this year as well as the beginning of Passover. This is an Earth month & time to plant, be practical, put ideas into form, be beautiful. NEPTUNE GOES RETROGRADE WITH URANUS around the 21st, making a station at 18 degrees. And Saturn will follow suit late in May giving extra importance to the number 18. The roots are going deeper into our consciousness during the spring and summer getting ready for the big push in the fall. But on April 30 JUPITER REACTIVATES again enjoying a station at 4 degrees for almost 5 weeks. For those of you lucky enough to have a planet at that number, enjoy, enjoy, enjoy! Don't forget to say "yes" to anything that comes along: Jupiter opens a door, that opens a door, that opens a door.

On May 1 we can celebrate May Day, the pagan origin of Easter, at which time sacrifices were made for the expiation of sin. The Druids called it Beltaine, a celebration to the Sun and a time to exorcise evil spirits who might have taken up residence during the winter months. A healing time, people mainly stayed at home for 3 days to acknowledge the god governing the sun by

Uranus/Neptune  
To recap: Uranus is electrical, sudden, decisive; brings unexpected changes. Neptune is seductive, misleading, confusing, magnetic. Put together positively gives shifts in consciousness, psychic experiences, spiritual growth, networking, far away trips (inner and outer), breakthroughs in awareness. Negatively they relate to loss of vitality, confusion, self-delusion, trendiness and glamour, involuntary loss of consciousness, fatigue or stamina.

looking skyward with the words, "Good morning, and show your eye." The Maypole and the May Queen are derivatives as is our expression for immediate help, "MAYDAY," that ships and airplanes use. Venus and Mercury are in Taurus most of this month, Mars is in Aries, giving unimpeded energy at a time when we all want it.

The SUN ENTERS GEMINI on May 20, Venus and Mercury move into Gemini together a few days later and SATURN GOES RETROGRADE on the

28th. Gemini stirs us to communicate, investigate and gad-about. It is a light and airy month, the days getting longer and warmer and before you know it, THE SUMMER SOLSTICE has arrived on June 20th at 9.15 pm MDT. Also called Midsummer Night, this was a big Druidic celebration and fertility observance with bonfires, dancing and "shocking revels," You can still enjoy it, too! AND DON'T FORGET TO BREATHE.



TAURUS



GEMINI

# HERBS FOR HEALTH

(Janet, Snowden, L.Ac, O.M.D, brings us two more readily available herbs to enhance your longevity lifestyle, and two more wonderful line drawings to aid in identification.)

## DANDELION

*Taraxacum officinale*, of the *Compositae Family*, a.k.a. Dent de Lion, Pissenlit, Puffball, is an ubiquitous planetary perennial appearing in early spring that blooms and grows throughout the summer and early fall. The nicknames describe various aspects of the plant: the French *dent de lion* refers to the lion tooth-like jagged edges of the leaves and *pissenlit*, i.e. pissabed, alludes to its diuretic properties. The puffball, the child's fancy, bears the plumed seeds which are scattered aloft on a gentle breeze.

It grows in a rosette fashion, with lance-shaped leaves with toothed margins and blooms of bright yellow flowers on hollow stems. The entire plant contains a white milky liquid latex which may occasionally irritate sensitive skin, but has been effective in desolving warts. Often found on lawns as well as

in meadows and wild places, it is considered a perennial nuisance and meets its yearly demise by way of "Roundup" and "Weedpoppers."

Its history dates back to the 11th and 12th centuries when it was used extensively by Arab physicians.

The whole plant is useful as medicine and food. The

young leaves are used in soups and salad vinaigrette, flowerbuds are pickled and used as a caper substitute, roots roasted and ground as a coffee replacer and flowers make



*Taraxacum officinale*

dandelion wine. High in vitamins C, A, K+, and inulin, it is a safe diuretic for bladder irritations, high blood pressure and heart complaints with edema. It is also mildly laxative, stimulating bile flow. It cleanses the blood and tissues removing congestion and thereby relieving arthritis, gout, rheumatism and chronic skin conditions like eczema and psoriasis. It can be dug at any time and taken in abundance. The whole plant may be juiced fresh, the fresh or dried root decocted, or fresh leaves and flowers infused for tea. Drink 3x a day. *Be sure not to gather it where the ground has been treated with chemicals!*

**CLEAVERS** *Galium aparine* of the *Rubiaceae Family* is also known as Goosegrass or Bedstraw, referring to the goose's fondness for it as a tasty tidbit and man's use for it as a mattress stuffing. Some times called "cheese rennet" for its ability to curdle milk, the aromatic *Galium verum* species was generally used for this purpose.

The Greeks called it "philathropon" meaning "love man" because the seeds and leaves cleave to clothing. It is an annual spring herb which carpets the ground in a straggling manner. The stems are diffusely branched, square and rough, as are the small lance-shaped leaves

(covered in tiny spine-like hairs that cleave like velcro) which are whorled around the stem. Flowers are very small, white or greenish white, and borne on leaf axils. Native to Europe and

Asia, but not widespread, Cleavers grows in fields, waste places, and lawns.

Above ground parts are harvested before seeds appear. The seeds may be harvested later for use as a coffee substitute. Its action is diuretic, relieving kidney/bladder inflammation, dissolving urinary gravel and stones. Traditionally a



*Galium aparine*

spring tonic and blood purifier, it was a popular remedy for cleansing the lymph system [swollen glands, tonsillitis, etc.], relieving arthritic pain, and treating chronic skin eruptions [psoriasis, eczema, ulcers], and even lowering the blood pressure.

Use externally as a wash (infusion) for sores, dandruff, and the unwanted freckled complexion. It may be freshly juiced for internal use (use caution as the juice applied externally may cause contact dermatitis), or drunk fresh as an infusion 3x a day.

[If you would like more information about these herbs, or if you have other questions, you may consult Dr. Snowden in Silver City N.M. at (505) 388-5288 or in Waco, TX at (817)848-4114

**SPIRITUALITY** is practicality moment-to-moment.

**DIVINITY** is immunity to sickness. **LIBERATION** is the capacity to serve: totally in service all the time.

[Thanks to Adano C.Ley]


ADOLESCENCE

A strange breed of woman creature  
is forming

out of the old cocky, level headed, whipper-snapper,  
two seasons smashing together:  
A spring thunderstorm collides  
with sedate, easy going winter,  
The lion kicks the lamb  
right in the ass.

LUNCH

Sitting in an uptown cafe  
among shoehorns, plaid jackets, and soup stained ties,  
I am chilled,  
by my company staring at his  
soggy shrimp.  
They stick in between the spokes of his fork.  
The next jab is aimed at me.

[Thanks to Andrea Potts, of San Francisco] 

rightbrained, highly creative and intuitive people. I lived in the middle of a rice paddy surrounded by ducks, birds, and the local inhabitants.

BALINESE ASTROLOGY

Balinese astrology has its roots in both India and Java. Add to this its own peculiar system singular to the Island itself, and you have a very unusual astrology suited to the people it serves in their own environment. The ancient cultures dealt with a very different kind of human, and when we say today that we are moving out of the Piscean Age into the Aquarian, we are talking about the emergence of a different kind of human perception, awareness or consciousness.

Ancient cultures are right-brained, intuitive and creative: horizontal, tribal, pantheistic, with no separation between the interior and exterior worlds. The modern world, however is left-brained, materialistic, linear and projected. Yet Bali appears to have found ways to accommodate both types of thinking. Since Bali is a completely self-sufficient, and isolated culture, the invasion of the tourist with his modern life and technology could have had a devastating effect on the continuation of that culture. But it

hasn't, probably because the Balinese do not resist.

MAGIC CLOTH

For example there is an ordinary cloth of black and white checks called a magic cloth. It is commonly draped on stone carvings in front of the temples, or on offerings in polluted areas, or worn by men and priests. I saw men who were asking for magic in their

lives (healing energy) wear the cloth as a shirt. This magic cloth of black and white illustrates how the Balinese have learned to live with the good and the bad, the dark and light forces of energy. Offerings are

found everywhere: from inch-square pieces of banana leaves with a few grains of rice and a tiny slice of onion to intricate cut-outs on dried leaves with assortments of fruit. These are the gifts to the negative forces and are found everywhere: on the street in front of places of work, in front of houses, garbage dumps along the side of the road, etc. If something pollutes or offends, one gives it an offering! There are, of course, elaborate offerings for the positive side as well.

BLACK AND WHITE PRIESTS

One finds two types of priests: the high priest and astrologer who wears a white scarf on his head, and the witch doctor who wears black. They are both men of integrity, spiritual depth and compassion. They both use their magic discriminately.

No wonder the priest cum astrologer mainly uses 4 planets for his work. Besides the Sun and the Moon, they use one other planet for the growing season to predict the rice crops and another to define the community. Charts can be erected for individuals but there is no circle divided into 12 parts. Instead one's birthday is read against the very complicated calendar that comprises the idiosyncratic

Balinese astrology. There are actually three calendars in use in Bali. The western calendar is used for transacting business with the 'outside' world. But there are two other calendars in long time use. One is the Hindu Saka year of 12 months, and the other is the Javanese Balinese Wuku year. Involved in this is a series of parallel weeks, a system of gears that grind out a series of good and bad days beginning with the week of one day, then a week of two days, a week of three days and so on to a week of 10 days. The Wuku year does not correspond at all to the Western 12 months, having only approximately 9 months in each year.

This probably works because Bali is so close to the Equator, and there is little change in seasons. Also the agricultural system of rice with its three month growth cycle is constantly in various stages of harvest. In the 3 weeks that I was there I saw nearly every step in the growth process.

When one gets away from the tourist areas the feeling of magic pervades. Time loses its hold, intuition increases and a feeling of oneness with the environment pervades. There is no fear in Bali as we know of it. The nights hold an enchantment in which one feels as much energy and safety as in the day. There is hardly any crime or personal offense amongst the Balinese. I never saw or heard of sexual offenses towards either the natives or the 'tamus' (the Balinese word for tourist that actually means 'guest'), and the middle finger is never used for an obscene gesture but rather to hold a flower when praying to the gods.

[more in the next issue]





## SOLAR NUTRITION:

So far we have discussed two major tenets in Solar Nutrition:

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

"THERE IS A TIME AND A PLACE AND A SEASON FOR EVERYTHING."

Thus it's not what you eat, but **when you eat** it. Swami Nityananda often said, "Eat your way to butterflyhood."

He taught that the body is a chemical factory and to view the



emotions as chemistry. A healthy person fires his chemistry, the 144 elements, off on time through the hypothalamus. So if you eat on time you express your immortality by being in the right place, at the right time, for the right experience. Eating on time also means synchronizing with the planet as it revolves around the sun. There is the ancient Zen story of the Eastern teacher who when he perfectly matched his own shadow, he disappeared. Likewise when we perfectly express our synchronization with the planet we are free.

What is the emphasis on Solar during this season? The spring relates to the lung, large intestine and stomach. This is a good time to clean the lungs (quit smoking) and the large intestine. Nityananda recommended almonds and honeycomb in the morning for the lungs, and colonics for the large intestine. The Master Cleanser is good all year (please notice the correction): 2 Tbs lemon or lime juice, 2 Tbs maplesyrup, 1/10 tsp cayenne in 10 oz warm water. Drink all day. \*\*\*\*\* Remember, breathing is excellent therapy for the lungs, too!

## LETTERS TO THE EDITOR

Dear Editor: Do you know what the Dalai Lama said to the hot dog vendor? "Make me one with everything."

(Signed) The Devine Miss P., San Francisco

Dear Editor: You goofed! In the last issue of Longevity Circuit, you incorrectly described the Master Cleanser. Instead of honey shouldn't it be lemon juice? (Signed) Margaret Neill, Tyler, Tx.

Dear Margaret, You are correct! I goofed. But fortunately the sugar water can't hurt and is actually good for those of you needing to rehydrate from the flu. Thanks for being watchful.

Dear Editor, Here's a good one: "Did you hear about the new sushi bar that caters exclusively to lawyers?" It's called Sosumi. Love, Matt Mitchell  
Vancouver, Canada

## AQUARIAN.Cont.

Beginning with this issue we start a two-part series on each of the 12 addictions in the "horror-scope," in our continuing success at resisting being victims of our charts. If you have your own chart you will be looking for the house placement of Neptune, and the activity in the 12th house (Pisces). Also look at the placement of Neptune in your daily chart: what you are susceptible to at this particular time.

**HOUSE 1.** The Aries house of me-first and childishness. So here we can place the addiction to ego and selfishness, characterized by either inability to think of others, lack of giving or sensitivity; or conversely, lack of self-esteem and personal needs.

On the other hand, a first-house Neptune can be used positively to integrate one's gift of sensitivity and healing into a well-formulated personality that knows its boundaries.

**HOUSE 2.** The Taurus house of resources and tangible assets brings out the addiction to security. This is a subtle one! Our society condones and nurtures this addiction: bank buildings architecturally designed to look like temples, huge insurance conglomerates, and the current trend of being encouraged to make long-range goals. Alcoholism is quite often found here as is addiction to economic failure.

On the other hand, a 2nd

house Neptune can be used positively to rely on inner spiritual resources, and to build economic structures that serve others as well as self. Here we also find good taste and a sense of tact.

**HOUSE 3.** The Gemini house of gathering information, communicating, and short trips locates addiction to gossip, dilettantism and not finishing or following through. Here we find also problems with duality, fantasy and confusion.

On the other hand, Neptune here can be used to develop imagination, inspiration, and understanding towards others, such as pursuing activities like poetry and dance.

**HOUSE 4.** The Cancer house of home and family encourages addic-

tions to co-dependency, an oft-used word these days. Cancer is opposite Capricorn, and the Aquarian rule that there are only six signs, the one and its opposite fits well here. Cancer rules one parent, Capricorn the other. Neptune in the 4th often relates to family secrets (alcoholism, conception before marriage, etc) which keep us from living a straightforward existence.

An enlightened Neptune here brings spirituality into the home. i.e. group or individual meditation, and artistic decorating.

[To be continued in the next issue when we will look at the other eight houses.]

### REMEMBER

1. Astrological energies come to pass, NOT to stay, and:
2. Astrology impels, it does not compel.



Impressions of Ball. See page 1

Ginger answers your questions about the future. See page 1

L.C. has a NEW LOOK!

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**SOME TIDBITS** I've encountered since the last newsletter: From the *Book of Angels*, talking about the EPR effect (electron paramagnetic resonance) discovered in 1935. Two subatomic particles having once interacted with each other respond to each other's motions light-years apart, apparently puzzling Einstein, since it refuted his premise that nothing can go faster than the speed of light. He is said to have proposed two unacceptable explanations: that either objective reality is an illusion, or the measurement of an EPR particle telepathically influences the other! Interesting implications for reincarnation (or multi-dimensional personality) and communication between the living and the so-called dead.

Did you know that the reason for wearing a new hat at Easter is Astrological and based on its placement in Aries, the sign ruling the head and headgear?

Mundane Astrology involves political horoscopes. Charts of countries don't have free will or free choice, but charts of individuals at least have choice.

From a book by Mason Williams: "Soon you begin to realize that 'I don't want to' is the world's greatest reason."

That's all, folks, for now. See you in the next issue! And remember, keep the donations coming in. And I still need more humor. Why is it so hard to laugh at our cells?

As usual, I still have my  on **YOU!**

Love, Ginger