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LONGEVITY CIRCUIT

The quarterly newsletter dedicated to per-
petuating techniques which contribute to a
longevity lifestyle. **THANK YOU FOR**
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CURRENT TRENDS

*Spring has sprung, the grass has riz,
This newsletter's late,
How sorry I is!*

(Author Unknown)

In the Spring, a young man's fancy lightly turns to thoughts of love. Tennyson

THE SUN entered Aries on March 20th indicating that on that date, the length of the day and night were equal (equi-nox). Many of the ancient religions realized the importance of this day as the measure of light and dark hover in the balance. There are still many edifices in existence that attest to its importance. The Christians in an attempt to replace the Druidic influence place Easter at this time and thus we have a moving holiday whose date is determined by locating the first Sunday after the first Full Moon after the Spring Equinox! In this quarter we can concentrate our energy on initiating goals, getting enthused about our lives, coming out of the hibernation and restoration of our psyches from the winter's rest. This is when we can plant seeds in our minds,

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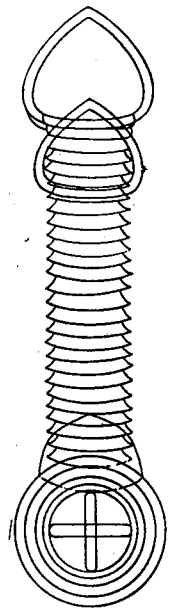
SACRED SEXOLOGY

By Tomas Enos

"From Brahma to a blade of grass, everything in
the world is the creation of Maya-Sakti"


Sex. Just the word brings out excitement, frustration, fear, joy, disillusionment and a host of other emotions. But how can sexual energy be used for healing amongst all of these mixed feelings? We might look at the sharing of sexual experiences between two people as a means of balancing our male and female natures; bringing the divine (yang) into the earthly body (yin). We can experience wholeness in our physical, emotional, mental, and spiritual bodies through the cultivation of sexual practices which assist our development.

In this first article I will address some of the possibilities available to men. The male is largely aware of the sexual superiority of the female. She can carry on lovemaking to a seemingly inexhaustible length, while the man is limited by his ability to maintain an erection. But for good reason; the woman is inherently stronger because she needs to be capable of bearing and nurturing children. All of this has profound consequences for the unprepared man. We see it in man's attempt to overcompensate for his weakness by developing superiority in social, political



Continued on page two

AN IRISH STORY

 **Here's** the story to explain why this issue of the Newsletter is late! Several years ago a great friend of mine told me about a Queen named Boudicca. As it turned out she was the Queen of the Druids in what is now called England and defended her people against the Roman invaders in 61 A.D. It's a sad bit of history based on greed and betrayal. Her dying husband had made an agreement with the Romans to protect his wife and two daughters, the conditions of which were half his gold to be given to the Romans in return for the women's safety. As soon as he died, the Roman Army advanced on Boudicca and amazingly she was able to gather together 80,000 of her people to defend her country in a successful battle. However, the Romans returned and tricked Boudicca and her people by leading the battle into a sacred grove, thus confusing the Druids and killing them. Boudicca is believed to have committed suicide, perhaps out of grief, fear or sacrifice.

Enter a modern day discovery of an ancient man found preserved in a peat bog in Wales. Two archeologists using carbon dating and analysis of perfectly preserved food samples in the stomach, pieced together the picture of a Druid prince from Scotland who came to England for a 3-fold sacrifice of himself in a special ceremony to correct what had happened to Boudicca and to protect Druidism in Ireland. Apparently he succeeded, for it was not until the coming of St. Patrick in 500 AD that Ireland was Christianized.

So I went to Ireland for the Vernal Equinox to discover the origins of modern Astrology in the Celtic religion with their Druid priests. In later issues I will continue to share this information with you. The information is scanty because Druidic knowledge was passed down orally.

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SEX, Cont.

and physical pursuits outside of the bedroom.

The resulting imbalance compromises humanity's sense of well-being, peaceful coexistence, and planetary harmony. However, these distortions can be focussed through proper integration of Taoist sexual practices, used for thousands of years and becoming more common today. Let me say here that the re-working of sexual energy into a whole body experience can bring greater fulfillment for men than the traditional genital orgasm pervasive in Western culture. Additionally, the female partner will experience a heightened state of sexual satisfaction which will help maintain balance in our naturally opposing life forces.

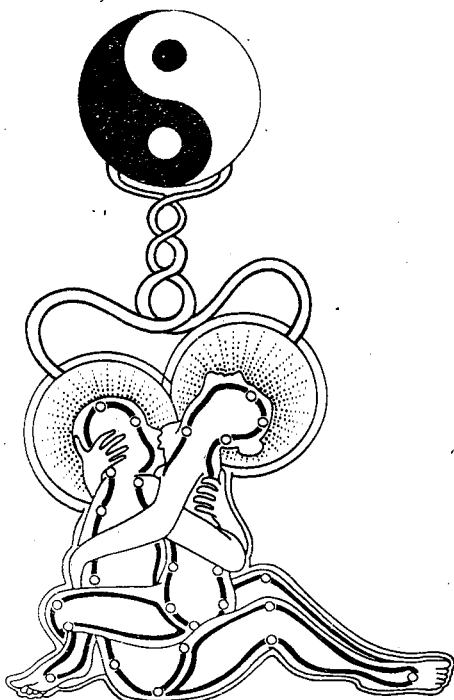
There are three basic levels to cultivating a sexual relationship based upon Taoist premises: 1. The man learns to sustain an erection for as long as he desires and does not ejaculate (go), but inajulates (comes). 2. Both man and woman redirect their sexual energies from the genitals to defined areas of the physical, emotional, or mental bodies in order to maximize healing there. 3.

Ultimately, the woman and man exchange their life force (sexual) energies to balance each other and then cultivate each other's spiritual body, with the goal of true immortality. The developed ability of the man to hold his erection for an indefinite time period brings him closer to sexual equality with his partner. This will drastically change his own life experience.

There are several proven and safe methods used for semen retention and circulation. First and foremost we must change our thoughts about orgasm

before our body can adapt. As the mind controls the body and we are what we think we are, we (men) must stop thinking about releasing sperm outside of ourselves. Semen is a powerful, life-giving fluid which we should value like gold; it is the seed that gives life with the egg and all the stored energy of our body's forces are contained within each sperm cell. If sperm can create a young life, then surely it can keep us young and virile by building up its storage.

A simple, yet essential exercise is to meditate daily on retaining sperm within the body and circulating it throughout, even perhaps to different chakras or spiritual centers. Take a deep breath into the second chakra area about 3 inches below your navel. Visualize the breath as energy or light, then move it down to the genitals. Imagine the light getting stronger and brighter as it gathers strength from the testicles and the sperm stored in your body. From there, visualize the light moving up your spinal column carrying with it your sperm; with each breath you move further up your back until you reach the neck area in the back of the head. The power of retained semen can break open the higher energy centers, so be particularly conscious of its benefits as you move it up to the top of your head. Hold it at the crown chakra. Try to see the clear gold light shining in a path



IRELAND, Cont.

We find this to be true in all religions. What the masses are taught is quite different from what the initiate is taught. Nevertheless, a few things did emerge: my travelling companion and I were able to find an ancient stone structure called a Dolmen on the very day of the Equinox and later a grove of 12 old oak trees that 'spoke' to us. We visited both the Republic and Northern Ireland and share a great sadness with the Irish people over the violence between them.

Easter actually comes from the reverence the Druids had for the Sun. They were Sun worshippers. When the Sun reached the point of the equinox, they erected huge fires and celebrated the increase in light. It was called Beltain - Bel meaning Sun. The Resurrection and worshipping the Son for the Christian Easter are obvious evolutionary steps.

I also studied symbols that come up in dreams as indicators of archetypal Celtic origins. These, too are present...but this too will have to wait.

Thanks to my friend who found for me the French Grant that made all this study possible. It is indeed possible to see Ireland on less than \$40 a day. The people are literate, polite, humorous and kind. Perhaps the message here is that on this Easter Day we could express our gratitude and return the spiritual gift received from their ancestors by praying with these singular people for peace in their land.



SEX, Concluded

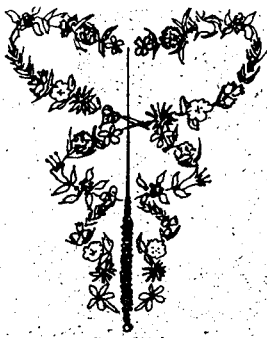
from your genitals to the top of your head; your efforts here will become apparent during lovemaking. Now let the light drop down to your mouth, connect your tongue to the root of your mouth and then slowly down your chest to the stomach area and then the navel again.

You can now see a full circle loop by which you can connect your semen's energy to your power centers. Continue breathing and circulating energy for 5-10 minutes per day and if you wish, you can hold the energy in one particular place for sometime. I like to use it for opening my third eye in the center of my forehead. This meditation technique is most basic and critical to sperm retention and recirculation.

In later articles, I will discuss methods for sealing the leaks of energy to the outside. With practice, you can eventually internalize orgasm (inajulate) with supreme results. (Thanks Tomas for sharing your personal experience.)

Suggested reading to further your knowledge in this area:

1. *The Tao of Sexology*, by Dr. Stephen t. Chang
2. *Tantra Art*, by Ajit Mookerjee
3. *Healing Love through the Tao, Series*, by Mantak Chia



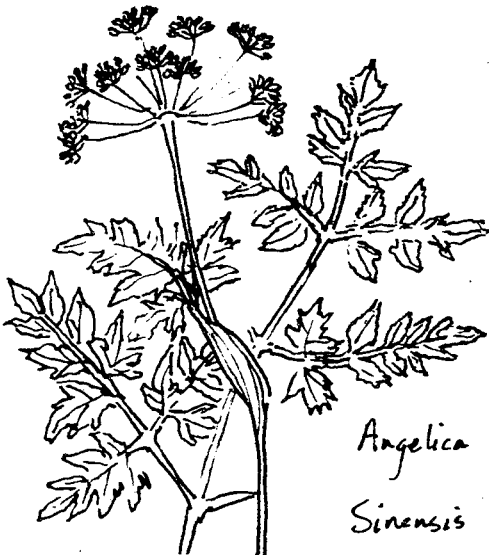
HERBS FOR HEALTH

Jan Snowden L.Ac. O.M.D. brings us two more readily available herbs to enhance our longevity lifestyles and two more line drawings to aid in their identification. For more information, write Jan at P.O.Box 1731, Silver City, N.M. 88062.

ANGELICA SINENSIS

Chinese Angelica of the *Umbelliferae* Family is probably most popularly known by its Chinese pinyin name Dang Gui. Regarded in China as the premier female herb it is now one of the most widely used herbs inside and out of China. Some of its cousins include parsley, caraway, carrots, parsnip and poison hemlock. Closer relatives are European Angelica Archangelica and American Angelica Atropurpurea which are used similarly to Dang Gui.

The name Angelica refers to its 'angelic' medicinal properties; Sinensis means China. Wildcrafted in China for thousands of years, it was traditionally found growing wild in cool moist ravines and sandy valleys of mountain areas. By 650 A.D. large quantities were in cultivation in central and southern China. A herbaceous, glabrous (smooth) stemmed perennial, it grows 3-4' tall. Its leaf stalk bears a prominent sheath and its leaves are divided into 3 leaflets with serrated edges. Flowers grow in umbrella like clusters. Two to 3 years of growth are required before harvesting; the roots are partially dried and then smoked. The entire root is generally used for its blood regulating properties; but the head, body and tail are also separated and processed as 3 separate commodities.



Specifically the head has tonifying and hemostatic properties, the body nourishes blood and the tail invigorates blood circula-

tion. Dang Gui enriches the blood, promotes menstruation, nourishes dryness, relieves constipation by moistening the intestines, and is an antispasmodic, thereby relieving pain; it is used for headaches where there is anemia, and speeds the healing of sores or wounds and bruises from traumatic injuries. It also protects the liver by helping it utilize more oxygen. Its Vitamin B12 and biotin content along with folic acid and Vitamine E account for its anti-anemic actions.

Dan Gui may be obtained in whole root form, powdered, sliced, in capsules or as an alcohol extract from Chinese markets or health food stores. Decoct as tea a slice of root or one teaspoon powder per cup water. Or take as directed from capsules or tincture. Contraindications: pregnancy or diarrhea.

PANAX GINSENG

Asian ginseng of the *araliaceae* Family is also known as Siberian Ginseng and Ren Shen (in Chinese pinyin). The word panax is a Greek derivation, pan meaning all and akos meaning cure; i.e. cure all or panacea. Ginseng is translated as "essence of the earth in the form of man" or simply 'man root.' Earliest reference to it in China was in the 1st Century AD.

Considered to be the male counterpart to Dang Gui, it is used extensively as a vitality tonic. There are many varieties which are differentiated according to region, conditions, and methods of growth and preparation. For example, Korean ginseng is of the red variety and is stronger than the Chinese though not necessarily the most efficacious depending on the condition being treated.

Ginseng is found on rich mountain slopes of Northern Asia, Russia, and Korea in thick forests near roots of trees and near the banks of rushing rivers, hidden from the sun. It requires at least 5-8 years of growth before harvesting. Now under cultivation in

many areas of China it is rare in the U.S. and may sell for thousands of dollars per pound depending on age, size, color and quality. A smooth perennial growing up to 24" tall on a single stalk, it bears compound leaves divided into 3 leaflets with finely serrated margins, the middle leaf being the largest. Atop a single stalk, a tiny umbel of yellowish flowers blooms maturing into bright red berry-like fruits.

The root is the main part used although leaves have been used for fevers in Chinese folk tradition. A major tonic and adaptogen to the system, it is indicated for fatigue, anemia, lack of appetite and poor digestion, stress, weak lung energy, impotence (promotes secretion of hormones in men and



women), diabetes (hypoglycemic action), postoperative and general debility. The root is processed by drying, steaming or sugaring and may be purchased in extract, powder or whole root form. White is preferable to red unless treating a very cold and extremely weak condition.

Dried root should be decocted or use 1 tsp powder per cup water. Contraindications: overdosage can lead to heat sensations: a sense of fullness in the chest and diaphragm, headache, insomnia, palpitations and high blood pressure. The traditional antidote is mung bean soup.

CURRENT, Cont.

fertilize our braincells and begin a new growth cycle. Living in context with one's environment reduces unnecessary stress and allows the environment to communicate with us in a straightforward manner. "Su-



ARIES

preme obedience to the obvious in the environment," depends on our surrender to the matrix from which we are born.

The ancient religions were acutely mindful of this and now in our current evolutionary status of left-brained intellectual materialism we've lost touch with a major source of our cells and feel alienated as a result. Now is a good time to synchronize once again.

What's happening in astrology during this quarter? At long last, **Mars enters Leo** a sign in which he is much happier. Mars is the planet that symbolizes energy and action. He is coming out of the water and into the fire on **April 28**. Watch for a renewed sense of dynamism, enthusiasm, ready flow of action. Also watch for sudden anger, fiery confrontations as the water of Cancer no longer holds Mars in its sway. For many it will be a relief and a release.

Venus will go direct in a fire sign as well (**April 21**) so these bed fellows will be in ardent agreement until early June. Romance can flourish, and sexual energy will dramatically increase. See the guest article on Sacred Sex and the Herbal emphasis on hormonal botanicals.

Uranus and Neptune go Retrograde late in April as well bringing an internalization of these mystical and structure changing planets. Have you not noticed all the radical changes in your personal life as well as the political sector? Are you getting used to involuntary altered states, forgetfulness of details, dizziness, yet? Well then, you'll get a few months of respite to

pull together what these planets hold for you.

Saturn will not go unnoticed either. Remember, he's the symbol of authority, concrete form, duty, career. He'll make a **Station on 0 degree of Pisces in May and June**. A Station is when a planet comes to a stop at a particular place in the Zodiac due to its apparent backward motion. These degree numbers are highly significant in one's personal chart. If you have any planet or angle at 0 you will have a powerful reaction to Saturn during this time. For everyone, however, with Saturn's tiny peek into a new constellation, Pisces, we will catch a glimmer of how Saturn is going to change his face for the next 2 and 1/2 years. Saturn is a natural ruler of Aquarius and has worked well in this sign. In Pisces, however, the water will distort his intentions so be looking for clues.

Jupiter, the planet of expansion, travel, education, contacts and optimism (read 'good luck') goes **direct on June 1**. Until then when the fruits of his efforts will become more apparent, now is a good time to research projects planned, make things look as good as possible, bone up on your



TAURUS

communication and confrontation skills, do P.R. and marketing research. Later in the year, when Jupiter moves into Scorpio a lot of 'stuff' is going to be exposed. How long do you really expect to get away with murder?

All in all it looks like a good Spring. Use the time wisely because later in the year Saturn and Pluto are going to lock horns bringing some highly significant challenges to the planet as a whole as well as in your personal life.

BREATHE!

WHY WORRY?

There are only two things to worry about: either you are well or you are sick.

If you are well, then there is nothing to worry about. But if you are sick, there are only two things to worry about: Either you will get well or you will die.

If you get well, there is nothing to worry about. And if you die, then there are only two things to worry about: either you will go to heaven or to hell.

If you go to heaven then there is nothing to worry about. And if you go to hell you will be so busy shaking hands with old friends you won't have time to worry! (Taken from an Irish dish towel in County Clare.)

SUPREME OBEDIENCE TO THE OBVIOUS IN THE ENVIRONMENT.

INDIVIDUALITY IS A CONDITION THAT EXISTS BECAUSE WE ARE CREATED WITHOUT OUR CONSENT

Swami Nityananda Saraswati



GEMINI

SOLAR NUTRITION

Eating for Vitality

"A little of anything is medicine for the system, too much is toxic."
 "There is a time and a place and a season for everything."
 (IT'S NOT WHAT YOU EAT, BUT WHEN YOU EAT IT.)

You have no doubt by now noticed that this issue of *Longevity Circuit* is focussed on the right use of sex and sexual energy. Adano used to say that the worst thing that can happen is that you won't wake up in the morning and the best thing that can happen is that you'll wake up with an erection! Meaning that libido is a good measure of healthiness. So the following is the timing and use of hormone balancing foods.

Minerals that play a major role in harmonizing the hormones are manganese especially with magnesium and iron. (Hydrogen and Iron are produced during orgasm and impotency can be caused by a lack of iron.) Iodine also plays a powerful role as it is the only mineral that bonds with all the basic minerals to keep the hormones in balance. Vitamin E is also essential for the heart and for vitality.

Morning: The coffee, cocoa and maple syrup combination recommended in Solar Nutrition is for xenon which normalizes hormones. If you are not a coffee drinker because of your resistance to caffeine you will discover that there is no addiction to caffeine when used in this combination because it acts in a homeopathic way. At least try it once a week.

To balance the iron and keep the heart elastic and lubricated, try the following

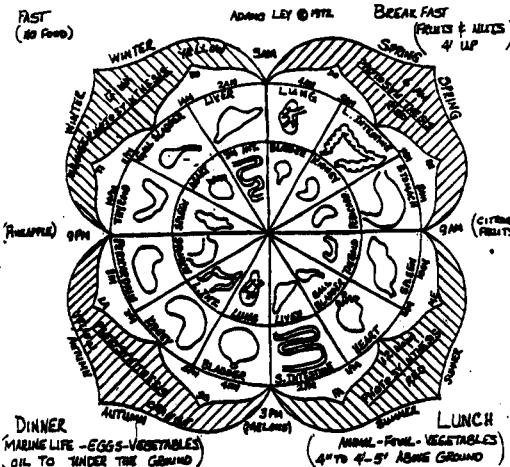
combinations: cashew with acerola cherries, citrus with almonds, kiwi or quava.

Other important morning foods are black walnuts and apricots.

Noon: A good hormone balancer during the middle of the day is a rice cracker with sesame tahini and alfalfa sprouts. Vitamin E is found in the grains, and highly concentrated in fresh wheat germ. For iron balancing, tomato juice with black-strap molasses is excellent.

Evening: Yams, tequilla and pineapple juice, napalitos. Also some specific foods for men or women, see below.

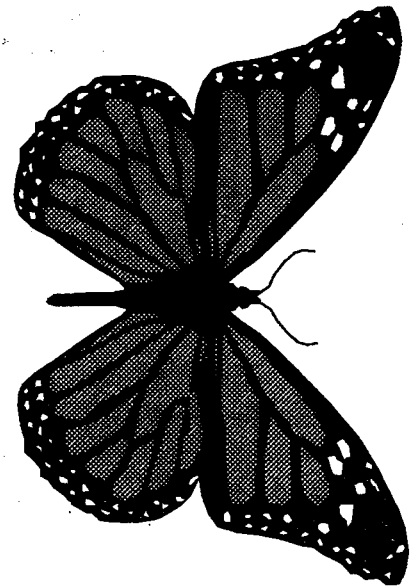
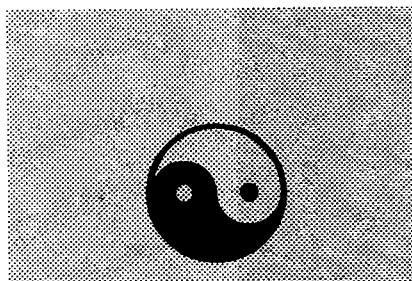
SOLAR NUTRITION



In General: Many of the hormone herbs and foods have different times for men and women: The plan-

tain is best for men at night, for women in the morning. Similarly use ginseng, yohimbe and donquai. Yohimbe is a bark that can be soaked in Tequilla. The timing of the Chinese herbs needs some research as some people get better results by experimenting with time. If you have any personal information about this either from Adano's Solar notes or personal research, please let me know.

Bon Appetit and Happy Snuggling!



GOLDEN GATE APPAREL VICTIMS

POTT'S WAY WITH WORDS

Hordes of buyers in natural fibers weave their bodies through mazes of booths like twisted mercury swatches of people searching watching each other wearing the wrong shoes with wonderful socks sipping cold coffee in too tight sweaters on bursting bust lines nibbling on pastel candies from white tablecloths reeking of chloe, tunafish, and lipstick. They smile at me tasteful in my white cubicle waiting for a bite.

When Irish Eyes are Smiling, on page 1

SACRED SEXOLOGY, See page 1

First Class Mail

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