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LONGEVITY CIRCUIT

The quarterly newsletter dedicated to perpetuating techniques which contribute to a longevity lifestyle. **THANK YOU FOR YOUR DONATION.** P.O. Box 9624, Santa Fe, N.M. 87504. Phone: (505) 983/5911

CURRENT TRENDS

*Shall I compare thee to a summer's day?
Thou art more lovely and more temperate;
Shakespeare*

NATURE IS ARISTOCRATIC and some would make a case for summer being the most elegant of seasons. Certainly it provides us with longer days, sustenance from our gardens and the beauty of flowers. At 3 AM on June 21, greet the summer solstice, the longest day of the year, the Midsummer's night, the place in the sky where the Sun comes to a halt as it rests on the Tropic of Cancer. Many ancient religions observe this most important occasion of abundant light. But as many know, sound is even more important, a more basic need than light and even the Bible tells us that "In the beginning was the Word."

THE URANUS/NEPTUNE CONJUNCTION is bringing us a confrontation of light
(Continued on page 4)

SACRED SEXOLOGY, Part 2

by Tomás Enos

*Where the Earth meets the Sky, that is the place I will meet you.
And then we will climb the highest mountain and feel our greatest power.*

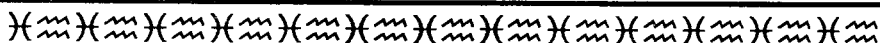
Sex is at the core of creation and from it we are born. Hence, the value of sexual energy should never be underestimated. All of the power by which we are alive has come from the unification of sexual forces. Of the 200-300 million sperm cells that are ejaculated from the man, only one is destined to penetrate the woman's egg at fertilization. The moment of sexual cellular unification has more energy than an atomic explosion.

When a man wastes his essence during ejaculation, his body moves into a depression-like state; his vital life force has been depleted and over the years causes a man to age prematurely. Retaining sperm is a key to life-long health so that the creative force is replenished and never lost.



There are social implications as well. Sperm retention is the ultimate birth control method: no sperm, no fertilization. Such responsibility enables world and personal harmony. The Earth (feminine) would not have to labor unnecessarily to support

(Continued on next page)



The Aquarian Age (and the dying fire)

I've gotten a letter recently from a friend who asks, "How will the Aquarian age be different from the Piscean?" First of all **we are already in the new age.** There's no more getting ready. Unlike the Piscean era, each person is both a teacher and a student. In the past, one could only have a spiritual guide who taught right thinking. Today with the increased energy and speeds on the planet, instant Karma can teach, or we can learn from each other as certain kinds of information are currently available now that weren't previously. Spirituality is no longer an elitist way of life: God consciousness is available to all, making it possible to come out of denial rather than to live the monastic consciousness. We are all potential house-holders now who can envision our highest reality while in the midst of things.

But the end of the Piscean age is similar to a dying fire. Have you ever watched the last ember suddenly flare up and display its brightness just as the fire goes out? Similarly we find such evidences at the end of the old time. An increased hold on the catechism by the various religions, increased authority, confrontation with spiritual guilt, fanaticism (hopefully Karesh has taught us something.) demands for help, co-dependency and not wanting to stand on our own two feet. Here in Santa Fe there are literally hundreds of gurus, teachers, therapists, channelers, mediums, shamans, and other spiritual guides who all make claims for healing, wholeness, enlightenment and

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Aquarian, continued

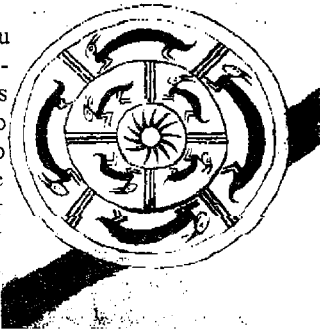
lots of other things. This is the flaring, but dying ember of the old mentality that at its worst wears the cloak of helplessness, victimization, suffering and guilt.

To be fair, the bright side is that the Piscean Age gave us the will to know God and the craving to be at-one-ment. So the quest is the same, but the process is changing.

Honestly in your heart of hearts, aren't there times when you would just love to go to a monastery, nunnery or some other cloistered environment to spend your days in outward peace and harmony growing grapes for wine or tatting a little lace? But there was no independence then, no freedom to act, no choices and though you probably found God you didn't experience Life. Now you want to experience the challenge of finding God on the way to the bank, or in intimacy with your sexual partner.

If we take the spiritual paradigm and drift it down to all areas of living, we can get a pretty good idea of how this new energy is affecting us. YES, government will probably get bigger and more corrupt as a way to teach individuals to govern themselves. YES, there probably will be more special interest groups demanding attention to teach us that we all have special interests and can help each other on an individual basis to obtain them. YES environmental problems probably will continue in order to teach us that we are totally dependent on this environment if we want to stay as we are, or to encourage us to explore other life forms including E. T. stuff, or by transmuting our carbon-based bodies into diamonds.

Have you who will- Earth is isturned into w h o save the unteer for yetweknow G o l d e n we expect



ever met anyone ingly grows? Planet where viciousness compassion and amongst us here, Masters, will vol- such a job?. And that there IS a Age. But how did to get there?

It is Piscean to think that we can progress without effort, for Pisces will take the path of least resistance whether in group consciousness or in the individual.

On the more upbeat level, the new age will bring us easy to access higher brain-level states. The current Uranus/Neptune conjunct is the precursor of what is to come. If you feel just plain weird, or are having any difficulty with this dynamic energy you may want to clean up your body now, do some meditation, or record your night dreams so that you can work with it rather than resist it.

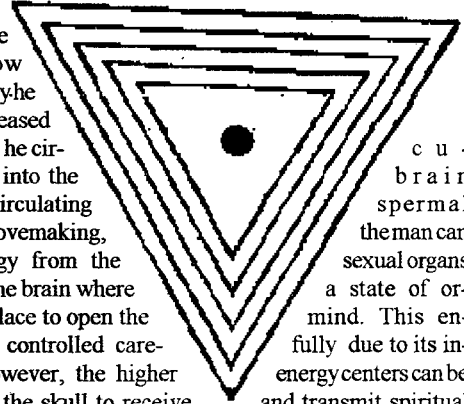
Do something with technology: there's going to be more. If you don't like using a computer, try it anyway. Though it may be true that computers don't necessarily save time, they do represent new ways of accessing and retrieving information and communication, increasingly important issues. Even now they can bring you instant communication with the world from your own desk. Buckminster Fuller predicted in Waco, Texas in the 70's that we would be able to go around the world in 1 1/2 seconds. Maybe we're not so far from that now. ☺

SACRED SEXOLOGY, Continued

unconsciously conceived children and resources would be saved.

But most of all, men and women will find the place of their true "beingness," their true strength, where their masculine and feminine natures are balanced for spiritual growth, deepening the level of intimacy and improving the dynamics of the male/female relationship.

Physically, the man will grow stronger, mentally he will enjoy increased mental clarity as he circulates the sperm into the area. While recirculating forces during lovemaking, move the energy from the up the spine to the brain where gasm can take place to open the ergy should be controlled care-nate power. However, the higher opened through the skull to receive forces.



c u - brain spermal the man can sexual organs a state of or- mind. This en- fully due to its in- energy centers can be and transmit spiritual forces.

I have found that circulating sexual energy into the heart area is most beneficial to a man on a physical and emotional level. The greatest cause of death for the American male is heart attack, which can be attributed to depleted sexual essence and unexpressed emotions. The crucial process of opening the heart center can begin by bringing the life force from the genitals to the chest area.

The female's role is in assisting the development of trust and faith in the emotional release resulting in joy to both partners. Sex as an untapped resource can only be cultivated within the overall healthy interplay between woman and man. Beside trust, there must be open communication and the essential desire to explore each other's lives. Short-term sexual encounters only deplete us further. Sacred sex is a journey which takes many years and yet is never finished.

My lover is my goddess. By cultivating my own sexual essence, my respect for her and her femininity as a whole has increased. She aids me in my quest for optimum physical health, mental development, emotional expression and spiritual enlightenment. I can better understand the depths of her wild nature.

And she knows I care for her because I go with her as she travels within her sexuality to its deepest and beyond. I climb those mountains with her where we both look out over the world, as if flying, suspended in time and space; we bathe in the water of each other's cells, washed clean during orgasm. I am there as she moves into ecstasy, again and again. And the only thing that has brought on this change is the understanding of myself.

(Thanks, Tomas for this follow-up article.)

(For more information on techniques, read *The Tao of Sexology*, By Stephen Chang and *Healing Love Through the Tao*, a series by Mantak Chia for both men and women.)

BREATHE BREATHE BREATHE BREATHE

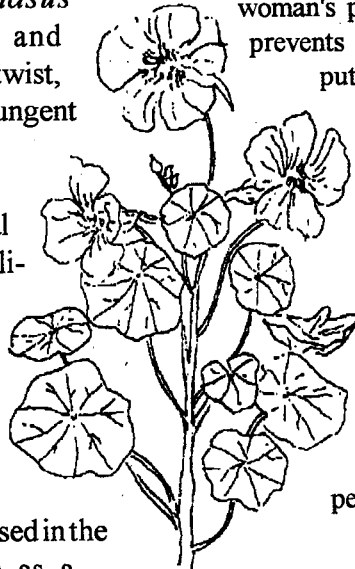


LOOK! HERBS FOR HEALTH

Janet Snowden, L.Ac. O.M.D. brings two more readily available herbs to enhance your longevity lifestyle and two more line drawings to aid in their identification. For more information, write to Janet at P.O. Box 1731, Silver City, New Mexico, 88062 or call her at (505)388-5288.

NASTURTIUM

Tropaeolum majus of the family *Tropaeolaceae*, nasturtium or Indian cress was discovered in Peru by the conquistadores and introduced to Europe in the late 16th century. The name 'nasturtium' is derived from *nasus* meaning nose and *turcium* meaning twist, alluding to its pungent smell. Widely cultivated in cold climates as an annual and in milder climates as a perennial, it adds a colorful touch to the garden and can be grown as a vine along fences or walls, interspersed in the vegetable garden as a companion plant or arranged in hanging baskets. Its bright green leaves are shaped like lily pads with distinct veins and smooth margins; flowers are somewhat trumpet shaped and vary in color from red to orange or yellow to cream and bloom abundantly from spring until fall.



Nasturtium

acid content. An infusion of the leaves serves as a general tonic improving digestion and relieving constipation and depression. Its peppery flavor adds stimulus and warmth to the body making it useful for cold sluggish type bronchitis, flu or urogenital infections. The French herbalist, Messegue, says a hip bath of nasturtiums will regularize a woman's periods and as a lotion prevents baldness. It is also reputed to promote formation of red blood cells.

As an edible, the bright colored flowers lend a spicy fragrant taste to salads or soups. Young tender leaves may also be eaten and young flower buds can be pickled and used as a substitute for capers--delicious!

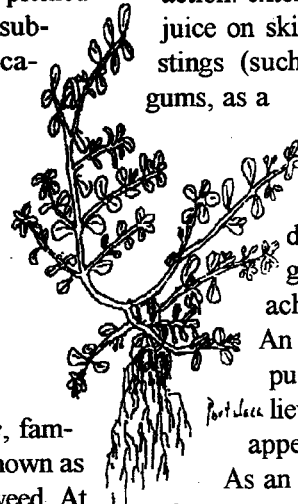
PURSLANE

Portulaca Oleraceae, family *Portulacaceae* is also known as yellow portulaca and pigweed. At some point in your life you have probably come across this plant in a garden or as an escapee near roadsides, in fields and often by the sea where it can comfortably sink its roots into rich sandy soil with plenty of sun and an occasional shower. It was originally native to Greece and

the Mediterranean area, the Middle East, India and China, and was introduced to the West during the Middle Ages.

It makes its annual appearance as a trailing smooth succulent with reddish purple stems bearing bright green spatulate shaped leaves and small rosette shaped yellow flowers. If you squeeze a stem or leaf, a gooey exudate appears which is high in Vitamin C, iron, malic acid, norepinephrine, calcium salts, glucose, fructose and sucrose to mention a few of its nutritious constituents.

Purslane is a sour tasting plant with a very cooling nature and can be used in its entirety as a medicinal or an edible. Its long-known reputation for "cooling heat in the liver" hints at the efficacy of its anti-inflammatory action: externally as a poultice or juice on skin sores, burns, insect stings (such as wasps), swollen gums, as a wash for inflamed eyes; and internally as a tea for "hot" disorders like dry cough, dysentery, painful urogenital infections, stomachaches or headaches. An infusion of equal parts purslane and dandelion relieves intestinal abscess or appendicitis flare-ups.



Portulaca

As an edible the fresh young leaves are most delicate and offer a pleasantly tart flavor to salads or soups. They may also be steamed or sauteed as a vegetable. Its mucilaginous quality acts as a natural thickener. The stems and leaves can be pickled for winter use.



CURRENT TRENDS, cont.



and sound. These two energies combined equal electromagnetism, the invisible stuff from which our entire solar system, not to mention our planet, draws its energy to revolve and rotate.

Although many of the effects of this once in 171 year conjunction can be seen, witness the political changes on the globe, many cannot. Some effects are felt, heard and spoken, rather than seen. Have you noticed a difference in your capacity to believe what you hear and see? It is said that the disembodied voice heard in a dream is the voice of the soul. With **Pluto in Scorpio** and the **Uranus/Neptune conjunct** we have the opportunity to explore the soul through sonics.

In Astrology, the eyes grab light, and the ears receive sound. In relationships we tend to fall in love with what we see, rather than what we hear and this is a more difficult challenge for men whose male or positive energies lend themselves to grabbing with eyes. Yet lately, I repeatedly hear the words, "He/she doesn't fit my pictures, but I feel so comfortable with him/her." This is the revolution that is occurring on the emotional level, just as one is occurring in the political sector.

Another big Astrological energy field is the global **Saturn Square Pluto**. A couple of issues ago I predicted that despite the emotional fervor over a new



VIRGO

young president, that he would reach a roadblock this summer. And how! Not

that I'm glad that has happened, God knows we need significant change in our government. But Clinton's problems can give you an outward clue as to how this planetary configuration may be affecting you. **It's basically a confrontation with conservatism**, authority and doing things the way they've always been done. Fortunately, the Uranus/Neptune energy provides us with creative unusual solutions and the yes/no and maybe answer.

And that could be the good side of the Saturn/Pluto Square: the stick that compels us to find intuitive resolution. One thing is for sure: don't give in to Saturn



CANCER

and Pluto. Overcome them, transform them, and use them. Keep trying something new until you find what works. In the process you will probably heal some outdated thought pattern or early childhood trauma that you've been carrying around too long. This pattern of star-energy can be alchemical and transformational in its outcome if you will be ruthlessly determined within yourself to reap its harvest in the Fall and early Winter.

Saturn has taken a peep into Pisces this month of June, remaining stationary at 0 degrees and then returning to Aquarius for the rest of the year. Perhaps you have noticed its softening effect in this watery sign. But be aware that in Pisces Saturn can corrode self-esteem if you haven't work on those issues yet. More on this later...



LEO

Jupiter went direct on June 1st. It's full steam ahead with those plans now. During the Spring you used the internal Jupiterian energy to perfect your ideas and make them acceptable. Now act, say "Yes!" to every opportunity that the environment offers you.

And Mars. Whew! After 8 months of a watery distorted energy field, BANG! Mars hit the big-time when he entered fiery Leo. Lots of confrontations between boss and employee, lovers, families and cops and cars. But you know where you stand now, don't you?

On the upside, this is very energetic, creative, and warming. Many are also feeling an altered internal thermostat. Try some cooling thyroid foods like rhubarb in the afternoon and seaweed at night. Also those of you born between 9 and 11 AM, be on the look-out for speed checks on the highway: you are particularly vulnerable to being caught until **Mars moves into Virgo** on the 23rd of June. Then Mars will slow down a bit as it gets caught up on details and perfection. This is a good time for anyone involved in a craft or art-form demanding professionalism, but can be irritatingly picky and critical if used toward people. Use it for thorough thinking, scientific research and for tidying up your messy closets and drawers!

Mars joins Jupiter in Libra in early August adding punch and activity to your big ideas and increased success. Also good for marketing your ideas. We need this extra impetus to help us overcome that heavy square from Saturn and Pluto. But typically, Astrology always provides the solution for any problems it presents.

HAVE A GREAT SUMMER!

SOLAR NUTRITION

"Gourmet Solar"

Rule No. 1: A little of anything is medicine for the system, too much is toxic.

Rule No. 2. There is a time and a place and a season for everything. (It's not what you eat, but when you eat it.)

Swami Nityananda Saraswati

A homeless American Indian who was buying a bottle of 20/20 wine, saw the contents of MY grocery basket at the supermarket the other day and remarked, "You must be into gourmet health." It was such a startling comment from such an unexpected source that it caught my attention as a suggestion to write about solar eating in such a context. I wondered if we seem to have lost touch with elegance in our attempt to be "spiritual" and yet the two ought to be synonymous.

As persons committed to cleaning up our bodies, oughtn't we fill them with the very best food even while eating on time?

What did this man see in my cart? A bottle of New Mexican Champagne, some fresh salmon, fresh vegetables, whole wheat bread from a local bakery, grapefruits and fresh fruits.

It's not that there is anything wrong with eating beans and rice, it's just that why not fix beans and rice in a beautiful way? The rice then could be a mixture of varieties such as basmati brown which has a divine aroma when cooking, some wild rice and some red rice. The beans could be cooked from scratch with frequent water rinses, a little AC

vinegar and a pinch of epsomite to get out the "gas." Doll it up with a gorgeous fresh green salad with red peppers for nitrogen, vitamins A and C and add some edible flowers from your garden. For some healthy ideas, see Jan's herb column. Now you have a Meal whose nutrients sustain the body, whose aromas feed the soul, and whose colors are a feast for the eyes. And this is merely a lunch! Think what you can do for dinner!

And as for the

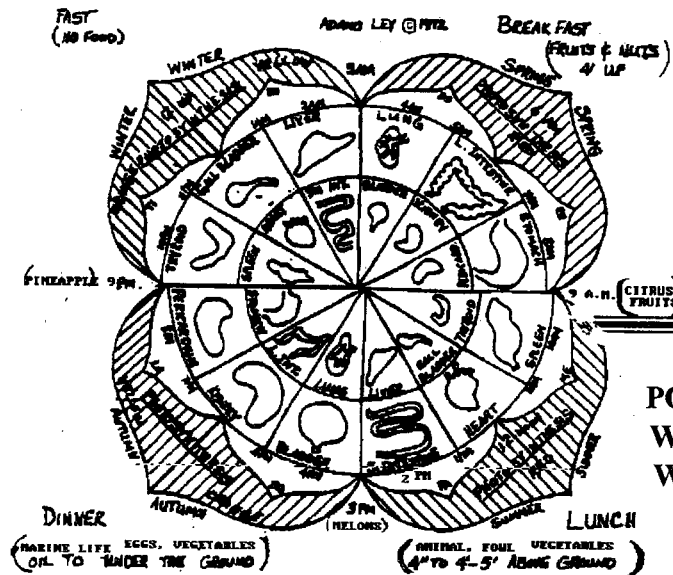
When is sin?

A group of initiates were sitting around my kitchen the other day and Steve turned to me and said, "Ginger, do you remember when Adano asked you, ""When is sin?"" Sadly, I realized that I didn't remember such a question and when I tried to think of an answer, none was forthcoming. It is an ongoing grief for me to realize that so many of the conversations and talks with Adano have left my conscious memory. I say conscious because I hope that they are embedded at least in my un- or subconscious mind. And thank God for the

friends who do share their selective memories with me, reawakening a piece of information that I need to know.

Are you curious about the answer? Adano said, "Sin is when you eat out of time."

SOLAR NUTRITION



POTTS'S WAY WITH WORDS

Ocean City

Some days
some waves
break harder than others
and inbetween syncopated crashes
I hear
seashell talk.

Sand filled toes sit
spread atop five million or so
armies of specs
joined together
in unison-
being
beach.

(Thanks Andrea! ☺)

champagne, or sparkling wine, Adano had a wonderful trick for making it healthy for the body as well. He called it 'grapede' and this is what you do:

Take a cold bottle of champagne and pour it in a pitcher to which you add a little honey. Stir it until the bubbles are out and serve. It's an elegant way to celebrate in the late afternoon any worthy occasion.

To honor Yogananda as well, serve the grape-de with fresh ripe plump strawberries. If you want to know why this honors Yogananda, review the *Autobiography of a Yogi!*

Bon Appetit!

Gourmet Health on Page 5

Sacred Sexology, part 2 begins on Page 1

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HUMOR. hu.mor: that quality in a happening, an action, a situation, or an expression of ideas which appeals to a sense of the ludicrous or absurdly incongruous: comic or amusing quality. Webster's International Dictionary

For example:

Did you hear about the Aggie who won the lottery? But when he went to collect his million dollars, he said he wanted it all at once. They told him, though, that he could only get it in yearly increments. The Aggie thought about that for a minute and said, "Then give me back my dollar."



YES MAYBE NO

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