



Vol. 5, No. 2, Autumn, 1993

# LONGEVITY CIRCUIT

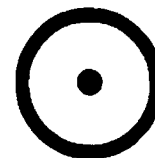
The quarterly newsletter dedicated to perpetuating techniques which contribute to a longevity lifestyle. PLEASE SEND YOUR DONATION TO: P.O. BOX 9624, SANTA FE, N.M. 87504. Phone (505)983/5911.

## CURRENT TRENDS

*We are the music-makers,  
And we are the dreamers of dreams  
Wandering by lone sea breakers,  
And sitting by desolate streams;  
World-losers and world-forsakers,  
On whom the pale moon gleams;  
Yet we are the movers and shakers  
Of the world forever, it seems.  
A.W.E. O'Shaughnessy*

The Autumn Equinox occurs this year on September 22 at 1:32 MDT, bringing with it a most unusual set of astrological energies. On the one hand we have the movers and shakers, the systems breakers: Uranus and Neptune whose conjunction (marriage) (Continued on page 4)

## HOLOGRAPHIC ASTROLOGY



Carl Jung, the Swiss psychiatrist, coined the term "synchronicity." It roughly means the acausal relationship between two objects or experiences, that is, two events can be connected by time and have meaning but not because of a cause. His famous example: while a patient was describing a dream about a scarab, a real scarab beetle *at the same time* bumped against the window in Jung's office resulting in a mind-shift in the patient who subsequently transformed, as the symbolism of the beetle suggested. Swami Nityananda put it another way: "Supreme obedience to the obvious in the environment." What this suggests is that our inner reality and our outer reality are the same. But is there any evidence to indicate such a phenomenon is true?

Recently, I found an astrology book that challenges the current prevalent idea that astrology works because of synchronistic symbols. Once again I asked myself about astrology: how does it work, what makes it work, and why does it work so well? Despite pursuing every explanation over the years, I have never been satisfied with any. Enter (Continued on page two)

## LASERS, QUANTA, and are you feeling stupid yet?

What really *is* a laser and how does it work its "magic?" The word "laser" is actually an acronym that has fallen into common usage in English as a word. LASER stands for Light Amplification by Stimulated Emission of Radiation. This is an accurate definition that any scientist or engineer would love, but not very useful to the rest of us without a bit of background. The basic concept is that light is "amplified" by storing and releasing energy in the electrons of an atom. Let's use an example to explain the rest.

One of the earliest lasers was made from a synthetic ruby crystal. In this simple laser the crystal is a cylinder about 3 inches long and 1/4 inch across with one end mirror coated to reflect 100% of the light and the other end coated to reflect about 98%. A flash device, much like a camera flash or a strobe light, surrounds the crystal and puts light/energy into the ruby. Once the flash starts flashing, the atoms in the ruby begin to absorb this energy and get "excited." This means the electrons jump and spin farther from the atoms nucleus, like a ball on the end of a string when the string is spun faster and faster. Once these electrons are excited and spinning farther away, more energy comes in from the flash that

(Continued on page two)


## HOLOGRAM, continued

the hologram.

What is holography? It is such a recent invention that Webster's 3rd dictionary still defines holograph as a handwritten will! Actually we are talking here about the use of laser beams in a photographic system of recording light waves *three dimensionally* so that the observer can see around objects by moving his head. In other words the illusion looks real! What's more, if the holograph is divided up, no matter how many times, each piece will contain the whole. Holograms also have the capacity for information storage as many images can be recorded on the same surface. These images are then retrieved by changing the angle of light. (For more on lasers and quantum physics see the accompanying article for some elementary and simplistic explanations for astrologers)

The implications for astrology are significant. We could say that each person's chart is an illusionary separate hologram of individuality, but which in fact is really an outcropping of a unified field. Depending on our shift of perception or interpretation of the world, we can access other memory patterns stored upon our minds. It explains why two people who have similar planetary configurations will react to the same energy in amazingly different ways.

Using this paradigm we can understand the rising sign or ascendant as the point of first breath, the point where the hologram's outcropping becomes solidified into manifestation. It is the slot into apparent separation and individuality where we buy into consensus reality and we attach to our bodies. The more fixed we are on material reality, the more we use our astrological or holographic energies of illusion physically through sickness or financial lack. Conversely, the more we accept the illusion and see through the physical, the more likely we are to use our energies mentally/emotionally and even spiritually.

 Holographic astrology assures us that we can override consensus reality and all its limitations. By changing our core beliefs and interpretations of the world as described by the planets, constellations and their interrelations we can divest ourselves of our investment in the separate self. We can truly use astrology then as a map out of itself and participate in the many separate realities available by merely shifting our perception. Yogananda writes often of these separate realities or parallel universes in the *Autobiography of a Yogi*. This would be a good time to read, or reread this remarkable book for holograms, lasers, and quantum physics are at last showing us how what the great yogis, swamis and gurus have known all along.

### Suggested reading:

*Hymns to the Ancient Gods*, by Michael Harding  
*Ageless Body, Timeless Mind*, by Deepak Chopra, M.D.  
*The Holographic Universe*, by Michael Talbot  
*The Art of Dreaming*, by Carlos Castaneda

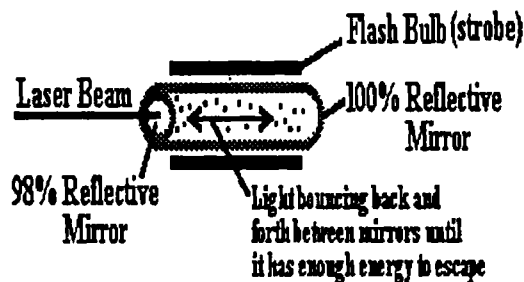
⊙ ☽ ♀ ♀ ♂ ♃ ♄ ♅ ♆ ♇

## LASERS, continued

the electrons cannot absorb. Like our ball at the end of the string, the electron is at the end of its "string."

So what does the electron do? In this situation, the electron is "stimulated" to jump back closer to the nucleus and release its energy in the form of light, "stimulated emission." Now we have two light waves, one from the flash and the one that the electron just released, sort of a two for one deal. These light waves are lined up with each other, so they act even more powerfully, bouncing back and forth between the two mirrored ends of the ruby crystal.

At the same time, this process is occurring with billions and billions of other atoms in the crystal until finally the energy bouncing back and forth builds up to the point where it escapes from the end of the ruby that was only 98% reflective. This is our laser beam, very intense, focused "lined-up" light.



## A Simple Ruby Laser

This light is then split into two separate beams, one of which is bounced off the object to be photographed, the other timed to collide with the first's reflected light. An interference pattern results which is recorded on film. When the film is illuminated with another laser, the 3-dimensional object appears, creating the so-called hologram.

### So what about quanta?

Quantum physics discovered that when breaking matter into smaller and smaller pieces eventually those atomic particles like electrons no longer act like what they are. Thus an electron, or quantum, actually has no dimensions. Quanta, (plural for quantum) or several electrons, according to the waveparticle theory, possess both particle and wave aspects, but the only time quanta exhibit as particles is when we are looking at them!

What does this phenomenon have to do with astrology? It indicates that the viewer and the viewed are a unified field. And if subatomic particles are dependent on the viewer to exist, then we are all part of the whole. The astrological glyph for the Sun can be seen as the ancients way of trying to explain or demonstrate this holistic idea, for the glyph is a circle with a dot in the middle. It is a symbol found in all corners of the planet in all religions and all eras. It expresses the universal principle of wholeness or unity.



# 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 fine 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.

## GINKGO

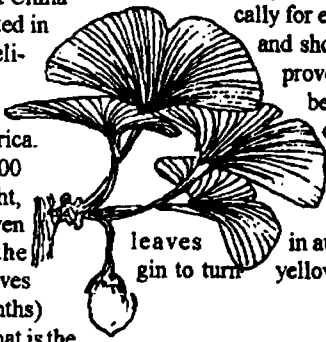
Fossils tell us that Ginkgo Biloba, Maidenhair Tree, is the only surviving representative of the *Ginkgoaceae* family, a large tribe of plants that existed 200 million years ago along with the dinosaurs. It was first recorded in the 11th century as growing south of the Yangtze River in east China and was commonly found cultivated in ancient temple gardens or old religious sites. By the 17th century it was being exported as an ornamental to Europe and North America. With a life expectancy of up to 2000 years, a strong resistance to drought, pestilence, pollution, fire and even nuclear explosion (after the Hiroshima blast of 1945, new leaves were seen sprouting after 3 months) Ginkgo could be called the plant that is the epitome of longevity.

Ginkgo is deciduous and prospers in temperate climates with a moderately fertile, well-drained soil, growing up to 120 ft. though usually 30-50 ft. Its leaves are about 3 inches across and resemble the Maidenhair ferns, being fan-shaped with parallel veins and often notched at the apex. The male and female flowers are borne on separate trees and the male varieties are generally preferred for gardens as the female fruit is considered to be very malodorous when ripe. The foul smelling outer pulp may be removed to expose a nutlike edible white seed that is a prized delicacy in the Orient but beware of contact-dermatitis when handling it fresh. Ginkgo is also fondly known by the Chinese as "silver apricot" or duck's foot" referring to the seed and leaf respectively.

The seeds, Semen Ginkgo, are potentially toxic if taken long term or in large amounts. They are antibacterial, antifungal and antimycobacterial (effective for T.B.) and their taste is bitter sweet with astringent character and neutral temperature. The seeds are indicated for any deficiency type of asthma, cough with phlegm, chronic bronchitis, enuresis and leukorrhea as they generally benefit the Qi (vital energy). Some of the major known ingredients are iron, phosphorous, calcium and ginkgolic acid.

The leaves, Folium Ginkgo, are also

sweet, bitter, astringent, neutral and devoid of harmful side effects. They promote blood circulation, stop pain, astringe the lungs eliminating damp and have more recently been used for hypercholesterolemia, hypertension, angina pectoris, coronary artery disease and cerebrovascular disease. Widely used in Europe as an extract for poor circulatory conditions, it is used clinically for eye ailments, tinnitus and short term memory improvement. Ginkgo may be obtained in the form of tabs, caps, tincture, extract or loose leaf tea. If you have a tree nearby, collect the leaves in autumn when they become yellow.



## MESQUITE

*Prosopis julifera/pubescens glandulosa*, etc. Mesquite, Screw Bean, Tornillo, Mizquilt-Aztec, is a thorny shrub or tree native to Mexico, South and Central America; its use dates back to Aztec civilization and as a food it held precedence over cultivated grains in American Indian culture. It spread to North America with the introduction of cattle and horses into the southwest, increasing its means of dissemination via seeds caked in hooves or ingestion of bean pods through the bovine/equine gut, the end product being a self-fertilizing cow patty replete with up to 1600 germinal seeds. (An opportunistic plant, no?) Being deep rooted, drought resistant and difficult to eradicate, its pervasiveness became the scourge of farmers and ranchers as a potential invader of grasslands.

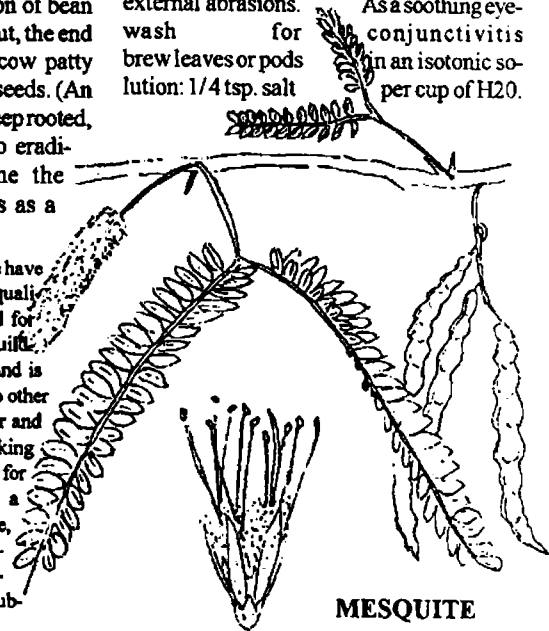
(In the process of favoring the cow we have overlooked some of mesquite's fine qualities. Commercially, its wood is used for flavoring charcoal, making furniture, building blocks, crossties and fence posts and is often found in regions where there is no other wood source. Its flowers, rich in nectar and pollen, provide bees with fodder for making honey as well as seasonal sustenance for insects and birds; the seed pods are a source of wildlife food to quail, dove, coyote, etc. and survival food to livestock during drought. The gummy exudate from trunk and branches can be substituted for gum Arabic and is used in candy. Being in the Legume Family it is a nitrogen fixer and therefore a natural soil enhancer.)

stituted for gum Arabic and is used in candy. Being in the Legume Family it is a nitrogen fixer and therefore a natural soil enhancer.)

Mesquite is the harbinger of warm weather: being the last of the deciduous trees to leaf out in Spring, we are 99.9% assured there will be no more frost. Seen in southern arid climes it has a short shrubby appearance while in the northern more wet areas it grows up to 30 ft. in height. It spans from Arizona across to Louisiana and North to Kansas, Oklahoma and Arkansas. From May to September it blooms in creamy yellow racemes. Each tiny blossom has ten stamens. The fruits which look like green beans appear in July and August and turn a ripe yellow in fall when they may be gathered for food or medicine.

Mesquite played an important role in the diet of the southwest Indian. The legumes which contain up to 30% sugar, were ground into a flour and used to make bread, cereal or pudding. The meal was also fermented to produce an intoxicating drink. Pods, leaves, flowers and bark may all be collected, used fresh or dried. Fresh flowers make a nutritive sun or brewed tea. Leaves, bark and pods share antimicrobial and astringent properties which inhibit diarrhea and G.I. track inflammations like stomach ulcers, colitis and hemorrhoids. A decoction of the same makes a cleansing wash for external abrasions.

As a soothing eye-wash for conjunctivitis brew leaves or pods in an isotonic solution: 1/4 tsp. salt per cup of H2O.



MESQUITE

## CURRENT TRENDS, cont.



will be making its last stand at 18 degrees. These two planets will move forward in the last week of September gradually beginning to put some distance between them until the next conjunction in 171 years.

On the opposite side of the ring, we have the conservatives, the authorities obsessed with maintaining the old structures: Saturn and Pluto, whose square (enforced challenge) will increase more or less intensely until the first of the year, when Saturn continues into Pisces, leaving Pluto behind.

In the meantime, the  $\text{♁} \square \text{♇}$  configuration requires turning lead into gold, or the ability to do the impossible: it describes alchemy as obsession meets resistance.

These planet combinations are responsible for the flooding of the Mississippi River and even the water seepage in my basement from the nearby irrigation ditch. And yet if men had not resisted Nature's normal flow by these levees to reclaim land for materialistic needs, such events would never have happened.

Uranus and Neptune want to dissolve boundaries and structures while at the same time Saturn and Pluto want to solidify the status quo. Now in September we are adding a square

from Jupiter (more challenge, expansion) to the already volatile energy exacerbating the situation. Politically and economically this poses a problem: Who will win: the change makers or the stake makers? And how will it manifest? According to the Chart for the United States that I was given, the confrontation between the disenfranchised and middle-class versus the power interests will heat up into 1994 and 1995 with local government taking the major brunt.

So how can we work with these energies if we're not to be victimized by our astrology? As you have noticed, the theme of this issue of *Longevity Circuit* is looking at so-called reality from a different perspective.

This new perspective can help us change our core beliefs or interpretations that keep us stuck in the muck, so to speak. The alchemical idea of turning lead into gold could begin with turning the lead of physical reality into the gold of unity and wholeness. With our shift of perspective we can then find creative unusual solutions to our current problems as we let go of our fixations.



### Che Fece...Il Gran Rifiuto

To some among us comes that implacable day  
Demanding that we stand our ground and utter  
By choice of will the great Yea or Nay.  
And whosoever has in him the affirming word  
Will straightaway then be heard.  
The pathways of his life will clear at once.  
And all rewards will crown his way.

But he, the other who denies,  
No one can say he lies; he would repeat  
His Nay in louder tones if pressed again.  
It is his right--yet by such little trifles,  
A "No" instead of "Yes"; his whole life sinks and stifles.

(This translation was found in Laurence Durrell's *Clea*)

## ODDS AND ENDS

Dear Readers,

I have agonized over this issue of *Longevity Circuit*. The physics involved is way out of my league and I apologize to any scientists out there for any glaring mistakes. The Uranus/Neptune conjunct is bringing a new consciousness to our planet and we all need to be studying a lot more of the sciences as the scientific world comes into alignment with the metaphysical world. The suggested reading list is a good place to start.

But for those of you who prefer thinking in the Piscean way, I am including some notes taken from a lecture that Swami Nityananda gave back in 1972. I believe he was saying the same things that holographic awareness indicates.

### SOUL

Spirit, spiral, spinning, to infinity from a point of oneness: God is Spirit and Creation is life in action.

Order, not chaos; the first law of existence. "Come let us make man in our image and likeness" = order.

Unity, a bond, no separation; Universe.

Life, next breath, living process, all life, totalness.

Soul is the embodiment of that totalness in miniature form in action.

And Man is the Spiritual Order of the United Life in action in a miniature form expressing divinity all the time.

Soul is NOT involved in persecution or tearing down. If there is a separation, it is not from the point of God, but from a point of consciousness in man.



### ERRATUM:

In the last issue, under the story entitled "When is Sin?" an important statement was left out of Adano's answer. It should have read: "When you eat out of time and don't bless it." Sorry, I didn't mean to add to anybody's spiritual guilt!

# SOLAR NUTRITION

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

Since we have been discussing Solar Nutrition for the last 4-5 years in this newsletter, it might be interesting, to those of you who never took a class from Adano, to read the original introduction to Solar Nutrition found in the work book that accompanied the beginning Class I.

"Solar Nutrition existed from the very birth of Cosmic Creation. God, the Unmanifest, poured forth His Love as Energy (Heaven) and Substance (Earth). See Genesis 1:1-5.

HIS consciousness as The Word (vibration or sound) became manifest as Light (condensed vibration). See John 1:1-5. Life became manifest (continue reading Genesis). The Hebrew word translated as "day" also means, "a period of waxing hot and cold," not necessarily a 24 hour period. Thus religion agrees with what science tells us of the Earth's evolution. Science agrees with religion that all life comes from the Great Central Sun of the Cosmos. This Sun is The Word, the Only Begotten Son of God, "by Whom all things are made."

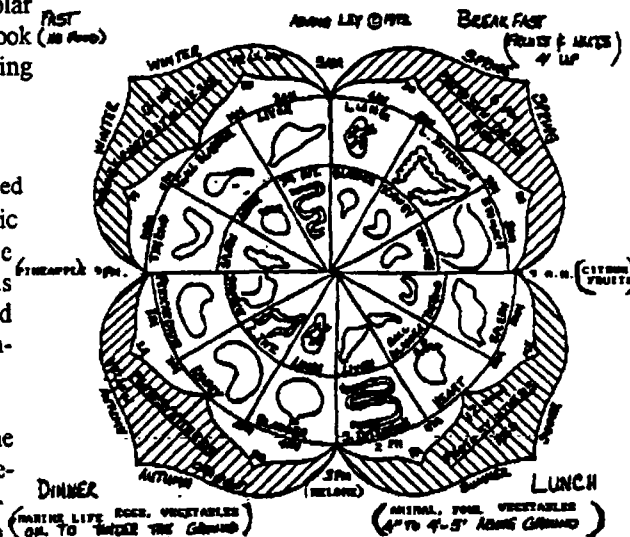
Those who can read the Book of GOD's Remembrance, the Akashic Records, have verified these things. All great Souls, of every age in each world

cycle, concur and teach these truths.

Master Jesus of Nazareth said, "It is written, man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." Matthew 4:4.

*It is written* is a clear declaration of a systematic record of knowledge and techniques existing and antedating the birth of Master Jesus. This knowledge from the Akashic Record continues to be preserved and imparted by the Initiates of Cosmic Living. During the

## SOLAR NUTRITION



ancient rulership of the Solar Dynasty, solar nutrition was the system of living. Also, when the Israelites were en route from Egypt to Canaan with Master Moses, it is recorded that a certain type of solar nutrition called 'manna' was used as nourishment.

In Master Jesus' statement, a vast science is being encompassed in a more objective manner. Scientists are becoming more aware that the human body can and does absorb energy; also, it is operated by a form of solar energy or electricity. The main input center is located at the Medulla Oblongata in the

brain stem. This area of the body is called the Mouth of God by the ancient Masters of Life. The life energy was called the Word, due to its vibratory rate, which is audible. The Medulla Oblongata is so sensitive a pin prick would cause instant death, to tickle it would cause paralysis. Any other organ can be operated on except the Medulla Oblongata. Scientists are becoming convinced that this center is the focal point of life directly within our organism that traps light like a plant and converts it into energy through photosynthesis. This is the real Tree or Life in the Garden of Cosmic Consciousness.

From this observation we conclude that man does not exist by food or indirect forms of energy alone, which have to be broken down by mastication (matter acting on matter), digestion and assimilation; but is powered directly from Cosmic Life Energy which enters his mechanism from his environment. This is an indication of man's future development from limited to unlimited sources of energy. Since Light does not decompose, incorruptibility of the human mechanism is possible.

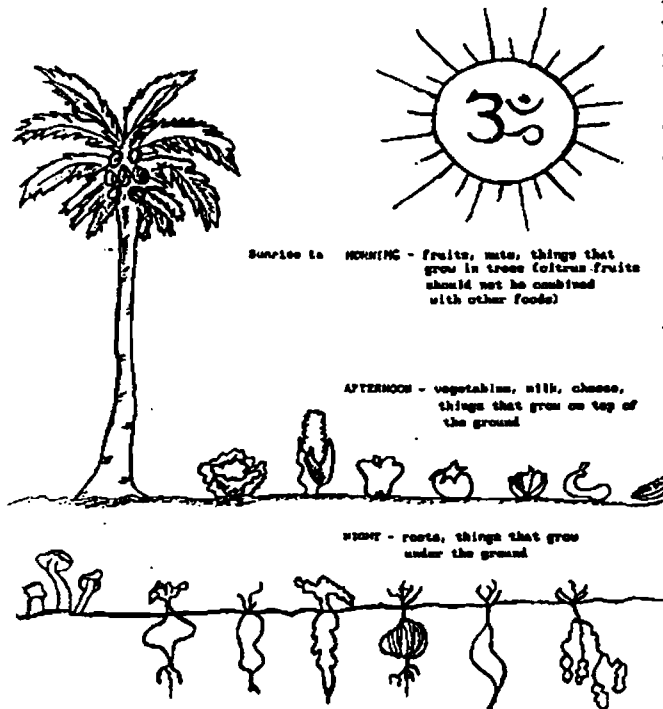
Master Yogananda demonstrated this fact in our lifetime, when his body showed no signs of decomposition after death. Many Catholic Saints and Devotees of various beliefs have demonstrated this fact in years

past.

In order to grasp the deep significance of Solar Nutrition and its far-reaching implications and ramifications, one must realize that he or she is existing on a planet called Earth, which is a satellite revolving in space-time continuum (constant motion), orbiting on its own axis around the Sun. All our life patterns are pre-synchronized to the motion of the celestial bodies. We can ignore their existence, but we cannot avoid encountering their effects. The effects of celestial bodies are in-

(Continued on next page)

## SOLAR NUTRITION, continued



We can correct our dietary habits in 28-35 days to follow natural laws of planetary motion, thus preparing the body for refinement, rejuvenation, regeneration and recycling of the Universal Life Force directly. This system of nutrition is nature's own law of energy conservation at work in the human body and environment. By progressive preparation and elimination, the human mechanism will gradually absorb Life Energy directly and be able to discontinue the intake of energy indirectly in the forms of solids and liquids.

(This material was written and copyrighted by Adano C. Ley in 1972. Thanks Adano!)



### In Case you want some proof.....

Some readers have sent me several articles that indicate that science is catching on. One comes from the *Washington Post* and reports some data from a couple of scientists that indicate that sun spots have a bearing on your fate by affecting the DNA of your mother's contributing ovum. (A detailed report has been published in March by *Radiation Research Journal*.) This has come up before: that the planets affect the sun's varying radiations via sun spots which in turn affect the planet earth. Adano's article above on Solar Nutrition seems to agree.

involved with all life forms in 1, chemical; 2 bio-magnetic; 3, electrical and 4, ideational processes. It would be impossible to live without them.

As Earthmen our Life Patterns are governed by the Sun's radiations, which affect cellular life flow and secretions. For example:

-Trees receive radiations from the Sun at dawn, as it comes up over the horizon. Fruits and nuts are vitalized for nourishment early in the day. Also, cellular bodies secrete the necessary substances to handle such types of food at this time. The Creative Intelligence has supplied the three types of protein, carbohydrate, fat, oil, water and air to be utilized by the human mechanism at each period of the day. Also bodily secretions are geared to respond better and to handle these forms of energy as nourishment at breakfast.

-At noon the radiations of the Sun are directly overhead and the leaves of the trees act as an umbrella for the fruits and nuts, but all the vegetables that grow above the surface of the earth have opened up to absorb the radiations. A greater variety is more in demand due to the body's increased activity and secretions.

-At evening, when the rays of the Sun are diminished, foods that grow under the ground are ideal (supper). Nature did not intend us to consume large quantities of food at night. Therefore, selections and varieties are limited, but balanced in the chemical relationships.

In *Omni*, Professor David Porush says that neurophysiologists suspect that at the base of the brain stem lies a facility to feel we're in communication with God. Electronic stimulation is able to send serotonin, a chemical involved in hallucinations, to this part of the brain. This research certainly fits our holographic model, but Porush goes on to say that if we have the right computer software it could well produce the cosmic feeling we all crave. (A note to parents whose children love computer games: don't stop them, they might be on to something!) Parush also reminds us that 200 years ago, Immanuel Kant believed that the laws of the "in here" are the same as the laws "out there." There's really nothing new, just shifts in perception.

And finally,

*The New York Times* in June ran a story about a modern mathematician who recently proved Fermat's last theorem. Fermat lived 350 years ago and died before he could write down his proof. Both Fermat and Immanuel Kant lived during a Uranus/Neptune conjunction such as we are in now. No wonder we are reviewing their contributions!



## THE GLYPHS

Thanks to new software, it is possible now to include the proper glyphs for the planets and constellations. Recognizing these symbols is a good first step toward learning astrology. (Good luck!)

## THE PLANETS AND CONSTELLATIONS

☉	SUN	♈	ARIES
☾	MOON	♉	TAURUS
☿	MERCURY	♊	GEMINI
♀	VENUS	♋	CANCER
♂	MARS	♌	LEO
♃	JUPITER	♍	VIRGO
♄	SATURN	♎	LIBRA
♅	URANUS	♏	SCORPIO
♆	NEPTUNE	♐	SAGITTARIUS
♇	PLUTO	♑	CAPRICORN
		♒	AQUARIUS
		♓	PISCES



WITHOUT SCORPIO  
the world would be without

AS A SCORPIO,  
you are a quiet and private person with magnetic appeal... your face composed but hiding a seething intensity. You know a kiss is worth more than a conversation.

**SCORPIO**  
HAPPY BIRTHDAY  
Congratulations on  
around the Sun one  
You love secrets and will do all you can to find out others'. If lucky, your scorpion sting turns into a lobster's claw: a tasty morsel indeed.



WITHOUT SAGIT  
the world would be  
Adventure.  
THANKS FOR BEIN

AS A SAGITTARIUS,  
you are lucky and optimistic but can get into trouble as a daredevil. Being a natural joke and story teller, your partner easily turns you on by making you laugh.

Since you thrive on challenge, boredom often causes you to drop what you have worked hard to obtain. You have great thigh muscles and love to use them!



AS A LIBRA,  
you are a just and fair person. Seeing both sides of an argument, you end up juggling other's needs against your own. You desire harmony and balance but feel you never have it.

**LIBRA**  
HAPPY BIRTHDAY!  
evolving  
are time.

## NEW ITEMS!

The NEW T-SHIRTS you've been waiting have finally arrived! They are a wonderful green color of money, and now sport a pocket and a *Longevity Circuit* logo on the front in addition to the big logo on the back. They're really handsome!

As usual, they are a heavy quality 100% cotton pre-shrunk. In two sizes only: Large and X-large.

Cost: \$16.00 plus \$4.00 S & H.



The Astrological Birthday cards now come hand-painted by popular demand! As before, of good quality recycled paper.

A set of 12 of each constellation: \$16.00 plus \$4.00 S&H.

SEND CHECK OR MONEY ORDER TO: V. CORNELL, P.O. BOX 9624, SANTA FE, NM. 87504. (In New Mexico, please add tax: 6 1/4%)



AS A LIBRA,  
you are a just and fair person. Seeing both sides of an argument, you end up juggling other's needs against your own. You desire harmony and balance but feel you never have it.

Being a natural counselor, your deep need to relate finds you talking about your lovemaking especially while engaging in it. You also appreciate beauty and art.



*Longevity Circuit* is now 8 pages! Please remember to send in your donation if you haven't done for a year or so. Or if you want to be taken off the mailing list, please please drop me a postcard. My list is huge and postage is expensive. Thanks!

This issue is dedicated to all of you out there who feel as if you have encountered an impossible task, decision to be made, or frustration to be overcome. Welcome to the Saturn square Pluto energy requiring an alchemical effort that this entire planet is experiencing in one way or another. The good news is that there is help in the form of new ways of looking at things, and secondly remember: "And it came to pass," it didn't come to stay!



**LONGEVITY CIRCUIT**  
**P.O. BOX 9624**  
**SANTA FE, N.M. 87504**

**First Class Mail**

printed on  
recycled paper

---

Holograms: a new perspective, see page 1

---

Special insert of original text of Adano Ley on Solar Nutrition, on page 5.

---