



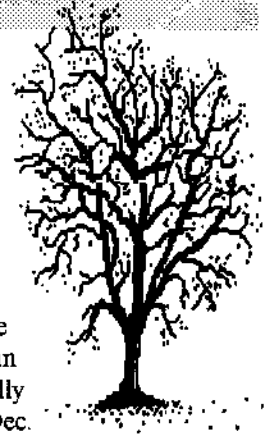
Vol. 5, No. 3, Winter, 1993

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

The Night is mother of the Day
The Winter of the Spring,
And ever upon old Decay
The greenest mosses cling.
John Greenleaf Whittier



HAPPY HOLIDAYS! to everybody, be you Christian, Druid, Jewish or whatever. We all celebrate something at this time of year of the least light when we need all the good cheer we can get. So light those candles to push away the darkness both literally and figuratively. After the Winter Solstice at 1:26 P.M. MST on Dec. 21, the days will gradually lengthen. Look for what we call Ground Hog Day, Candlemas or St. Brigid's Day on February 2 as the first day you will notice the increase in light. It is the half-way point toward the spring equinox which is why the ancients celebrated it.

So what do we have in store for ourselves this next quarter? First of all, the amazing Uranus/Neptune conjunct is beginning to pull away; that is, its intensity is on

(Continued on page 4)

YOUR WINDOW OF PERCEpTION

Deepak Chopra observes in his latest book, *Ageless Body, Timeless Mind*, that "the power of interpretation overrides the genetic imprint, causing a change in the body's informational fields." He cites many examples of deeply traumatized people and their outlet in disease as examples of negative interpretation. Conversely he draws upon many other case studies to show that a shift in point of view brings healing. If you bring your memories of the past into your present life without conscious enquiry, you are vulnerable to incorrectly interpreting your "now" as if it were your "then." Life then becomes hard, victimizing, and stuck.

But we have a tool from astrology to help us locate how we erroneously or correctly tend to interpret our life. This ascendant on the natal chart, is the point of contact between the soul and the personality, the field of unlimsonal expression of that to-physical. And this breath that a life of separateness that tation to the world. It is an gladly agree to as it gives us ing love and touch. It also pain, separation and suffering. So since our first breath we are given choice of interpretation, not free will. But that one choice we are given gives us immense power: to know Freedom, to know Love, in short to override that very illusion into which we are born.

Joy!

is **THE RISING SIGN**, or the moment of first breath. It tween the soul and the per- tality, the unmanifest into the is "breathed into us" takes on gives us our singular presen- illusion, and one that we the possibility of experienc- gives us the experience of

How can we use the information inherent in our rising sign to help us? Let us look at the 12 signs to see what the negative v. the positive interpretations might be. Where you feel guilt and fear are the markers of the original traumas that keep us locked into the illusion. This information can also help you use your Sun or Moon sign more effectively.



The first constellation is **ARIES** with the energy expressing itself as initiating and egocentric. Childish v. childlike. Yet Aries also is known for intuitive and

(Continued on next page)

The Physics of Interpretation

by Paul Zakian

"Understanding is more important than knowledge."

With this inspired quote from Adano C. Ley we begin an examination of interpretation in light of so called "modern" science. Not only can we examine interpretation, we can use it at the same time as a tool to expand the knowledge we already have. This is currently being done in many fields, include quantum physics, medicine, and spirituality resulting in the resolution of many "conflicting" ideas. Let's take a closer look at each and in the process hopefully gain a deeper understanding of how we can apply the "power of interpretation" in our daily lives.

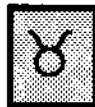
Quantum physicists since the early part of this century have been struggling with the concept of interpretation in terms of elementary particles such as the photon (light), electron (negative charge), proton (positive charge), and the neutron (neutral charge). It seems that these particles have the annoying habit of being two things at the same time, depending on the way in which they are observed. If an electron is shot at the screen of a television, a tiny point of light will appear, just as a particle should. This is how a television projects an image. However, if that same electron is shot at a barrier with two slits, it can go through both at the same time, just as a wave should. This is a classic quantum physics experiment. So which is correct? Well, that all depends on interpretation, but it sure is useful to have both, since the electron in its wave form is what carries the television signal through the air without wires. This phenomenon is called particle/wave duality and has had far reaching implications in expanding scientists' interpretation in many other fields.

Another area open to interpretation in physics is the phenomenon of "non-local connections." Physicists in the 1980s found that shooting twin protons in opposite directions at special high-speed sensors showed that the protons stayed properly "lined up" with one another over a distance of 50 feet. They realized that to achieve this feat, the protons would have to communicate faster than it took light to travel. Since speeds faster than light are currently not considered possible in our universe, the scientists determined that the protons must be connected in some other way, non-locally as they called it. Another physicist, David Bohm, made the analogy of watching a fish in a tank (that was in another

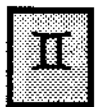
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Windows, Continued

spontaneous action. So he can choose to view the world as something to fight or something to lead until he finally sees that he and his extended body, his environment, are one.



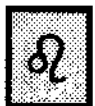
TAURUS has the choice of security derived from material possessions or security from knowledge of inner resources. If his self-image is damaged from rejection or limitation, he will take the path of tangible assets; if his image is whole he will trust the process rather than the product.



GEMINI has the opportunity to reevaluate the most basic premises on which his life hinges. He can either hold to the original misprogramming and live a life of duality, or he can rewrite his core beliefs through new perception based on curiosity to discern the truth.



CANCER can interpret life through the eyes of tradition and maintaining the illusions of the past, or he can develop trust in his intuition to feel competent to handle the vicissitudes of life. If he interprets life as being threatening, he will stay in his shell or cling to the past; if he feels his physical body to be the manifestation of intelligence he will move freely through the universe.



LEO's choices pivot around taking risks based on knowledge that there is unlimited energy. If his viewpoint is one of limitation then the world create a hisdemands on the loss of his native healthy Leo nature is aristocratic, his generosity of spirit flows unceasingly from the totality of his being.



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VIRGO's challenge lies is looking at the way ordinary things are done. On the one hand this sixth sign can be obsessive about details to avoid inner inquiry, using work as an escape, or negatively finding fault with others as an attempt to force perfection on themselves and others. They often serve out of guilt. Or they can be positively methodical and critical to bring about self growth and healthy bodies, knowing that "they also serve who only stand and wait."



LIBRA, the sign that hangs in the balance between day and night has a particular challenge in finding equanimity. On the depleting side, Libra can understand or swing back and forth between two opposing viewpoints only to be caught in self-doubt and indecision. The healthy Libran however takes no posture and views the world of opposites without judgment. He then makes decisions based on the conditions of the present moment.

(Continued on page 6)



LOOK! HERBS FOR HEALTH

Janet Snowden, L.Ac. O.M.D. brings another readily available herb to enhance your longevity lifestyle and a line drawing from *The Book of Kudzu* to aid in its identification. For more information, write to Jan at P.O. Box 1731, Silver City, New Mexico, 88062 or call her at (505)388-5288.

KUDZU

Pueraria lobata, a.k.a. kudzu or Japanese arrowroot, arrived in the U.S. from the Orient in the 1800's. Its purposeful introduction into this country offered potential economic value as a source of animal and human fodder, fiber for clothing and a natural solution to soil erosion (being a member of the *Fabaceae* or pea family it is a nitrogen fixer and therefore nutrifying to the soil as well.). However at some point thereafter its presence was largely forgotten and being a hardy sort of plant it spread vigorously and rapidly albeit quietly throughout the South--its favorite climate zone. By 1945 it had overrun and choked out half a million acres of forest, fields and a quantity of buildings in the Southeast.

While the Southerners flapped about, discussing how to eradicate this unspeakable weed, the Japanese moved in, erected a factory in the midst of it all and proceeded to harvest and process the entire plant for export to the Orient(!) where it has been used as food and medicine for centuries.

If you've never seen a kudzu it is actually quite a lovely climbing vine with palcate shaped leaves and reddish purple grape scented pea flowers which bloom in loose racemes from July to September.

Though native to Japan and S.E. Asia it is now worldwide, and here in the U.S. grows as far North as Pennsylvania, South to Florida and West to Texas.

It is easy to grow from seed or root division and will attain heights of 40 - 50 ft. within a season if provided with some shade and a moist atmosphere. *Lobata* is the most familiar species but *pseudo-hirsuta* and *thomsonii* are also used for the same purpose.

Every part of the plant may be used: root, stem leaf, flower, and seeds--each has a specific but similar use. *Pueraria* is described as a sweet neutral pungent nontoxic plant high in flavonoids and saccharides. The seeds were used as a folk remedy in the treatment of dysentery and alcohol poisoning/intoxication: 1/2 oz. decoction.

Flower tea imparts a sweet cool energy to the stomach, quenching thirst, relieving acidity or heat and nausea from alcohol poisoning: 1/2 oz. infusion.

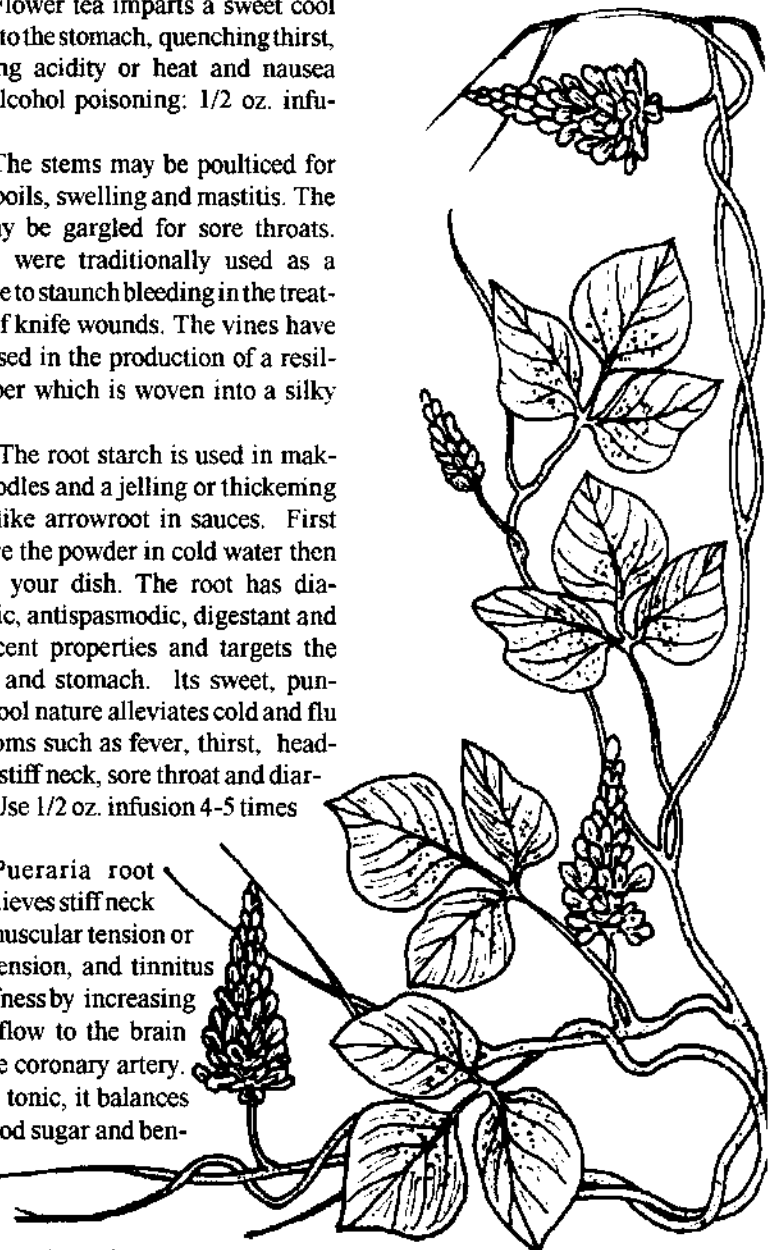
The stems may be poulticed for sores, boils, swelling and mastitis. The tea may be gargled for sore throats. Leaves were traditionally used as a poultice to staunch bleeding in the treatment of knife wounds. The vines have been used in the production of a resilient fiber which is woven into a silky fabric.

The root starch is used in making noodles and a jelling or thickening agent like arrowroot in sauces. First dissolve the powder in cold water then add to your dish. The root has diaphoretic, antispasmodic, digestant and demulcent properties and targets the spleen and stomach. Its sweet, pungent, cool nature alleviates cold and flu symptoms such as fever, thirst, headaches, stiff neck, sore throat and diarrhea. Use 1/2 oz. infusion 4-5 times a day.

Pueraria root also relieves stiff neck from muscular tension or hypertension, and tinnitus or deafness by increasing blood flow to the brain and the coronary artery. Mildly tonic, it balances the blood sugar and benefits diabetes and hypoglycemia.

Mix with cinnamon or ginger to neutralize acids in the body and relieve the minor aches and pains from muscle tension- 1/2 oz. decoction.

The flower and/or root serves as an excellent home remedy for "sobering up," hangover, and replenishing the body fluids. This may prove to be a welcome panacea over the holidays.



Drawing taken from *The Book of Kudzu*, by Shurtleff & Aoyagi

CURRENT TRENDS, cont.



the wane. Some of you may be glad, others sad, depending on how you have used this energy. The best use was to grove in its gratuitous gift of intuition, spiritual growth and creative solutions.

The **Pluto/Saturn square** is still with us. It peaks around the middle of December and early January and dissipates as Saturn moves into Pisces on January 28th. At its best this square can bring about magical outcomes, at its worst we may want to roll over and play dead. People whose charts have late degrees of the fixed signs (Taurus, Leo, Scorpio and Aquarius) feel this energy most intensely and will have to consciously choose between being an Alchemist or a Martyr, being tenacious or cold-hearted, being self-disciplined or fanatical.

With **Saturn moving into Pisces** beginning a new 2 1/2 year process, we will feel a new energy around its issues of occupation, building structures, whether figurative or literal, and responsibilities (generally speaking). Saturn hasn't been too harsh in Aquarius if you prefer freedom and autonomy over guilt and duty! Just look at the political changes in the last couple of years for some idea of how that has worked.

Now, however Saturn is moving into a constellation that is not as compatible; for Pisces energy is watery, even wishy-washy, glamorous, trendy and deceptive, often confused; but also spiritual, quiet, and creative.

How will Saturn be affected as he dons this new cloak of energy? Things will go more undercover, changes will often occur without a lot of fanfare; and you may personally find you are doing a lot of difficult work alone and without appreciation. At its worst you may elect to take the martyr's role, or you may find yourself depressed, alone or doubtful.

Some may experience paranoia or panic and that includes governments and structured institutions.

Interestingly, **Jupiter** also is in a water sign now, **Scorpio**, after spending 1 year in Libra. Since the constellation of Scorpio is secretive, sexual, mystical as well as materialistic, corrupt and ambitious, Jupiter, the planet of increase, wider horizons, religion, and law, will bring up issues and change attitudes about money (including the stock market), sex, religion and organized crime.

On the personal level you might find yourself increasingly ambitious, even ruthless or corrupt about obtaining money. Or you may spend too much money due to increased optimism and a greater interest in pleasure. Your sexual energy may also heighten as may your self-esteem.

This transit, you can see, has the potential to balance nicely the more modest and reserved energy of Saturn in Pisces. Together these combined transits make a trine and consequently give some ease in handling negotiations, finances and international business.

Some nice news for those of you who may have **14 degrees** in your chart: for **Jupiter makes a station** on this number for an unusually long time: 6 weeks! Be sure to say yes to everything that comes along if it brings an increase in money or prestige: even if you think you can't do it, remember that Jupiter teaches us that one door opens another door. A "NO" here could have cosmic ripples.

November brought us a couple of eclipses: the **Solar eclipse** at 21 degrees Scorpio and the **Lunar Eclipse** on the 29th at 7 degrees Gemini. Look for those numbers in your chart or the houses in which they took place and

concentrate on issues in those areas.

Mars has picked up speed since its long retrograde earlier this year. He enters **Capricorn** on the 21st of December and since Mars rules how we use our energy, you might want to consolidate and organize how you do things for the next month. Perhaps you will feel some fatigue, not surprising around the holidays anyway, and may feel more work oriented than usual. At the end of January he accompanies Saturn into a new sign: in **Mars' case** he enters **Aquarius**, the sign that Saturn is leaving, helping us taper off that detached, intuitive energy, and perhaps bringing us lots of activities around groups, institutions and changing our goals in life. As Mars joins Venus in Aquarius for 2-3 weeks along with Mercury, look for a lively late January with some unexpected pleasures and activities.

On **February 7th**, **Mercury goes retrograde**, meaning its apparent motion is backward. Although illusionary, this phenomenon can nevertheless wreck havoc with travel plans and communication. The usual caution: don't sign a contract or initiate travel arrangements until after backward motion is completed on **March 4th**.

On **January 11** there will occur a rare grouping of 7 Capricorn planets within 9 degrees of each other affecting structures and bringing the ability to put form and function into those new ideas we have just been given from Uranus and Neptune. If it is true that planets affect the sunspots then we might also see geographical and biological changes (to the children of conceiving women). This alignment can be seen as either positive or negative depending on your interpretation. As my teacher used to say, "The doom and gloomers will always be with us." In quantum physics we know that each of us receives according to our awareness and expectations.

So **Happy New Year** and may it be filled with many new enlightening perceptions!



SOLAR NUTRITION

Solar Nutrition is a system of eating that was reintroduced by Swami Nityananda as a method of realigning the body to synchronize with the planet. By doing so, many stresses are eliminated from the life style, thus enabling one to conserve more energy.

This extra energy has several important uses: the most obvious is to **slow down the aging process**, since recent studies in aging indicate that stress is a prime factor in the deterioration of the cells. That alone would be a tremendous benefit.

Another equally, if not more important benefit, is that the release of extra life energy can be used to **help us obtain our potentiation, individuation or Self-realization**, what ever name you use for it doesn't matter.

The fact is, it takes enormous effort to overcome the programming, the consensus reality into which we have all, or almost all of us have been born. St. Theresa said, "Heaven is won by violence." Swami Nityananda, on the other hand, offered an alternative route: "Eat you way to butterflyhood."

The release of energy from putting food into your body at the right time comes from the productive and efficient use of that food. The body doesn't have to fight with itself to break down the food, transport it around the body, incorporate it cellularly and release unusable matter. The whole process is timed with the endocrine system and the tides of the blood at the same time it is correlated with the growth process of the ingested food itself. That

is why the first rule of Solar Nutrition states:

"There is a time and a season for everything."

Our bodies need certain nutrients for certain organs at a certain time, and nature grows those plants at just the right time to accommodate us! So fruits and nuts that grow high up on trees nurture the head and upper part of the body in the morning; and vegetables that grow on top of the ground nurture

"Everything is medicine for the system, too little or too much is toxic."

Everything under the Sun has a purpose, else why would it exist. Since the human body is the only viable being that incorporates all the elements found on the planet, it will need to partake of some or any other life forms to obtain any missing nutrient it needs.

Actually there are 5 "Laws" in Solar Nutrition. And for almost 5 years we've been talking solely (soully?) about Laws 1 and 2. So let's begin to get acquainted with Laws 3 and 4 which are:

Law 4, Eat to get sick

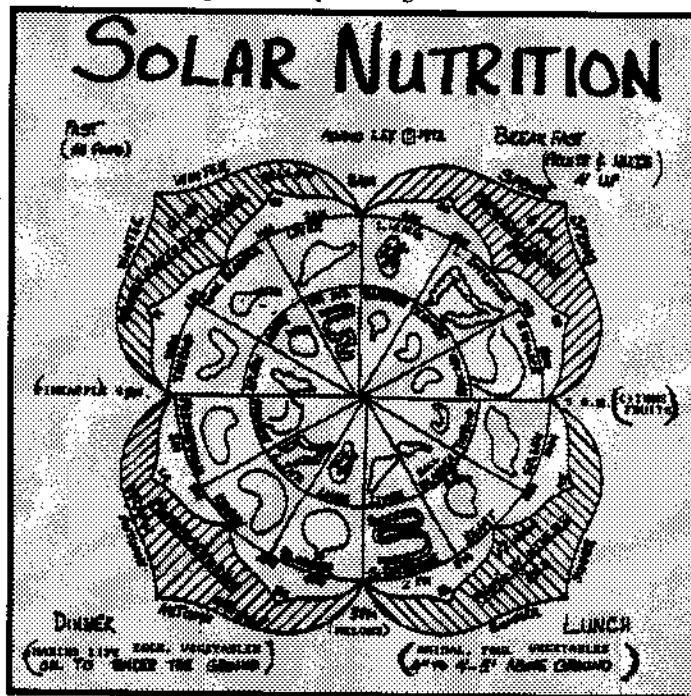
Law 5, Eat to get well.

The idea here is that in most cases people don't take an interest in their health until it isn't there for them anymore. Consequently we eat every imaginable thing we want until our bodies begin to break down. Then we begin to ask ourselves what we can do differently to restore our natural healthiness.

Usually the completion of processing rule 4 takes the first thirty years of our lives. And most of us can and do get away with all the crazy eating habits typical of the so-called modern American life-style.

Then after the age of 30 we begin the process of rule 4 which is to clean up our bodies and regain our normal healthiness through proper nutrition. Ironically, this is when we actually begin to take Rules 1 and 2 seriously!

Bon Appetit !



the middle part of the body in the middle part of the day; and things that grow underground or in darkness yield their nutrients to the lower part of the body at night.

In case you haven't noticed, there is **no injunction** not to eat anything. Anything can be eaten so long as it is eaten on time. Or you could say, being "in time, on time, all the time," releases energy into the psyche giving it the freedom to do more heavenly chores! Which brings us to the 2nd rule of Solar Nutrition which is:

Windows, cont.

♏ **SCORPIO** takes on the challenge of polarity as his very intense emotions can either kill him or cure him. He can either explore the invisible ranges by a deep desire to merge with totality itself or he can self-destruct out of revenge and possessiveness. Incorporating ambiguity is his path out of the darkness.

♐ **SAGITTARIUS**, the prophet will he act on his ideas and vision or will he be content with thought? Here lies the possibility of jumping into the abyss from the heights of the intellect, or self aggrandizement in arm-chair philosophy.

♑ **CAPRICORN** challenges control. Initially his life is sustained due to his ability to discipline himself. If this spills over into maturity, he boxes himself into structures that stifle. To interpret life as being ordered within the chaos, the Capricorn gives up his need to be in charge and lets life flow through him.

♒ **AQUARIUS** interprets life from the vantage point of higher consciousness and detachment when his energy is healthy. But the downside brings the inability to see the common thread that is woven through us all and detachment then becomes inability to commit to anything. The healthy Aquarian knows that we all come from the same source of living water.

♓ **PISCES** can interpret life as the wave or the ocean, as the victim, or the mirror, depending on the definition of his own boundaries. His downfall is being used, confusing service to others with service to his own needs. Ideally (and Pisces loves the Ideal), he can entropically merge with higher consciousness from the vantage point of individuality.

BREATHEBREATHEBREATHE

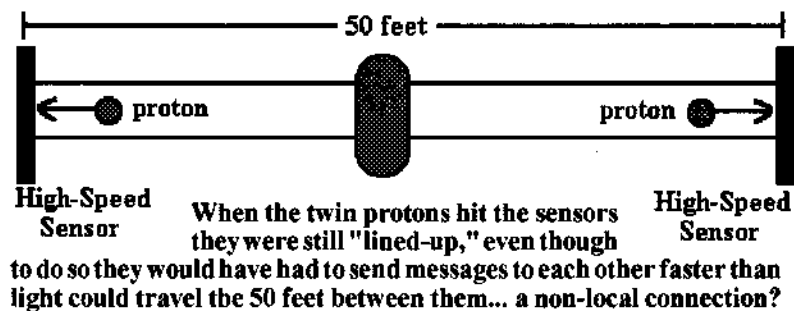
Physics of Interpretation, cont.

room) through two video cameras pointed at the tank at different angles. If you didn't know the images were the same fish, you might think that there were two fish communicating instantaneously with each other, since each would turn at exactly the same moment as the other. As in the case of the protons in the experiment, at a deeper level of "reality" or "cosmic unity," they might actually be the same particle, but our interpretation of the information from our senses shows them as separate.

Interpretation holds a particular power over the field of health where the

pretations as a key to health. He observes, in his latest book, *Ageless Body, Timeless Mind*, that "... what seems to produce the greatest perceived threat in a given situation are the following: lack of predictability; lack of control; and lack of outlets for frustration..." And each threat is based on our expectations, which in turn are based on our memories. "The curse of memory is that it ages us from the inside; our inner world is getting older, shutting us out from reality, which is never old."

So what options do we have besides a complete lobotomy? Again,



placebo effect seems to retain much of its power. Most people know of at least one placebo story, a family on a trip giving a sick child a candy that looks like aspirin to swallow and the child miraculously feels better for the rest of the way home.

How does the body pull off this miracle? Through interpretation, of course. Another story tells of the swami in India who was bitten by a rabid dog. He was advised to see a doctor, but refused on the grounds that he could not be hurt owing to his ability to counteract the poison through will-power. Several weeks later, while he was involved in a heated political debate he keeled over, dead. Unfortunately, it seems that when his focus was shattered, so was his immunity to the disease. So we see that control over interpretation is not the same as a true shift in interpretation.

Deepak Chopra is one of the more vocal advocates of shifting inter-

a shift in interpretation would do us wonders. Looking again at quantum physics, we see that the electrons seem to be able to shift instantaneously to fit the needs of the moment, be it a spot on a television screen or a wave travelling through empty space.

This dualistic ability of light sounds familiar. Long before modern physicists had their equipment, Paramahansa Yogananda himself said in *Autobiography of a Yogi*, "The ancient Vedic scriptures declare that the physical world operates under one fundamental law of *maya*, the principle of relativity and duality. God, the Sole Life, is an Absolute Unity; He cannot appear as the separate and diverse manifestations of a creation except under a false or unreal veil. That cosmic illusion is *maya*."

Here we have a correspondence with Einstein's theory of relativity, particle/wave duality, and the underlying (Continued on page 7)

Physics of Interpretation, Cont.

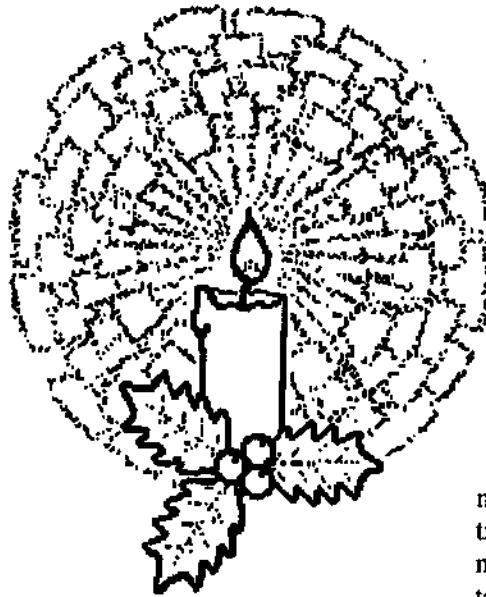
unity present in our proton/fish analogy. However, even though validation is always nice to have, how might interpretation be applied in a real life example of spirituality.

Itzhak Bentov, in his book *Stalking the Wild Pendulum*, provides a very interesting analogy of this phenomenon of light's particle/wave duality theory. He describes the emergence of a tribal rock god. A smooth valley provides the setting with a large rock providing the individuality. We only see the rock in contrast to the flatness of the valley. (This is like the electron and the screen, we only "see" the electron because we put a television screen in front of it.)

He asks the reader to suppose the rock has a very rudimentary consciousness. Birds first come and make nests in the rock and the rock begins to "evolve" in a rock sort-of-way through the help of the relatively higher consciousness of the birds. So maybe later people come along who are sensitive to this boosted "ego" of the rock and feel the protective abilities the rock has picked up from the birds. Eventually, the rock might "show-off"

for these people by doing some silly rock trick, impressing them, inspiring more devotion and attention.

Now we have a cycle going with our new found rock god. The interpretation of the people allowed them to give up their power to a



rock. Of course, we of higher evolution bring the rock up by association, just as we might bring ourselves up by associating with higher consciousness.

Bentov extends the analogy to "beings" of higher levels than ourselves including our concept of the "absolute" to show how evolution is an energy exchange process. Here interpretation is working in the progressive direction to bring us to "higher" levels of awareness.

So it seems that interpretation is a fundamental process in our relationship with our environment. We are constantly interpreting sensory data to create a manifestation of reality to meet our needs.

However, research is showing us how our interpretations can bind us, both into a limited view of "reality" and into unhealthy modes of living. Science has begun to uncover how interpretation can affect the way we see the basic nature of matter, while medicine is finding that shifting interpretation can be a very helpful technique in enhancing health. Although a true shift in interpretation might take tremendous energy, the results can be spectacular, uncovering innovative, healthier ways to relate to our environment in our day-to-day living.



Welcome and Thanks

to our new co-publisher & co-editor, Paul

'aul is an electrical engineer whose many skills include desktop publishing and software. Look for continued improvements in style and content.



Also many thanks to Jan Snowden, our Herbal Editor, and Andrea Potts, our Poetry Editor for their sustaining contributions.

And remember, *Longevity Circuit* is still a donation dependent newsletter and everyone contributes freely so don't forget your donation if you want to continue receiving it. If you would also like to contribute an article that is also most welcomed.

More of Potts Poetry

A medly of winter images.....

by Andrea Potts, of San Francisco

Summer
can take up
so much time
in one's life
til fall
kills leaves
and finally
gives birth
to sweet
winter.

Tired dry trees
put on bright fall dresses
to celebrate
the long white sleep
ahead.

Rain-snow
drips and clings helpless
to older ice
shivering in the mud.

A limbless
forest
stiff
yet secretly
shivering
its timbers

THE PHYSICS OF INTERPRETATION, on page 2

HERBAL HOLIDAY HANGOVER HELPER, on page 3

First Class Mail

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SOME NOTES:

"There is no biochemistry outside awareness. Every cell in your body is totally aware of how you feel and think about yourself. Once you accept that fact, the whole illusion of being victimized by a mindless randomly degenerating body falls away."
Taken from *Ageless Body, Timeless Mind*, by Deepak Chopra

I believe the "Big Bang" theory of the origin of the universe is really a symbol for humanity's birth into the illusion of three-dimensionality, consensus reality and limitation. Virginia Cornell, Astrologer!

Coming up in the Spring "The Next Five Minutes." (Curious?)

Last, but not least, Happy Hollydays! Love,