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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

THAT FUNNY LOOKING BALL you see below is Jupiter, the red giant, and he's creating quite a stir these days, just as you would expect. Symbolically, Jupiter at his worst rules hyperbole, i.e. extravagant exaggeration. And in case you haven't heard by now, which is highly unlikely since *Time Magazine* has come out with a sensationalist cover story about Jupiter, the largest planet in the solar system is going to be strafed by a series of meteor fragments creating an immense blast through the Jupiterian atmosphere.

Jupiter is an interesting planet, being made up primarily of dense gases. Its speed of rotation is less than 10 hours compared to our 24 hours, and it is the only planet around which meteors orbit (they usually orbit the sun). It also has asteroids and 16 moons



(Continued on page four)

DOES ASTROLOGY "WORK" FOR EVERYBODY?

EVERY ONCE IN A WHILE a client comes along who does not fit with his chart. That is to say, the promises in the natal chart do not come to fruition and the transits do not unfold. Given the fact that one of the characteristics of an enlightened man is to choose his timing, but not using it to avoid confrontation, we can look at these rare unfulfilled charts as being delayed. However, my teacher of astrology insisted that transits could not be put off longer than ten years and yet that is exactly what we find. Therefore we must look for another explanation.

If we look at the difference between free will and free choice we begin to get some clues. If we had free will we would know the number of hairs on our head, or we would be able to choose our sex, etc. (Please note those of you who feel these choices are made before birth: we are talking here about the breathing-in-the-physical-body state, not about pre-birth choices.) Free choice, on the other hand, is what you do with those hairs, like cut them or dye them. Free choice grows, the more healthy we become, the more choices and options we have, until we are ultimately free and our astrological chart has no hold over us anymore. Yet some of us get stuck and fail to realize our potential promised in the stars. Why?

An article in the *New York Times* gives one possible explanation. In very early childhood when the synapses of the brain are making interconnections, lack of brain stimulation inhibits the number and complexity of that network. Children, then, who are intellectually deprived, grow up with less and/or different brain channels than other children who are given opportunities to develop their communication pathways. In adulthood they appear to have less choices, as their inner resourcefulness is limited biologically. As parents, or as adults who work

(Continued on next page)

DOES ASTROLOGY WORK FOR EVERYONE?

CONTINUED

with children we can change or modify this problem by making available an environment that provides the right amount of stimulation to help the infant or small child develop his brain capacity, and ultimately his resources for choices in adult life.

Another explanation lies in "tribal" consciousness and the Piscean Age may likely be seen as the Age of Guilt. That is, group consciousness, by using guilt as a weapon, prevails over individual growth and potentiation. Some examples are organized religion, social convention, and cultural programming.

If one deviates from the accepted norm, the consensus reality, there is a price to be paid: shunning, as the Amish practise to this day, or some other form of isolation, deprivation or threat such as "burning in hell." Pretty scary stuff to go against... and many don't because their need

for approval exceeds their need to be free. That is definitely a choice, but frequently one that prevents further choice. On the positive side, global consciousness is affecting tribal consciousness. That is, the big picture is forcing change on the little picture: modern life with its mobility, nuclear families, instant communication and over-population and time crunching are antithetical to so-called tribal consciousness and you can see those effects everywhere: i.e., problems in the Catholic Church, the American Indian cultural clash with the whites, and genetically based social strata giving way to "new money."

There is a third factor which is the environmental/cultural combination. These are people whose charts are prevented from unfolding due to circumstantial lack of choice. The black person born in the prejudiced white supremacy community, and



GEMINI

other disenfranchised; or poverty, sex (read female), age (either too young or too old), physical infirmity, etc. This area is particularly difficult because the controls are imposed both internally and externally.

You could say that all this is fate or destiny and to accept what can't be changed, and in many cases that is true. However, think about what Solomon said: "There is a time and a place and a season for everything." Swami Nityananda expanded that by saying that timing rules health, place rules wealth, and season rules personal relationships.

Adano said, "He-al-th: health is all there is;" and it comes from timing, just as your car won't run without timing, no matter how expensive or loaded with extras. To quote, "Lord Health, before Lord Dollar!" We have Solar Nutrition to give us timing.

After finding "Lord Health" we are ready to pursue "Lord Dollar" and for that we must find the right location on the planet to develop our occupational niche. (Incidentally, Adano's definition of niche is "being paid well to do a job you love doing well.") Astrological location analysis is readily available now to determine your best location, and the Aquarian Age has given us mobility.

Finally, season gives us the ability to find our right partner. If we don't know this through actual body compatibility we can find it in chart comparisons. A hot and a cold person have real differences in needs. Similarly, a Leo born in August who is warm and an Aquarian born in February who is cool will be too far apart to meet each other's needs.

So the answer to the question, "Does astrology work for everyone?" is "Yes, No, Maybe."

The quote of the Year!

Justice Blackmun, who recently retired his position on the United States Supreme Court, responding to a reporter who asked him about his current feelings about Roe v. Wade, the Decision that gave women abortion rights: "It was a good decision then and it is now and is a small step toward the complete *emancipation* of women." (Italics, mine)

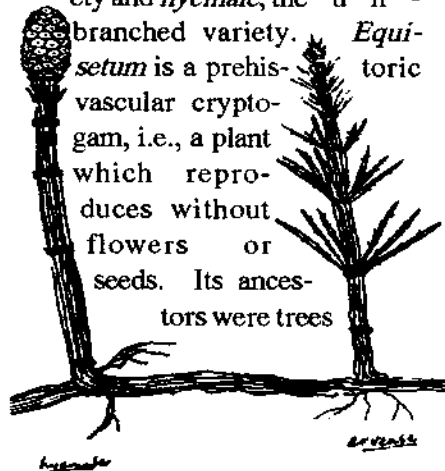


LOOK! HERBS FOR HEALTH

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

A Momentary Glimpse into the Microscopic Life of Equisetum

Equisetum is named for its resemblance to a horse tail, but also goes by the name of "scouring rush" owing to its long time reputation as a fine abrasive cleaning and polishing tool. There are basically two common species: *arvense*, the branched variety and *hyemale*, the unbranched variety.



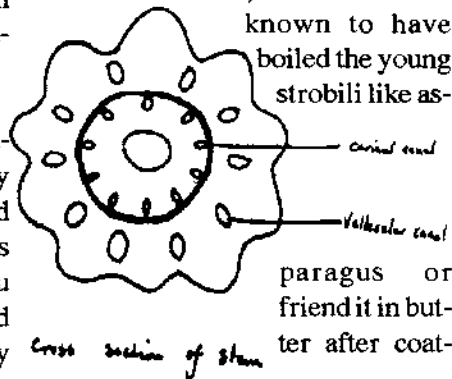
Equisetum is a prehistoric vascular cryptogam, i.e., a plant which reproduces without flowers or seeds. Its ancestors were trees which grew up to 60 ft. high and were widespread throughout the swamps. Upon scrutinizing a cross section of soft coal under a microscope one would find embedded remnants of tissue and spores -- an encapsulated history of their existence 300 million years ago.

The 2-4 ft. variety is scattered throughout the world today and is generally regarded as a weed by those who are unaware of its qualities. On close examination you will see that the stem is finely ribbed with nodes or joints where tiny

leaves are whorled around it. The inter nodes become increasingly long towards the base giving it a telescopic appearance. Stomata, tiny mouth-like structures, lie in grooves between the stem ribs and serve as gas exchangers. A cross section of stem reveals distinctive canals for water and air conduction which serve respectively to enhance its ability to absorb minerals (especially silica) from the soil and protect from water-logging. It was at one time used as an indicator of gold.

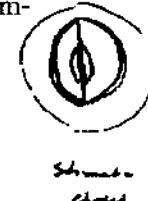
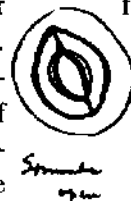
In spring a strobilus or conelike structure at the stem tip elongates, releasing spores with ribbon-like appendages, elaters, which aid in dispersal of the spores on the wind. In the early stages of its development into another plant, its sex is nebulous. Light intensity and temperature effect the expression of sexuality. High light intensities which favor vegetative development, evoke formation of bisexuality which may transform into female while high temperature influence male development.

As an edible, the Romans were known to have boiled the young strobili like as-



paragus or friend it in butter after coating with flour. The native Americans ate the inner portions of the young stem as well as the rhizome raw or boiled. One tribe drank water from the water conducting carinal canals for therapy. The shoots are thought to build red and white blood cells. It is diuretic, astringent and anti-inflammatory, used for urinary tract disorders, diarrhea or nosebleed, mouth or stomach ulcers or intestinal bleeding. Ashes were applied to severe burns and a hair wash made from tea was used to control lice, fleas and mites. However, consistent long term use may be an irritant to the kidneys.

As an abundant natural source of silica, it was prescribed for T.B. damaged lungs as well as anemia and general weakness. It is also an excellent promoter of healthy bones, hair and nails, perhaps even brain builder as a silicon chip!



This plant likes moist meadows or marshy areas. Take care when gathering not to pick near agricultural runoff areas where tonic residue from pesticides might exist. This is a beautiful and unusual perennial to have in the garden. Just provide a sandy soil and plenty of pure water. It is easily transplanted and will reproduce asexually as well by spreading underground roots.

CURRENT TRENDS, cont.



encircling it making an entourage of activity. [(Most of the scientific information I am relaying to you comes from the Internet and specifically from an astronomer in Australia (see the accompanying paragraphs below). There is an interesting absence of *astrological* information, however. Repeated visits to the Internet revealed nothing!)]

Comets on the other hand are fragile, delicate masses of ice and are frequently unpredictable. Remember Comet Kahoutek? This, our current comet, is called S-L 9 after the two astronomers who found it, Shoemaker and Levy, and is comprised of 21 comet fragments travelling at a breakneck speed: 130,000 m.p.h. Each will deposit kinetic energy equivalent to 200,000 megatons of TNT inside the atmosphere of Jupiter. The larger fragments will deposit more. The entire process will take 6 days, beginning on July 16 and ending on July 22. The results of these explosions are uncertain including possibilities of another "red eye," fire balls, changes in radioactivity, etc. Unfortunately all this is going on on the "other" side of Jupiter but hopefully Galileo, the space travelling telescope, will be working sufficiently to give us data.

So what does it all mean? If one looks at the words used to describe Jupiter and the upcoming collisions you get a certain feel for it psychologically. Jupiter is the teacher, the guru, the dreamer, the prophet, and the hierophant. He brings good luck and prosperity, and points the way to a greater world vision, philosophy and religion. Together with Saturn he acts as the anchor which holds the outer planets in our solar system. Yet he is also the televangelist and the armchair philosopher without experience who exhorts others to live as he does not. He can be excessive and full of hot air and

is often surrounded by parasitic activity both literally and figuratively. And now, a delicate but cold and powerful force is going to penetrate his facade, like a machine gun, introducing megatons of new energy, similar to the sperm imploding within the ovum.

How will we experience the conception of the new Jupiter? Other astrological happenings tell us we are in a critical period for growth. Look at the many influences of Jupiter: he is currently travelling with Pluto, the planet of transformation and restructuring, in Scorpio just as Pluto is getting ready to move into Sagittarius, which is ruled by Jupiter!

This near mutual reception makes a stronger Pluto and a stronger Jupiter. Jupiter, already used to his inflated status, is being re-energized. Religions, cultures, financial inequities continue to polarize us. Our personal sense of rightness intensifies. Jupiter's strafing may be the kick-start energy that will get the changes going.

We on the planet Earth will most likely witness increased energy in militant groups causing public eruptions, street riots and confrontations, for many will attach to the excessive equalities of this great giant. Financially the stock market might explode, causing changes in our financial system. Religiously, we might experience a renewed sense of orthodoxy, or more likely a new energy penetrating the established religions bringing fresh ideas and new thought.

Our second influence is the Plutonian intensity that transforms,

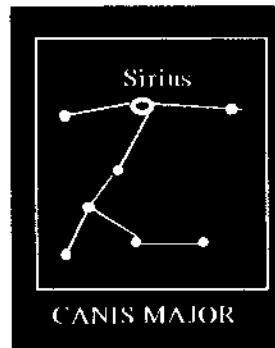
rebuilds and renews-- after it gets rid of the old. Pluto and Jupiter combined create the desire for power, leadership and money, and in December these two forces are going to hook-up, Jupiter with its bombarded energy implosion and Pluto making his grand exit out of Scorpio and into Sagittarius. Look for

fanaticism, your own and others; political exploitation, government wastefulness (so what else is new??) and legal problems. Those who will most likely feel this energy are those born in the late degrees of Taurus, Leo, Scorpio and

Aquarius. If your birthday is in the mid-to-late teens of May or February, or the early 20s in August and November, be ready for change.

And thirdly, the brightest star in the Northern Hemisphere, the fixed binary star called Sirius has come into alignment. This once in 50 year occurrence happened in April and captured the attention of astrologers even more than the Jupiter event. Being in the constellation Canis Major, Sirius is colloquially called the Dog Star and is considered to be beneficent, bringing prestige and prosperity. He figures mystically in many religions and cultures: the E.T. people including the subset of Dolphinists, the Egyptians, the American Indians and some Mexican cultures, to name a few. When Sirius A and Sirius B align it is described as a holy union (another birth) a magnification in the energy, quite similar to what is going to happen to Jupiter, only more of an optical illusion rather than a penetration of energy. This happened at 13° of Cancer, and the Jupiter collision will begin when the Sun is at 23° of Cancer and Jupiter is at 5° Scorpio. These are both water signs affecting us all emotionally.

These three occurrences: the rare Jupiter strafing, Pluto's entrance (continued on page 7)



SOLAR NUTRITION

In the Winter, 1991 issue of *Longevity Circuit* we began this column with the most general Solar Nutrition information. For those of you who have not been with us that long, it first appeared in just one column called "Health Corner" and in the next issue became a regular feature. This issue marks the end of a series of general information on Solar Nutrition and a movement into a more detailed phase, called "Know your organs" (and we're not talking Wurlitzer here). Each issue will cover in depth one organ of the Biological Time Clock as it is known in Traditional Chinese Medicine. Also known as the organ clock, we have used it with Adano C. Ley's additions as the center graphic in most of the solar nutrition articles for the past two years. Each of the twelve major organs of the body and their daily time relationship are shown on it. These concepts are the cornerstone on which Solar Nutrition is based.

Here is a quick review of the general solar nutrition information for our newer readers. We have compiled a small packet of all the solar articles for you or anyone else interested if you will send us a note and SASE with a donation.

The five rules of solar nutrition

General morning, noon, and night foods (see page six for a detailed listing of the timed foods)

Effects of solar nutrition (i.e. parking spaces, phone rings when you walk in the door, general synchronization with the environment).

Weight-loss foods (starred items on

food chart, almonds to set body weight, etc.)

Blood sugar regulators (Foods to raise your energy that also heal a loss of sweetness in life)

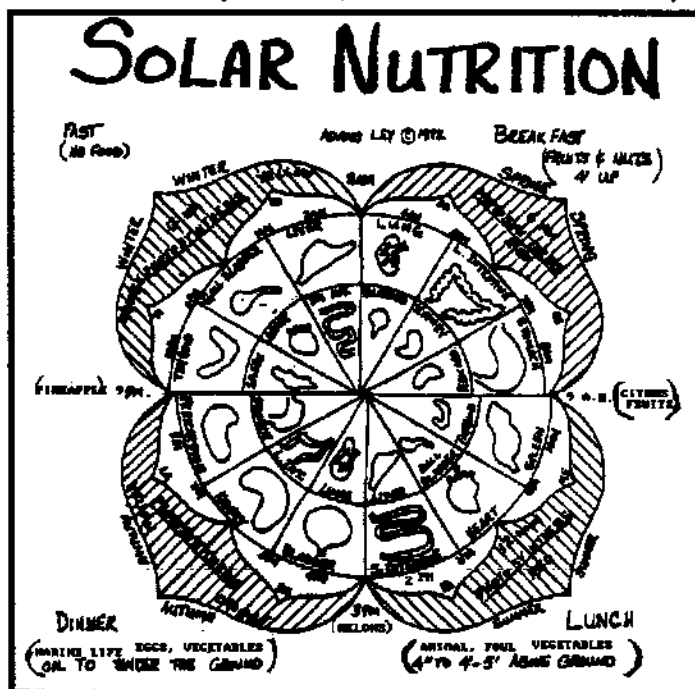
The major body cleansers (This area will be more detailed in the issues to come)

Emotions as chemistry. (How foods affect your mood)

The "spirit" vs. the "letter" of the laws (discriminating choices about solar nutrition)

THE BIOLOGICAL TIME CLOCK or organ clock 'is a wheel of basic energy relationships and their flow that was discovered by the ancient Orientals. It is still in use today as a diagnostic tool in Traditional Oriental Medicine. Adano C. Ley used it to time the foods, realizing that each organ of the body has a period of replenishment called the "High Tide of the Blood" and a time of rest called the "Low Tide." The timing of the foods we eat corresponds with the needs of the organ in its High Tide as indicated by the Biological Time Clock revised by Adano and seen in the center of the page.

You will notice that each organ has a two hour period starting at 3am to 5am. with the lungs in the process of regeneration. It is no wonder that the masters and sages of all times have recommended meditation and breathing exercises at this time. The organs and their times follow in order:



Travelling with Solar Nutrition (The essential foods to take on trips anywhere in the world)

Stress management & Solar Eating

Fast food "solar" (Healthy food choices while eating on the run.)

Blessing non-solar foods (The ace in the whole when all else fails)

Hormone balancing : (Balanced hormones bring 'harmon-y')

Gourmet "solar" : (Beautiful food ideas that feed the eyes as well as the body)

- 3-5am: lungs
- 5-7am: large intestine
- 7-9am: stomach
- 9-11am: spleen
- 11-1pm: heart
- 1-3pm: small intestine
- 3-5pm: bladder
- 5-7pm: kidney
- 7-9pm: pericardium (sex/circulation)
- 9-11 pm: thyroid (triple heater)
- 11-1am: gall bladder
- 1-3 am: liver.

In the next issue we'll begin with THE LUNGS! (Don't hold your breath waiting!)

SOLAR NUTRITION - TIME CONTROL

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THE FOODS

Since so many have asked for the food sheet that places the most common foods in their correct time zone, we have provided it here. Please remove it from the Newsletter and put it by your refrigerator or cupboard for easy reference.

MIDNIGHT TO NOON

Fruits:
Apples
Apricots
Avocado (eat alone, not with any other fruit)
Banana
Breadfruit
Bell apple
Cherries
Custard Apple
Dates
Figs
Guava
Mangoes
Nectarines
Olives
Papaya
Peaches
Pears
Persimmons
Plantain
Plums
Pomegranates
Prunes
Sapodilla
Tamarind
Citrus Fruits: Eat Alone
Grapefruit
Kumquats
Lemons
Limes
Oranges
Tangerines
Oils:
Almond
Apricot
Avocado
Coconut
Cream
Olive
Walnut
Nuts:
Almonds
Apricot Kernels
Brazil
Cashews-must be roasted
Carob
Coconut
Filbert
Hazel
Macadamia
Pecans
Pinon (Pine)
Sweeteners:
Maple Syrup & Sugar
Honey

NOON TO 6:00 PM

Breads-all kinds if baked properly
Cheeses-all kinds if natural
Meat-fowl, lamb, beef, venison, pork
Seeds:
Caraway
Chia
Flax
Poppy
Pumpkin
Sesame
Sunflower
Vegetables:
Artichokes-Globe
Bitter Cucumber
Bitter Melon Squash
Bok Choy
*Broccoli
*Brussels Sprouts
*Cabbage - all kinds
*Cauliflower
*Celery
Cereals - all kinds
Corn - fresh
*Cucumber
Dried Beans - all kinds
Dried Peas - all kinds
Eggplant
*Endive
Escarole
Fresh Beans - all kinds
Fresh Peas - all kinds
Grains - all kinds
Greens - all kinds/garden & wild
Herbs - culinary (Cooking)
*Lettuce - All kinds
Okra
*Parsley
Peppers:
Hot: Cayenne only (capsicum)
Sweet: Bell, yellow banana
Pumpkin
Rhubarb
Sauerkraut
Spinach - must be raw
Sprouts - all kinds
Squash - all kinds
Sugar Cane (good brown sugar)
*Tomatoes
Oils:
Butter (Clarified)
Safflower
Sesame
Soy
Sunflower
Wheat Germ
Sweeteners:
Brown Sugar
Honey
Molasses
Sorghum Syrup
Fruits: (Best at 3-5 P.M.)
Blackberries,
Blueberries,
Boysenberries,
Cranberries,
Dewberries,
Gooseberries
Grapes
Raisins
Raspberries,
Strawberries
Melons- eat alone
Cantaloupe
Casaba
Honeydew
Watermelon

6:00 P.M. to Midnight

Fruits:
Pineapple
Prickly Pear Cactus
Fish, Seafood
Eggs
Nut-like:
Peanuts- must be roasted
Water Chestnut
Oils:
Butter (Clarified)
Garlic
Peanut
Vegetables:
Artichoke - Jerusalem
Artichoke Hearts (Globe)
*Asparagus Shoots
Bamboo Shoots
*Beet
Bok Choy (Bottom 4 inches)
*Carrot
Celery - bottom 4 inches
Celery Root
Dulse
Edoes
*Garlic
Ginger Root
Hearts of Palm
Horseradish
Jicama
Kelp - all kinds seaweed
Leeks - bottom 4 inches
Lotus Root
Malanga
Mangel-wurzel
Mushrooms
Napalitos Cactus
*Onions
Parsnips
Plantain
Potatoes (Red, white & sweet)
*Radishes (red, black, kohosh, daikon)
Rutabagas
Scallions - bottom 4 inches
Sea Cucumber
Taro Root
*Turnip - all kinds
Water Cress
Yams
Yucca Root (Cassava)
Sweeteners:
Honey
Miel de Maguey (syrup from Maguey Cactus)
Sea Salt

Anytime - 1 food as therapy
Apple Cider Vinegar
Brown Rice
Clarified Butter
Herb Teas
Honey
Noon or Night
Brewer's Yeast
Miso
Tamarind - Soy Sauce
Tofu
Vegetables

* DENOTES WEIGHT-LOSS FOODS

into Sagittarius every 250 years, and the Sirius alignment every 50 years signal positive new energies bringing growth and expansion but much like the cracking of the egg to let the chick out. What a grand parade into the Aquarian Age!

In the chart for the United States, the Pluto and Jupiter influences come in the 9th house, which in mundane astrology (the astrology of world events) rules the law, the Supreme Court and the United Nations; religion and philosophy, institutions of higher learning and the publishing industry; business dealing with foreign nations (international law and foreign affairs). Transiting Pluto and Jupiter will conjunct our nation's "natal" Jupiter in December at which time these issues will take on a greater intensity.

Uranus and Neptune continue their sojourn through the nation's 11th house as is evident by the change in administration and its push for new human resources and national goals such as the health care plan. Since they make a square to the country's Sun in Libra and Saturn is in the first house, it indicates that the people are disillusioned and wanting change even if such change takes place on a grass roots level (as it certainly has here in Santa Fe with the recent election of a local woman who won without the vested or moneyed interests!) I predicted several issues ago that change would take place on a local government basis, as it has and will

continue to do. But in 1995 watch for some big changes occurring on a national level perhaps in environmental issues and changes in the way officials are elected.

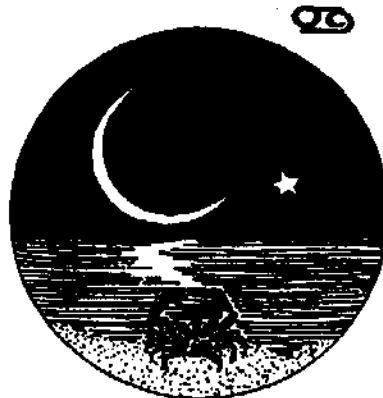
The Uranus/Neptune conjunct: updated. On a less dramatic level, though no less significant, the completed Uranus/Neptune conjunct still carries a lot of energy fulfilling the prediction of Buckminster Fuller who said we would be able to go around the world in a couple of seconds -- at least via the Internet. The popularity of this computer communication net-

work, which provides the availability of computer links for ordinary people around the world, has exploded. Articles about its uses can be found in the *New York Times*, *The New Yorker*, *The Santa Fe Reporter*, etc.

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of whatever it takes to succeed. Or paranoia? Or esteem issues? Great! You're entitled, for these are the problems that Saturn in Pisces is posing. While he is in Retrograde motion you will have time to consider your solutions and how to develop them. Some ideas to consider: delayed gratification, healing through compassion, building self-worth, commitment to inner growth.

Finally, Mercury goes retrograde on June 12 til July 6th. As usual, watch those contracts, travel plans and keep your car in good condition. Relinquish expectations.



CANCER



LEO

We ourselves got most of our astronomical information from an Australian scientist through the Internet. It works very simply provided you have a modem and a "service." All you have to do is turn on your computer and hit a few keys and voila! the world is at your door-

News about the "little" Big Bang. Read Current Trends.

Is Astrology valid? Some ideas begin on page 1.

First Class Mail

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Dear Readers.

This issue begins our 6th year of publication! We've come a long way over the years, thanks to all the support, suggestions and encouragement you've given us. But we've had a lot of help as well: Kudos to Jan Snowden for contributing her popular Herb Column; to Andrea Potts for her poetic images that move and confront us; to Adano Ley who continues to support us with his direction; to Paul [unclear] for his many areas of expertise; and to our new printers, Unicorn Press in Silver City, N.M. who make available beautiful copy at an affordable price.

Beginning with the next issue we will be taking a new tack in the Solar Nutrition Column zooming in on nutritional therapies that target specific areas of the body. Let us know how you like it: we love the feedback.

And don't forget to keep those donations coming so we can continue to bring you a better newsletter.

love, Qingan