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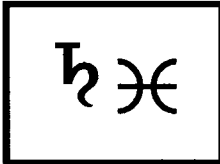
LONGEVITY CIRCUIT

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

The Proof is in the Pudding

Saturn in Pisces went retrograde in June and will go direct in November. Retrograde action is an apparent backward motion that a planet makes from the perspective of Earth. It's similar to the way two trees can change their position to each other seen from a car traveling on the road. It's an illusion astronomically, but archetypically it is very real. For these six months Saturn takes a dive into our unconscious giving us time to let his lessons take hold, to evaluate, let the perspective side of Saturn when we see the energy can be personalized. Saturn is easy to figure out.



First of all Saturn, the defined parameters. He knows what is right and wrong and says, "You should do this." He likes to control for that makes him feel safe and validates his sense of duty and responsibility. He likes structures, things he can count on and which are accountable. He makes us feel guilty if we rebel against his authority, and he instills in us fear if we break free of his constraints. He's the ruler of Capricorn and the 10th house, the area of occupation, looking good, society and leadership. He's our father. His planetary form is almost as big as Jupiter, the red giant, and he holds a middle position in our solar system.

the seed take root. Its the intro-consider how this dormant energy in Pisces is pretty subtle and not

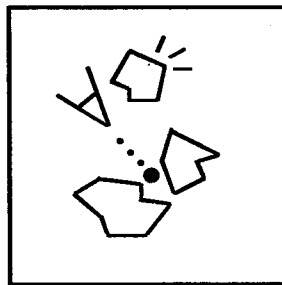
disciplinarian of the zodiac, likes the difference between right and wrong and says, "You should do this." He likes to control for that makes him feel safe and validates his sense of duty and responsibility. He likes structures, things he can count on and which are accountable. He makes us feel guilty if we rebel against his authority, and he instills in us fear if we break free of his constraints. He's the ruler of Capricorn and the 10th house, the area of occupation, looking good, society and leadership. He's our father. His planetary form is almost as big as Jupiter, the red giant, and he holds a middle position in our solar system.

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Video Games and Reincarnation

We have all seen it, kids in restaurants, cars, planes, etc. playing those hand-held video games. It started years ago with the popularity of those little electronic football and baseball games and the increased interest in video arcades that can be seen now in nearly every type of commercial establishment. These days "Game-Boy" by Nintendo provides kids (and grown-ups, too) with dozens of games that can be carried wherever they go, lending a mobile aspect. Since any new trend on the physical level is really a reflection of the collective archetype and soul progression, what does the fascination with electronic games mean in the bigger picture?

Well, there are some obvious results and not all of them are beneficial. For despite the negative opportunistic recreational technologies, incredibly computer savvy. Mart playing "Super Mario" and he knew all the ins-and-outs, how to jump, etc. His reflexes and his brain's processing speed were amazing. The kid eventually got hit by a flying pice, or got hit by a flying



Despite his electronic death, he was just one more life to go and when that was gone, three more, even if he had to start back at a previous level. No big deal, just part of the game.

For many kids, the ability to run away into these positively kids have become We saw a six year old in Wal-Brothers" at incredible speeds out of the game, where to reflexes and his brain's processing speed were amazing. But there are more subtle impacts. The kid eventually got squashed, or fell off a precipice, or whatever. There was little reaction. It

How does a child perceive life, and death, when confronted with it 17 times an hour? Adano Ley once said that people who reincarnate in the Western world have the option of living more than one lifetime in a lifespan. This is not a vague metaphysical concept, but rather a physical reality. Westerners have many resources for speeding up their Karma. If somebody had Karma with a person in another country 500 years ago, they might have had to reincarnate in that country to work it out. Now they can take a vacation to Spain and meet that person in a museum and work it out in a week instead of

(Continued on page 4)

CURRENT TRENDS, cont.



Saturn and Jupiter maintain the most elevated houses in the horoscope wheel and without them we would have no desire to move forward. So why then, does he give us so much trouble in the form of fear and guilt? If we look at astrology as something to be overcome, a map out of itself, it all makes a little more sense. Each planet, each house, and each constellation have a lesson they are teaching. Once we have learned that lesson that energy field described by astrology no longer victimizes us, and gradually we can overcome our "horror" scope altogether.

So Saturn shows us where we have our greatest lessons to learn, where we need to phase down the violence of confrontation, where there is a burden of responsibility. You could say that Saturn makes us feel we have to prove ourself, or prove our right for existence. This has been such a spiritual problem for centuries that St. Paul said you don't have to justify yourself before God. But most of us act as if we do, confusing God with an aberrant father figure based on early childhood dysfunctionism. This is Saturn catching us up in the web of guilt and fear and holding us back from our freedom. Ram Dass (Richard Alpert) once said: "Most people would rather be right than be free." That's a negative Saturn in a nutshell. And guilt, remember, is a word whose root lies in guile, to fool oneself. And fear has its root in sound, F-flat in your ear, meaning that negative programming in early childhood accounts for our losing our realization of the biological fact that we are all winners, that we have already won the spermal race to the ovum against all odds, and that therefore, losers cannot be born.

So what's good about Saturn? Well, in terms of overcoming one's chart, Saturn is the energy that forces us to prove out winningness through experience. The proof is in the pudding as they say, and though the recipe may look delicious, until you take a bite, you'll never really appreciate what you cooked up. You can say you're a winner till you're blue in the face, but until you've experienced it, you'll never be sure. Some people are lucky enough to have the patience to remember themselves through meditation, thereby reconnecting with the firecrackers of the spermal implosion in the ovum. These are the great teachers of the world who by going inward have expanded their consciousness. Most of us, however, have to explore our cellular memory by confrontation with the environment, reliving the spermal journey through day by day activities. This is where we

confront the negative Saturn, the false sense of duty, the fear of loss of society's approval and spiritual guilt. And this might be our greatest "sin," which is really an archery term for missing the mark, making a misapplied decision due to bad childhood programming. (Please don't think I am blaming everything on our parents: we are all victims of victims and don't forget we are the only organism on this planet totally dependent on our parents for survival at birth.)

It's a set-up, a dance, an illusion to remind us not who we are, but what we are, and there is no escape, for Saturn will imprison us in our guilts and fears until we finally resolve them and thus access freedom. What else is good about Saturn? Well, he shows us where our attachments are thus allowing us to let go of where we are stuck and earth-bound.

So what about Saturn in Pisces. Pisces is the constellation that rules the unconscious, self-undoing, healing, institutional care, addiction to suffering, martyrdom, the faceless masses, illusions and delusions. Saturn here places him in jeopardy, takes him out of the limelight and into the darkness. Saturn in Pisces forces us to look at spiritual guilt, secret dealing behind the scenes, processes that undermine and hopefully a commitment to healthiness. In the process you may encounter paranoia, panic, loss of self-appreciation and a diminished will.

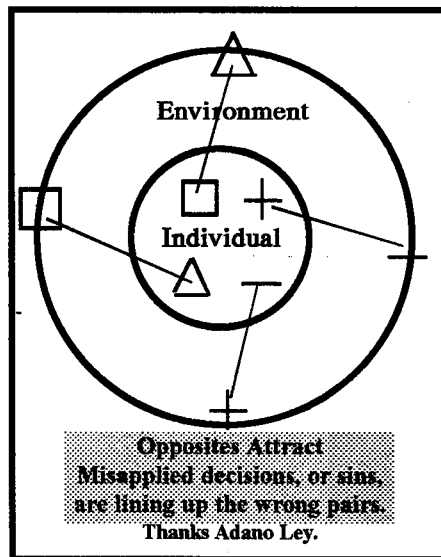
Saturn in Pisces is like the Chinese water torture: drop after drop of relentless water between the eyebrows until you spill the beans, and then finally, your release with no mark on your body and who can say you were really tortured at all? And yet none of us will be untouched by this insidious energy. Adano C. Ley had some insightful words to say about this process:

"We are addicted to our own imagination, through the craving patterns. Therefore, as we become addicted we have to repeat it

over and over and over. Then we become attached. From the addiction comes the attachment. We can't seem to let go and if we want to let go, we're afraid that we're going to lose ourselves, our identity. That's the problem in this ego nature. Yet when you realize that by detaching yourself, breaking free from your imagination of what will happen to you, in the process you start the elimination of holding onto unfulfilled desires. The unfulfilled desires begin to shut off."

Then what? Then the beautiful side of Saturn in Pisces can emerge because we have let go of our egoistic expectations and all that goes with them. Thus we find the Grand Canyon, a perfect visualization of Saturn in Pisces, the tiny little river which over the eons has created one of nature's most wondrous gifts without any help from our egos at all! This is the proof in the pudding we are all seeking: our own individualistic expression of pure energy.

BREATHE ✕ BREATHE ✕ BREATHE



FLOWER ESSENCES

How to Make Your Own

by Jan Snowden

Flower essences are a specialized branch of herbal medicine which involves a homeopathic-like preparation of flowers, developed by Dr. Edward Bach, who concluded that illness was primarily a manifestation of disharmony in the emotional / spiritual / etheric fields of the body.

The flower is the most dynamic aspect of a plant in that it produces the seed bearing the DNA code, allowing it to perpetuate its species indefinitely and in an evolutionary way. For humans, flowers offer us a simultaneously earthly and transcendental sense of beauty as well as the ultimate aromatherapy which can transport us into a multidimensional world of enchantment.

One easy preparation technique to make your own essence requires only a thin glass bowl, purified spring water, brandy, sunlight and flowers. When choosing a flower, it is important to allow complete freedom of intuition. On wandering into the mountains, woodlands, meadows or streamside, one inevitably feels drawn to one or more varieties of plants; let your body gravitate towards the flower that attracts you the most. Examine it closely -- color, vibrancy, shape, scent, touch, subtle distinctions. How does it make you feel? Happy, nostalgic, sensitive, calm, protected, strong? To define its energy more clearly, notice the location, color, and do some research.

Take peppermint for example. Its natural habitat is near a reliable water source where negative ions abound offering the passerby a feeling of refreshment. Its tiny flowers are violet the color relating to the head chakra and its leaves, when rubbed or crushed, are highly stimulating to the olfactory receptors in the nose thus awakening to the senses and therefore useful for a dull or sluggish state of bodymind.

Dandelion is another example. It is one of the first flowers to appear in spring, a reliable visitor to gardens and wild places the world over. Its yellow petals radiate outward like the rays of the sun. This hardy plant relates in color to the third chakra, the solar plexus, where many emotional crises are felt. It is useful for digestive complaints which are often a result of tension in this area. It harmonizes from the center outward. You can see that selection can be a purely personal process.

Now you've chosen your flower, what do you do next? Be sure the flowers you have chosen are in peak

Using Flower Essences with the Biological Time Clock

by Jeanne Kreider

It is with the help of these flowers, kissed with the morning sun and their dew carefully collected at their individual peak, that we can maintain a nervous system which is in balance and a spirit with a desire to move forward in this life.



Dr. Edward Bach created the first set of flowers, in 1939 by creating a deep (not necessarily positive) emotion and then walking through the forest feeling for the vibration which would create a positive side to that emotion. Many of you may be familiar with Dr. Bach's Rescue remedy which consists of 5 flower essences to help when one is in pain, trauma, shock, fear and/or loss.

Each essence made works on the subtle body levels of our emotional, mental and spiritual being. Our physical makeup is a constituent of these other bodies.

Why not take the Biological Time Clock and support our organs, via emotions and spirit, utilizing the flower essences? Using them at the appropriate time to work with an organ is part of the process of returning that organ to a perfect state of health. This concept is another tool we can use in the longevity lifestyle.

3-5 AM: LUNGS - Represent the emotion of willingly breathing with life, grief and depression. Flower essences one could use for these emotions and the support of the lungs are: BLACKBERRY, CENTAURY, and YARROW.

5-7 AM: LARGE INTESTINES - Represent the emotion of letting go of old material, feeling unneeded, holding on. Flower essences are: DILL, AGRIMONY and CHAPARRAL.

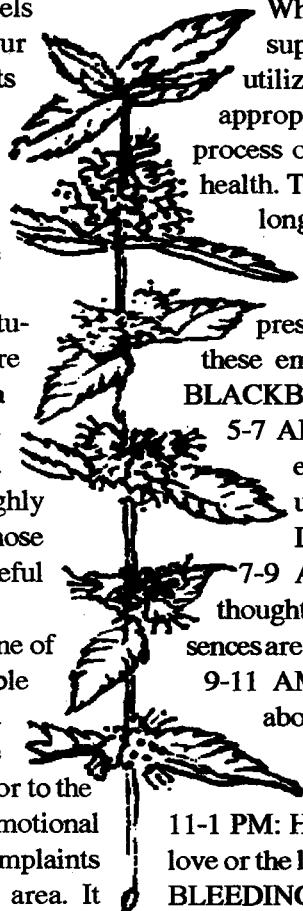
7-9 AM: STOMACH - Represents digesting thoughts and ideas, hold in feelings. Flower essences are: CENTAURY, COTTON and ALOE VERA.

9-11 AM: SPLEEN - Represents being obsessed about life events and materials, unexpressed anger. Flower essences are: DANDELION, SUGAR BEET and HEATHER.

11-1 PM: HEART - Represents our emotional body of love or the lack of love. Flower essences are: COSMOS, BLEEDING HEART, and BORAGE.

1-3 PM: SMALL INTESTINE - Represents the emotion of not being good enough. Flower essences are: CALIFORNIA POPPY, BABY BLUE EYES, or CRAB APPLE.

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Video Games and Reincarnation, cont.

120 years. In other words, the mobility, communication speeds, and a shrunken world available to Westerners allow for a faster pace, and more experience than our recorded history has ever shown. Video games may be a graphic method of understanding reincarnation and Karma on the emotional level and speeding it up (for example, the child who confronts death and rebirth recreationally, continuously from the age of four).

A new field called "Virtual Reality" (or VR) is the best example of this concept. In VR, computers are used to create worlds where the "players" interact in ways that are very different from our day-to-day existence. On the lowest level is the popular computer service called "America On-line." Here people use their computers to call into a vast network of resources for a variety of reasons: electronic stock quotes, magazines, university information systems, etc.

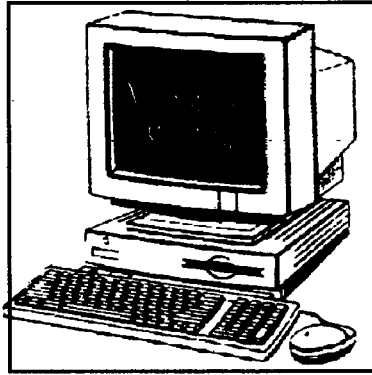
One service, called "Chatting" puts you in an electronic "lobby" where people are typing messages that appear on several other people's computer screens simultaneously. To start a conversation, you just type your question or response and hit the enter key. And, you might find a person you would like to chat with one-on-one, then you would both leave the "lobby" and enter a private "chat room." This service is a huge electronic meeting place with special interest rooms for computer conversations, singles conversations, cooking conversations, etc. Again, this is a simple form of VR where we don't physically have to be somewhere to interact.

On the sophisticated end of the spectrum is the graphical VR systems. I experienced one in a shopping mall in Los Angeles a couple years ago. It was somewhat crude, but the effect worked.

I put on a helmet with a sort of TV screen visor and a belt around my waist with some electronics. I stood in a special stand designed to sense my movements. In one hand I had a control much like a gun with a trigger and a button on top.

The trigger fired the gun and the button allowed me to "walk" forward. The playing field was simple three-dimensional looking square forms to represent the areas on which I could walk with stairs to go to the adjacent areas.

The operator started the game and told me to shoot the robot. Suddenly, the screen lit up and I was transported into another world. When I turned, the view in my visor turned, just



like "normal" reality, I saw the robot and the adrenaline started. He shot at me and I ran, he killed me. Two more lives left. The next time I turned and shot at him, got him!

While we continued to duel,

I heard a weird screeching sound from above and I looked up. By tilting my head back the electronics showed me a view of the "sky" in the visor. A huge stick figure bird was swooping down. It grabbed me and lifted me off the playing

field. I saw the ground drop away as I looked down. Scared out of my mind, I shot him. This was a bad idea, he dropped me and I fell to the ground, splat...

I was born well before computer games were available. I got out of the helmet and I was shaking with excitement. It cost \$5, I would have paid \$50. Today, companies are scrambling to produce commercial systems for home use at this level of sophistication. Like the America On-line "chat," people will be able to have

virtual meetings of all sorts. Already, many business are saving expensive travel costs by video conferencing using TV cameras and high-speed data lines so people meet electronically face-to-face. Beyond this, people will be able to experience virtual situations like climbing Mount Everest, hang gliding in Africa, or soaring like a bird. The movie, Lawnmower Man, although very violent, brought out issues such as virtual sex, and virtual power struggles.

The technologies is still in the incipient stages, and the implications are staggering. Like the television revolution of the 1960s, VR promises to radically change our culture by changing the way people interact with their environment. The famous quote that goes, "There is nothing in the mind that wasn't first in the senses," becomes more important than ever. And karma definitely falls into this category. The age of Aquarius is picking up speed and hopefully people can find more and more healthy opportunities to express their creativity and individuality, to satisfy their desires for experience and thereby possibly fulfilling their karma, and shortening the reincarnational base.

Thanks, Paul Zakian!

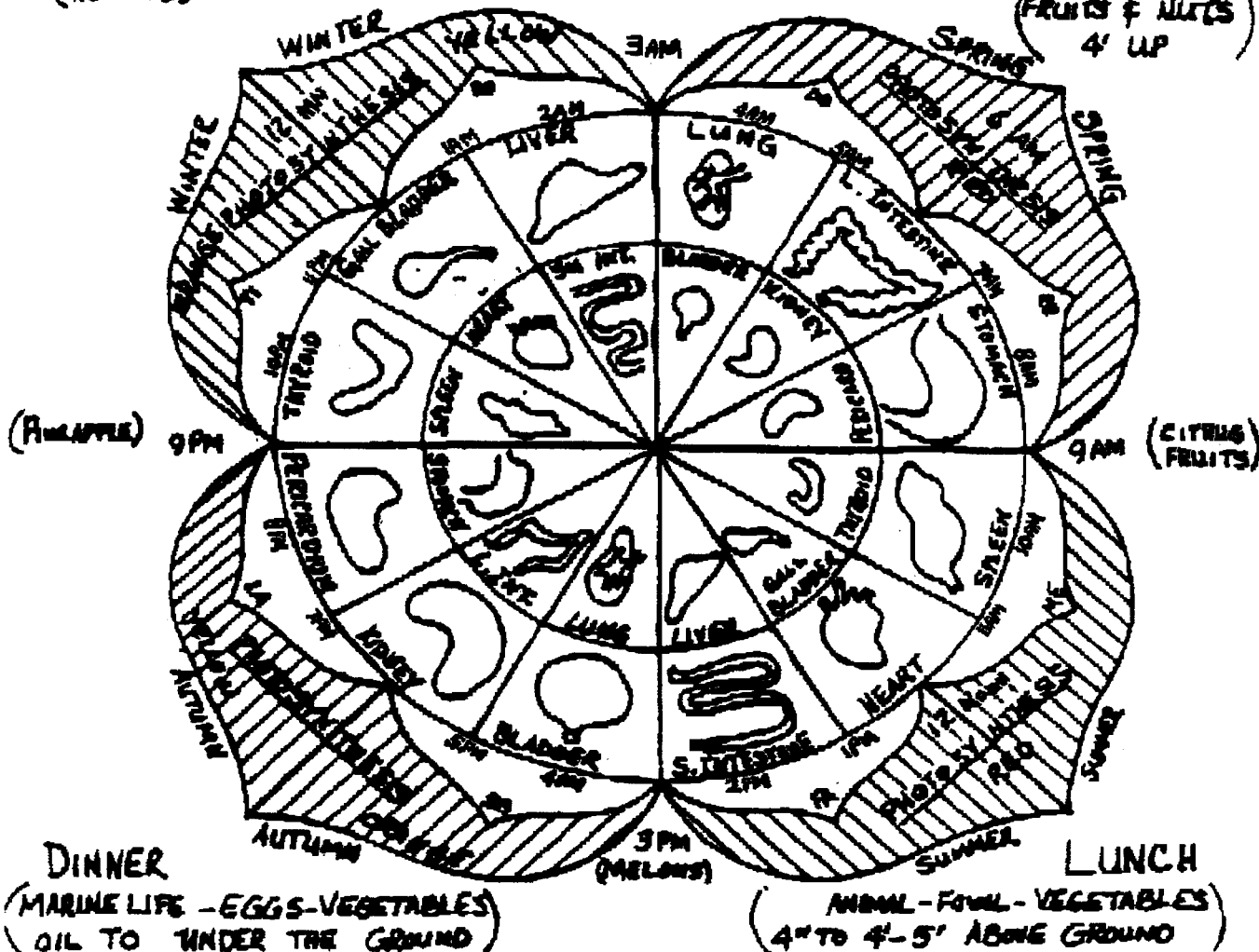
SOLAR NUTRITION

SOLAR NUTRITION

FAST
(NO FOOD)

ADANO LEY © 1972

BREAKFAST
(FRUITS & NUTS)
4' UP



(Here's an enlarged version of the Biological Time Clock as revised by Adano C. Ley so that those of you who never took a class from him can read it better. Please cut it out and save it.)

The Biological Time Clock begins at Lung Time, from 3-5 AM. Without breath there is no life so all the other organs are dependent upon the lung. For this reason, spiritually committed persons choose to do their medi-

ation, as do many great inventors and artistic geniuses, as their greatest inspiration (inspire-ation) occurs during this time.

The lungs need potassium and Vitamin C which are found in the morning with peaches and prunes, and citrus fruits at 10 am; cooked tomatoes at Noon, and melons at 3pm; red and white potatoes, fresh pineapple and tequila, at night.

A therapy for the lungs, particularly for smokers, is honeycomb and almonds in the morning chewed until liquid before swallowing, for 30 days.

Of the three major addictions, smoking, alcohol and sex, Adano said that smoking was the worst: alcohol excess hurts only oneself; sexual excess only hurts oneself and one's partner; but smoking hurts not only oneself but everyone else in the environment.

Mark Your Calendars...

(Cut out and save.)

September

19th, Full Moon in Pisces, 3:00pm MDT This is the Harvest Moon and appears larger.

(For Solar Nutritionists 3 days before, the day of and 3 days after constitute "Lunar" eating. Yum/Yuk!)

23rd 3:19 am. The Sun enters Libra signaling the Autumnal equinox: the time to balance one's energies between the outer world and the inner.

27th, Mercury joins Venus in Scorpio bringing thoughts of love and money.

October

2nd, Uranus goes direct at 22° Capricorn so be prepared for unexpected change and increased intuition.

3rd, Neptune goes direct at 20° Capricorn increasing the imagination, exposing illusion and manifesting spirituality.

5th, Mars enters Leo giving more direct energy for action. Don't get too pompous!

9th, Mercury goes retrograde at 6° Scorpio; make those travel plans before, and double-check on your communications; a great time to study or uncover information.

13th, Venus goes retrograde at 18° Scorpio giving us a chance to reevaluate love, no matter what the object of your love is.

19th, Full Moon in Aries, 6:18 am MDT.

30th, Mercury goes Direct at 20° Libra and you probably don't think the same about some particular issue as you did before. Now you can sign those contracts and make oral commitments without fear of changed minds due to new information.

November

3rd, Solar Eclipse at 10° Scorpio at 6:35 am MST. This is a new moon which turns down the emotions and turns up the intellect. Love, sex, and money might be some things to think about.

9th, Saturn turns direct at 5° Pisces bringing more closure to those unfinished problems from the past, but how long ago?

17th, Full Moon. This one is a Lunar Eclipse at 25° Taurus at 11:57 MST. (The 18th early in the morning for you guys on the East Coast.) More issues about love and money but now the emphasis is on the emotions.

24th, Venus turns direct at 2° Scorpio and your love has deepened so reveal the secret now!

Now all planets are in forward motion until early Jan 1995 when Mars initiates the 'retrograde parade' again. Go ahead with those plans now.

December

10th, Jupiter enters Sagittarius. This is where Jupiter feels at home. Now he can reorganize himself after his July energy boost. He'll bring luck, prosperity and increased travel here, but also increased ego inflation and arrogance.

13th, Mars enters Virgo and we'll spend more time perfecting our plans and using details for right action but be careful about obsessing on insignificant items. Be ergonomic!

17th, Full Moon in Gemini, 7:17 pm MST

20th, Mercury enters Capricorn making us a little more serious at this time of the Holidays. Maybe Santa won't seem so jolly this year, but don't give into depression even if you hate Christmas.

23rd, ushers in the Winter Solstice when the Sun enters Capricorn initiating the time of withdrawal and introspection. Look for the winter issue of *Longevity Circuit*.

A Special letter to Friends of Adano and Solar Nutrition.

This summer I had the unexpected pleasure of seeing two old friends of ours for the first time in nearly 20 years. You all know them, at least by the food you once ate! Yes, it was wonderful being with "Gupta" and Sukla Datta-Gupta, the modern day saints who together with Adano created the melt-in your mouth tofu. And upon arriving in Orangeburg, S.C. we were immediately greeted with a famous delectable tofu dinner, my favorite, "toy-fish."

What a thrilling visit it was, filled with many wonderful stories about our beloved Friend, Adano, and tears because we miss him, and joys because we are happy for his immortality. But it also left me with hope that perhaps we can resurrect the tofu and chutney run

that Adano set up, to provide us with this especially healthy, as well as delicious form of protein for those of us who prefer the vegetarian lifestyle.

Sukla and Gupta have several cases of chutney that they will happily share with anyone. Each jar will cost \$5, plus the cost of postage (the mode of transportation can be worked out with them) and there are several flavors you can choose from.

If you want tofu, however, it will not be so easy. Sadly, Sukla and Gupta are no longer making tofu for Solar Nutritionists due to transportation problems that have never been solved, and some of their equipment has been sold. But possibly their could be another tofu run with the help of lots of people from different parts of the country: a shared effort involving those dedicated to eating according to the principles that

Adano set up in Solar Nutrition. I have dreams of seeing Sukla and Gupta again in their back room with their treasure of recipes pressing the sacks of ocarra and turning the soymilk into blocks of protein with the wonderful sauces. But there would have to be a concerted effort to get them started again.

If you want to call Sukla and Gupta to order some chutney, here's their phone number. They are rather isolated metaphysically, in South Carolina and would love to hear from you in any case.

(803)536-2162.

If you have any ideas, suggestions, willingness to serve by helping to transport tofu and chutney, then please call either Gupta and Sukla or me and perhaps by the grace of Divine Will we can all benefit.

Making Flower Essences, (cont.)

bloom and abundant. On a sunny morning take your glass bowl containing about 1/2 cup purified water to the site. Carefully pick the flowers just below the calyx at the same time, allowing them to drop into a bowl until the entire surface is covered.

Leave the container by the plant in the sun for 3 hours. When your 'sun tea' is ready, remove the flower heads and pour the vitalized water into an equal amount of brandy which will be the Mother Tincture .

Next, fill a one ounce bottle with a solution of 20% brandy and 80% purified water, and add 2-3 drops of the Mother Tincture. Shake the bottle vertically 100 times: this is your Stock Tincture.

To prepare a dosage tincture you merely repeat the same procedure as before and add

1-2 drops. You may even want to dilute further for greater potency. This mixture can be used externally or internally and taken several times a day.

Flower essences are available at most health food stores and New Age shops or bookstores if you're interested in more information.

Jan Snowden, L.Ac., O.M.D. practices in Silver City, N.M. and can be reached for more information at:

P.O. Box. 1731
Silver City, N.M. 88062,
or by phone at (505)388-5288.

(Also, many thanks to Jan, for more of her beautiful line drawings!)

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

Andrea Potts

Flower Essences and the Biological Time Clock, cont.

3-6 PM: BLADDER- Represents anger and anxiety. Flower essences could be: ALMOND, ASPEN and RESCUE REMEDY.

6-9 PM: SEX/CIRCULATION, PERICARDIUM - Represents the male and female principle and hard-heartedness. Flower essences which could be healing are LAVENDER, SUNFLOWER, and LILAC.

9-11 PM: THYROID OR TRIPLE HEATER - Represents our ability to speak the truth. Flower essences are: BORAGE, SIERRA IRIS and FOUR LEAF CLOVER.

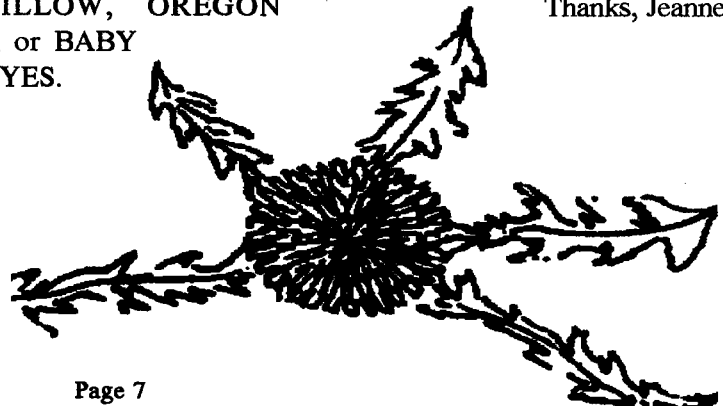
11-1 AM: GALL BLADDER - Represents issues around resentment. Flower essences which could be used are WILLOW, OREGON GRAPE, or BABY BLUE EYES.

1-3 AM: LIVER - Represents our issues around anger. Flower essences are: GARLIC, PANSY and FUCHSIA.

Jeanne Kreider, D.N., L.M.T. is located in Bellevue, Washington where she is currently doing research into the use of flower essences and healing the body with voice analysis. She is in private practice using sound, harmonics, soft tissue orthopedics, cranial manipulation, flower essences and nutrition. If you want further information about using any of these essences, please write to her at the following address mentioning this article.

10230 NE 10th st.
Bellevue, WA 98004
or phone (206)455-5090.

Thanks, Jeanne!



Flower Essences - Two Views, on p. 3

An Open Letter to all Adano Friends, see p. 7

First Class Mail

LONGEVITY CIRCUIT
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SANTA FE, N.M. 87504



CHANGES!

As Adano used to say, "the only thing that doesn't change is change." And as usual, we continue to make changes on *Longevity Circuit* as you suggest them. Consequently, you'll find bigger graphics in this issue (The Biological Time Clock), an in-depth article for those who are new to this way of thinking (The Current Trends article on Saturn in Pisces), and some cut-out sections (A calendar of monthly transits to add to your regular calendar).. Please keep telling us what you like or don't like: after all, this is written for you. We also welcome any commentaries on our commentaries. We'd have a Letters to the Editor column, but most of you phone! So put it in writing if you want to see it in print. Thanks for your support, especially to those of you who have sent checks.