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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

SAGITTARIUS

IT MAY SEEM IRONICAL that at this the coldest season of the year, when we tend to be more introspective and inner-directed that we have the fire sign of Sagittarius as the back drop for the Sun. As a symbol of consciousness this energy is extroverted and objective, adaptable and creative and begins when the Sun enters the constellation of Sag-

November 22, at 6:06 AM

warmth, progressive-
directed and mov-
cold, snuggly
homebound.

symbol, the ar-
has the head and
man, the body
carries his bow
glyph for Sag
an arrow. The
spirit, often un-
but the head of a man



ittarius on
MST. Sag is
ness, outwardly
ing. December is
and often
Look at Sag's
cher/centaur. He
shoulders of a
of a horse, and he
and arrow. The
clearly looks like
horse represents
bridled and untamed,
suggests that the heart and
intellect of man can bring this wild energy into control and usefulness. The bow and arrow suggest that man has an aim in life, a mark to obtain and the love of sport

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IMMORTALITY CONTINUED

IN TRUE "Saturn in Pisces" fashion, that is the return of old friends, the coming full circle, picture a group of people many of whom were students of Adano Ley: Marty and Linda, Cary, Michael, Paul and Ginger, gathering together unexpectedly, in a livingroom reminiscing about old times with Adano while waiting to go to hear a new teacher, Gangaji. Many experiences were relived as those stories were retold and once again Adano was immortalized through those that knew him and kept him alive in their memories.

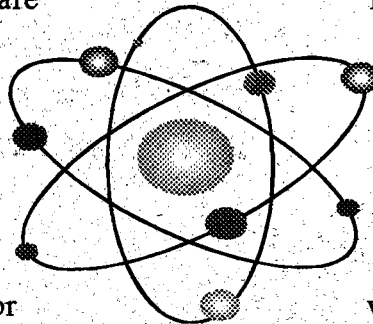
Immortality has many levels of meaning as Longevity Circuit has often explored since Adano's change of speed. One is keeping a person alive through one's memories, another way is by keeping alive the principles through practise as in "walking in the footsteps of the master." Another: immortality as longevity: remaining in a healthy body long after the expected lifespan. And another: immortality as resurrection or a non-decomposing body as demonstrated by Jesus and Yogananda. Yet another: immortality as the Diamond Body, the Light Body and the Rainbow Body. These last concepts of immortality are not new and are mentioned in many systems, i.e. the American Indian speaks of the Rainbow Bridge, the metaphysician speaks of the Diamond Body.

Continued on next page

IMMORTALITY CONTINUED CONTINUED

There is also the ancient Tibetan path called DZOGCHEN, the Path of Self-Liberation, whose practises are designed to work on the Mind to carry the person into the primordial state until total realization or the Body of Light, or the Rainbow Body is achieved. Through contemplation, or as Adano Ley put it, "Achieving 15 minutes silence in the soul," or Gangaji's "Firm abidance in the Self" an individual's gross body becomes refined until it collapses into the essence of its elements of water, fire, and air, eventually becoming luminous or rainbow-like. In this process, the physical body dissolves into its natural state, and as the elements are purified, they change from their gross manifestation which is the body, flesh and bone, into the colors of their pure essences: red, yellow, blue, green and white, forming a rainbow... and all that is left behind are the hair and fingernails.

Here is a story told by Namkhai Norbu in his book, *The Crystal and The Way of Light, Sutra, Tantra and Dzogchen*. In 1952, in the area of Tibet that I come from, there lived an old man who, when he was young, had been a kind of servant or assistant to a Zogqen master for a few years, and thus naturally had heard many teachings. But for the rest of his life he had just lived very simply, cutting mantras into stones for a living. He lived in this way for many years, and no one took much notice of him, or thought he was a practitioner. But then one day he announced that he was going to die in 7 days time, and sent a message to his son, who was a monk, saying that he wanted to leave all his possessions as an offering to the monastery where his son lived. The monastery spread the news far and wide that this man had said he wanted to be left closed up for 7 days to die, and since everyone understood the significance of this, many people came, and the whole thing became a public event. There were representatives of all the various Buddhist schools, from the great monasteries, and even members of the Chinese



administration. Thus, when they opened the room in which the man had been locked for 7 days, there were many people present. And what they saw was that the man had left no body. Only his hair and nails, the impurities of the body, were left. I remember how my uncle, who was present at the opening of the tent, returned in tears saying: 'I knew him for years and years without ever realizing that he was such a high practitioner.' But many Dzogchen practitioners are like that, simple people, who, even if they show no external sign of it, possess real knowledge. The Body of Light is the supreme realization of Dzogchen."

Interestingly, this method requires nothing to be renounced, purified or transformed. It can be realized by anyone in this lifetime now. Adano Ley students may also be interested to know that Namkhai Norbu Rimpoche, whose books are quoted here, wears a 'melon,' or mirror made of the 5 precious metals, each representing the elementals around his neck to symbolize the teaching of Dzogchen. And

Van Morrison lovers might want to read the Yeats poem that he sings called "Before the World Was Made," from his album, *Too Long in Exile*. (See page 6)

Those of you who have studied with Adano Ley will recognize the similarities of these stories with his teachings. "Transcending the mundane world of the gross elements which are transformed into their essences" is an underlying principle of Solar Nutrition, and obtaining the Diamond Body and

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MERRY CHRISTMAS?

'Twas the nocturnal segment of the diurnal period preceding the annual Yuletide celebration, And throughout our place of residence, Kinetic activity was not in evidence among the possessors of this potential, including that species of domestic rodent known as *Mus musculus*.

Hosiery was meticulously suspended from the forward edge of the woodburning calorific apparatus, Pursuant to our anticipatory pleasure regarding an imminent visitation from an eccentric philanthropist among whose folkloric appellations is the honorific title of St. Nicholas...

HERBS FOR HEALTH

GINGER

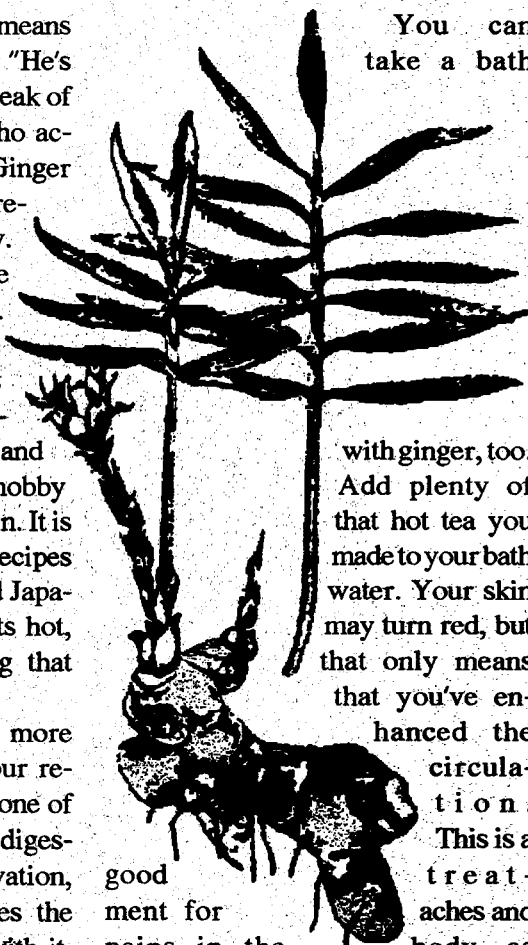
Zingiberis officianalis commonly known as Ginger is a wonderfully smelling plant and as a root, an especially nice winter herb. The word, 'ginger' conjures up high spirits and according to Webster, actually means mettle, pep and vigor. We say "He's got a lot of ginger" when we speak of someone who is animated, who accomplishes a difficult task. Ginger also means to make lively, revive, and to stir to activity. Adano Ley called it the "spice of life," and for good reason. It's known as a flavoring spice but is also commonly found as fresh rootstock in any supermarket in the produce section and looks like the root that it is, knobby and twisted with a shiny tan skin. It is often called for in exotic food recipes such as Jamaican, Chinese and Japanese dishes. We know it by its hot, even fiery, pungent flavoring that turns a blah meal into a bang.

Yet ginger has many more reasons than taste to be in your refrigerator or spice rack. It is one of the most versatile herbs to aid digestion as it increases one's salivation, gets rid of gas, and increases the effects of other herbs taken with it. Since its nutritional benefits are in the root, it is a nighttime food for Solar Nutritionists and adds zest and intrigue to all the night time meals: stir fries, fish, carrots and other root vegetables...at the same time that it lends healing properties.

Ginger is also a beneficial aid in healing a cold. Grate some fresh ginger and put it in boiling water for 10 minutes or so. The tea is

not only good for digestion, alleviating cramps and nausea, but with honey it is also excellent for bringing on the fever that often destroys the cold. And if you're hearty enough, you can chew on the root itself for a sore throat.

You can take a bath



with ginger, too. Add plenty of that hot tea you made to your bath water. Your skin may turn red, but that only means that you've enhanced the circulation. This is a treatment for aches and pains in the body, as well as speeding up the healing of a cold or flu. Wrap up in a Turkish towel and get into bed and sweat. You can even sip the ginger tea while you're soaking in it in the tub. This cleans the system through perspiration.

Here's a wonderful winter treat to warm the cockles of your heart on those cold snowy evenings with friends. It was first brought to my

attention by Adano Ley and conjures up many happy memories with friends over the years.

Ginger Liqueur.

1 bottle of 100% potato or beet vodka
1/4 cup honey
4 tsp dried ginger
4 tsp fresh chopped ginger

Stir all together, return to a glass bottle. Shake several times a week. Leave in the bottle for at least 1 month as the alcohol becomes a tincture. For chills, colds, or just for celebration with friends, pour into small liqueur glasses in the evening just before retiring, or after a meal.

Here's another treat:

Non-dairy ginger ice cream.

1 pint Rice Dream. You can find this in any health food or whole foods store.

1/4 cup candied ginger, chopped into small pieces.

2 tsp. powdered dried ginger

1/4 cup beet sugar

1/4 c water

Put the powdered ginger, the beet sugar and the water in a saucepan and bring to a boil. Stir and simmer until sugar is dissolved and ginger thoroughly mixed in. Cool, add the candied ginger pieces, then add this mixture to the ice cream which has been placed in a bowl. Stir, and return to ice cream carton and replace in freezer until hard.

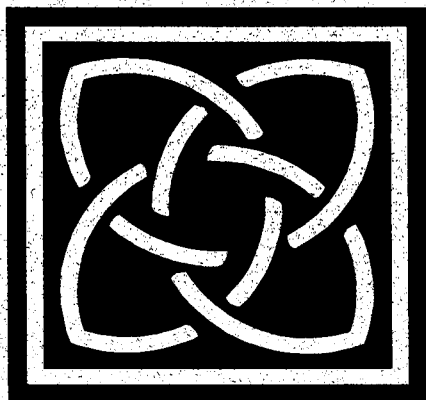
This nighttime dessert not only tastes delicious, has no milk products, but is excellent for the digestion and gives a good energy boost after an evening meal, stimulating conversation.

CURRENT TRENDS, cont.

♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓

as challenge, and challenge is seen as a sport. It is true that Sags do tend to have interests around horses, sports, and challenge and these are often their issues. However, Sag. are also lovers of knowledge, especially concepts, integration and recapitulation. Sag love travel, diverse cultures, far away places. They are writers, teachers, gurus, prophets, priests.

Their negative side is most often experienced as all talk and no show; ideas that remain as ideas and not concretized, arm-chair philosophers, televangelists who teach



rather than do ("Do as I say, not as I do.") Sag can be experienced as a trap in terms of intellectual seduction and snobbery, lack of commitment, and boredom.

Why is this energy expressed in winter? The highest expression of Sag is the inner journey, the challenge of reaching one's intellectual capacity through study and conceptualization, learning what seems impossible or too difficult, embracing thoughts, cultures and ideas from all realms...and then shooting off the arrow into the unknown where

there is no concept, no thought, no communication. This is the 4th level of sag, the first three being physical, emotional, and intellectual challenges which potentially but ultimately point to the religious, the spiritual, the unknown. Sitting before the fire in the long dark nights of winter becomes the perfect setting for contemplating, meditating, merging with one's higher consciousness with minimal distractions, focussing one's energy inwardly.

Adano Ley, Swami Nityananda, was a Sagittarian. See his acronym for meditation below. This is the true promise of Sagittarius and once again we have the support to go deeper into our philosophies, religions, thoughts, concepts, and ultimately into the realm of no thought. And this year there is an added intensity: on December 10, Jupiter, the ruling planet of Sagittarius will come home to his own sign as he does once every 12 years; and a month later, Pluto, also will enter Sagittarius on January 17 at 2:58 AM MST, three days prior to the Sun entering Aquarius.

Pluto will stay at 0 degrees of Sag until April 20 just as the Sun is moving into Taurus. For a quarter of 1995 we will have ample opportunity to explore the sense of this new energy, and no doubt there will be outwardly manifested occurrences that will describe this energy and indicate how it will affect our planet in the years to come. (as Pluto entered

Scorpio in 1983 he immediately imprinted his energy: aids, the right to die, abortion rights became significant issues that have been transformed during the course of Pluto's sojourn through his own constellation of Scorpio.)

Already we are seeing emerging issues centered around religion and politics; religious coercion, as in the violence of anti-abortionists; national and international law and the meaning of justice; cultural integration as

Continued on page 6

MEDITATION

M-mental

E-energy

D-directing

I-individual

T-thought

A-activities

T-toward

I-intuitive

O-observation and oneness

N-with neumena and nature



SOLAR NUTRITION

THE LARGE INTESTINE

Solar Nutrition is a method of eating based on timing in order that one may synchronize with the planet, lower stress, conserve energy and contribute to the longevity life-style. It was reactivated by Swami Nityananda Saraswati who said, "Eat your way to butterflyhood." Solar Nutrition is based on 5 basic principles. They are:

1. There is a time, a place, and a season for everything.
2. A little of anything is medicine for the system, too much is toxic.
3. Live to eat to get sick.
4. Live to eat to get well.
5. Live to eat in order to live not to eat.

In the last issue we began in in-depth look at each of the 12 organs as they are placed around the *Biological Time Clock* in the center of this page. In the Fall issue we concentrated on the biological time of the Lung. This issue is devoted to the Large Intestine whose time of re-

building and nourishment is between the hours of 5 and 7 AM. Healthy people have a normal bowel movement at that time, before they eat breakfast as well as two more during the rest of the day.

Emotionally, difficulties with this part of the body indicate problems of attachment, possessiveness and looking for security; letting go of anger, fear, guilt, etc. from traumas in early childhood. But since the Large Intestine works on the principle of constriction and dilation, there may also be problems of persistence,

sticking things out once the problem is faced, and fear of attachment.

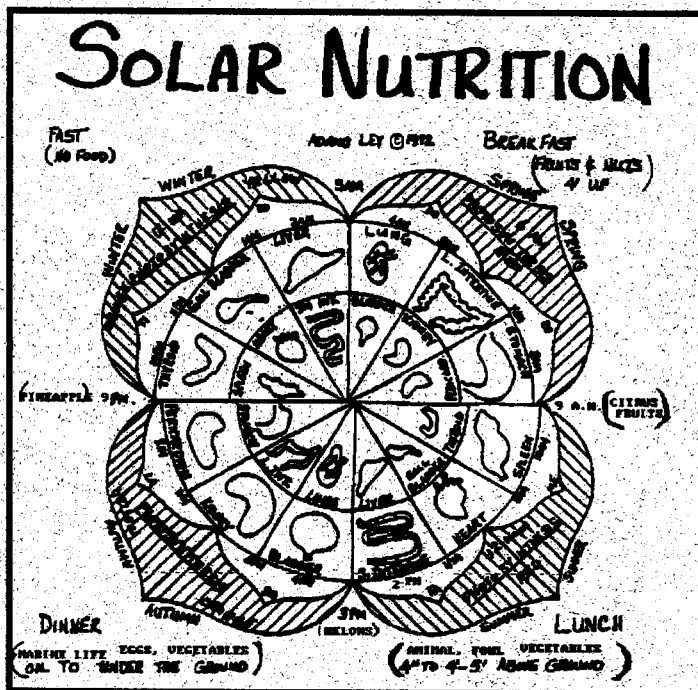
Solar Nutrition addresses these problems by recommending that for people with too much constriction plenty of potassium be ingested in the morning in the form of fruits, particularly those that begin with a 'P,' as in prunes, peaches, pears, pomegranates. Of course, there are other wonderful high potassium fruits such

include stewed and canned tomatoes, but never unripe or green tomatoes. Fortunately the Vitamin C in the tomato is not destroyed by cooking or heating and the Large Intestine needs large amounts of natural 'C' for intestinal catarrh. Other useful foods are brewer's yeast and zucchini; and celery for those working with too much dilation.

At night use plenty of that miracle food, garlic-raw, cooked or pickled, and egg. Add beets for too much constriction; add seaweed for too much dilation. Aloe Vera in juice form is beneficial for both. If the problem is hemorrhoids, this is really a Liver problem needing copious amounts of Vitamin C with bioflavinoids, garlic and that famous drink before bed: 100% Tequila made from the Agave plant, pineapple juice and aloe vera. Hemorrhoids are usually a problem with eating meat and cheese at the same time causing

blockages in the intestine. Try to eat these foods separately. Try this soup to shrink hemorrhoids: boil ginger, horseradish, garlic, and onion. Drink the broth.

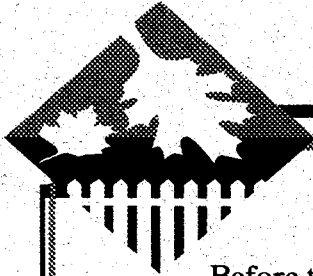
If your problem is serious, of course always see a health practitioner. He or she may recommend colonics or other specific intestinal cleansers, and therapies and herbs such as cascara sagrada, "Daily Detox" tea and ginger (see the accompanying article), and other combinations of herbs. Also, don't forget: **BREATHE BREATHE BREATHE**



as the banana that obviously doesn't begin with 'p' that will also help. But it must be a fruit from a tree: no pineapples, no grapes, etc. The ideal break-fast includes 1 almond for every 10 pounds of body weight desired. This sets the hydrochloric acid tolerance in the stomach which has obvious implications for good digestion and good detoxification. For those who have the problem of dilation, add black olives to the regular morning foods.

For the noon meal, nutritional aids for the Large intestine

IMMORTALITY CONTINUED, Cont.



Before the World Was Made
Text by W.B. Yeats,
Adapted by Van Morrison

...And if I look upon you now
As though I have my view
With the earth beneath your feet
And heaven up above
Would you think me cruel
After everything's been said
You're only looking for the face you had
Before the world was made,
Before the world was made,
Before the world was made.

And if I paint the lashes dark
And your eyes more bright
And your lips more scarlet
Ask if it'll all be right
And it's mirror after mirror
No vanities displayed
I'm just looking for the face you had
Before the world was made.


Your original face
Before time and space
your original face
Before time and space
Your original, original face
Before the world was made.

having control over the elementals were constant themes of his classes. Even the "Prismer of Love" music is a reflection of the elementals and their colors. Continuation of those principles are still being taught in the human form by teachers such as Gangaji, in the US and Poonjaji in India. However, Dzogchen teaches, "When one dies, one enters the dimension of light and color that is the essence of the elements, and in that purified state of being, though not active in the individual sense, one remains capable of continually benefiting other beings." Form or no form, as Adano said, "You're never left alone."



CURRENT TRENDS, Cont.

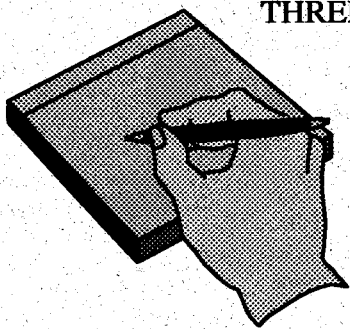
in immigration laws and national borders, the European common market; and the Post Office. With Jupiter's energy combining with Pluto's, expect things to happen in a really big way for if Pluto is intense and transformative, Jupiter is expanding and inflated. Together these energies may inflate the stock market, banking, interest rates, cause inflation in general and raise rates with the insurance industry. Also look for polarized attitudes experienced as increasingly heated confrontation as diverging groups militantly demand their "rights."



If the doors of perception were cleansed, every-
thing would appear as it is: infinite.

William Blake

THREE MONTHS AT A GLANCE



Mark Your Calendars...

(Cut out and save.)

December

9th: Jupiter enters his own sign of Sagittarius signaling a whole new energy (see 'Current Trends')

12th: Mars enters Virgo but he's moving very slowly preparing for retrograde. This is really a long sojourn through Leo but also watch the 1st couple of degrees of Virgo. Recognizing anger for what it's worth.

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

19th: Mercury enters Capricorn. Think seriously, studiously and scientifically. Guard against negativity and cynicism.

21st: Winter Solstice. The Sun enters Capricorn at 7:23 pm MST. This is the shortest day of the year, and a good time to reflect, meditate and contemplate. 1995 is going to be dynamic, How do you want these powerful energies to be expressed in *your* life?

25th: Christmas

January

1st: Happy New Year in 1995! This is a '6' year: fresh start without fear. It comes with a New Moon in Capricorn, so this year you'll be supported when you make those resolutions: a new moon portends a great beginning, and Capricorn New Moon likes to build and solidify. You'll know if you're serious by full moon in two weeks (Jan 16th).

2nd: Mars retrogrades at 2 degrees

returning by end of month to Leo. Repressed anger is dangerous, especially in a car. Mars will not go direct until March 24th during which time he will mainly be in Leo. This could get very hot!

6th: Mercury enters Aquarius. Lighten up! Think intuitively and creatively.

7th: Venus enters Sagittarius. This is the love of challenge whether it be fun, sexual, intellectual or religious.

16th: Full Moon in Cancer. (And how many of those resolutions you made on Jan. 1st are you still doing? Be honest now!)

17th: Pluto enters Sagittarius. This is a big transit with far reaching implications (See Current Trends). Pluto will remain at 0 degrees until April 22nd. When a planet "stations" on a number that long it is called a "fate degree" because its affects, either positive or negative, are very hard to resist: not impossible but difficult.

20th: Sun enters Aquarius.

22nd: Mars returns to Leo, but it's still retrograde. Tempers may flair.

25th: Mercury goes retrograde. For the next 3 weeks or so watch travel plans, signing contracts and making commitments. This time is ideal, however, for research and serious thinking.

31st: Chinese Year of the Boar. This is the last year in the Chinese cycle of 12, and further validates the importance of 1995 as being a year of endings and beginnings. The boar is laid back, sensual, sociable, contented and security oriented. Watch out for over-indulgence. If you were born in a year of the Boar you might have to confront some difficult things.

February

2nd: Ground Hog's Day. In the Druidic Calendar this day is called Imbolc and signifies the half-way mark between the Winter Solstice and the Spring Equinox. You'll notice the light changing and that the days are getting longer.

4th: Venus enters Capricorn. This is a good time to consolidate commitments whether in love or money.

15th: Full Moon in Leo.

Mercury goes Direct at 9:59 pm MST. You can make plans now knowing that you have all the facts.

18th: Sun enters Pisces

March

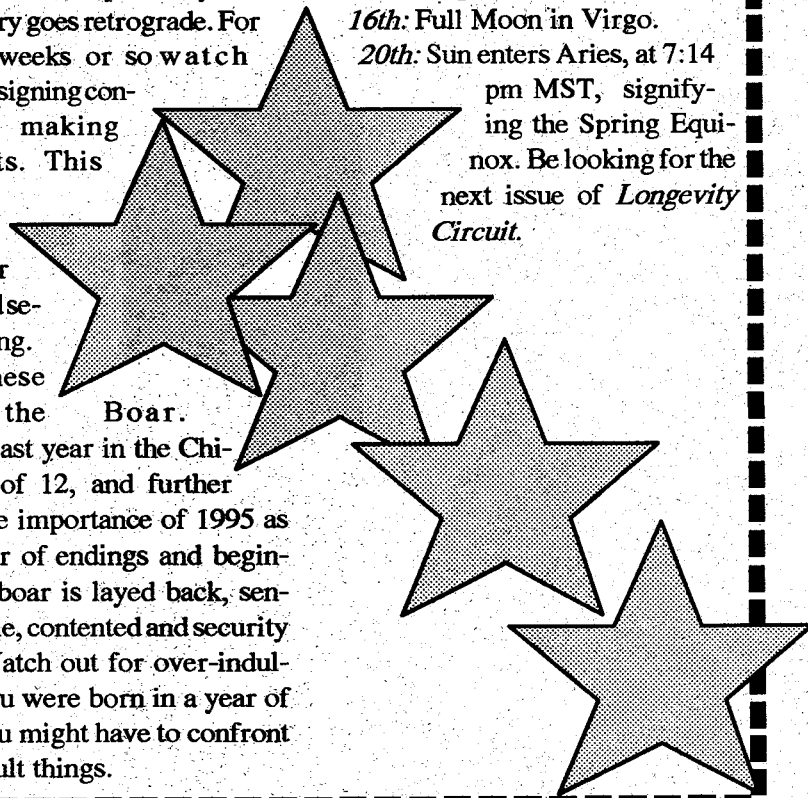
2nd: Venus enters Aquarius. Venus sparkles here but needs and loves her freedom. Don't fence her in! (Don't fence him in either)

3rd: Pluto retrogrades but is still at 0 degrees. Now those ideas can take root.

14th: Mercury enters Pisces. This is the sign of the poet: communicate the impossible.

16th: Full Moon in Virgo.

20th: Sun enters Aries, at 7:14 pm MST, signifying the Spring Equinox. Be looking for the next issue of *Longevity Circuit*.



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More on Immortality, see page 1

Van Morrison on page 7

First Class Mail

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MERRY CHRISTMAS,
HAPPY HOLIDAYS,
AND ESPECIALLY
HAPPY NEW YOU!

WITH LOVE
FROM GINGER

