

CURRENT TRENDS

GURU HOPPING DOWN THE GARDEN PATH

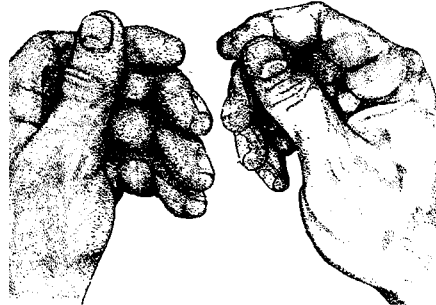
These days it seems everyone is on a path. We even recognize that not being on a path is being on a path! This resurgence in religious interest is attributable in Astrology to Pluto's entrance into Sagittarius and Uranus' entrance into Aquarius. Pluto, the planet of destiny and Karma, prompts people to feel empowered, political and intense whether downtrodden or exhilarated. While he is located in the expansive constellation that rules religions and world views, well then, you will have many opportunities over the next 15 years or so to look at your religious values and higher knowledge like cultures and philosophies. Pluto often feels most intense just when he is entering or leaving a sign, this is why there is so much interest in religion, and religion and politics, and politics and ethics, and politics and paranoia, and paranoia and religion, etc.

Now let's see what Uranus in Aquarius has to offer. Uranus is at

Continued on page 4

EAST MEETS WEST -- OR DOES IT?

There are two basic types of Astrology. The western, or Aquarian type, is found primarily in industrialized countries. The Vedic, or Hindu type, is found primarily in agrarian societies. What's the difference? In our part of the world we use the tropical zodiac, a circular house system and a very psychological approach. In the East the approach is fatalistic with the Sidereal Zodiac, a geometric box and equal-sized houses being used.



The tropical vs. the sidereal zodiac has long been argued. We have discussed previously in *LC* the problem of the precession of the equinoxes, an astronomical phenomenon amounting to nearly a constellation. That is, if your Sun sign is Aries in the West (using a tropical zodiac) it's probably a Pisces in the East (using the sidereal zodiac). The sidereal zodiac accounts for the backward or retrograde motion of the Vernal Point through the signs: approximately every 2000 years the zodiac changes by 30° or 1 constellation. When the Vernal Point is transversing through the constellation of Pisces, we say we are in the Age of Pisces. Since it is nearly through this sign, we say we are going into the Age of Aquarius. However, there is no absolute point of reference since even the sidereal zodiac is an artifact of civilization, i.e. the so-called zero point began with the dawning of historical

Continued on page 2

Vol. 7, No. 2, Autumn, 1995

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.

E-mail to lcircuit@roadrunner.com

East Meets West

records! Is one system better than the other? Not really, since the planets in their houses remains the same with either system, only the constellation changes. There is much research and discussion about these differences, and possibly when our planet is thoroughly saturated with the new Aquarian energy, there will be a completely new interpretation. But I believe that the interpretation is already changing, which is why the Western approach is more psychological. The enlightened awareness taught by Swami Nityananda brings a new astrological paradigm: that the

"Scope of the Horror" is really a map out of itself, an indicator of bad timing, revealing

the opportunity to discontinue one's sense of living to die and replace it with the commitment of "Living to Live."

The wheel v. the square— is probably more symbolic than anything else: circles don't corner you in! Again this shows the flow of possibilities inherent in the western systems. The rotation is clockwise in India and the East, while it is counterclockwise in the West. It's a matter of perspective and both directions yield different

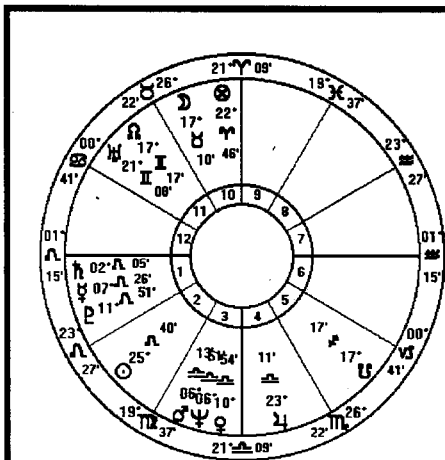
interpretations. There are circles within circles and squares within squares: it's a matter of knowing what you're looking for.

The unequal house v. the equal house.

House systems have evolved in an attempt to satisfy different locations. To accommodate the charts of people who live in far northern locations, the equal house system works best. Picture the globe shrinking toward the poles. But if you live near the equator you will have a pretty evenly spaced 12 houses so the unequal or Placidian method works well. This is pretty technical stuff, but remember that most of the agrarian societies are located near the equator where there is plenty of sunshine and warm weather to grow things.

The renewed interest in Hindu or Vedic Astrology these days could be happening for a couple of reasons. There is a continuing spiritual communication between India and the U.S. as more and more Eastern teachers come to this

country with their particular practices and religions. Also, Pluto has moved into Sagittarius which causes a recapitulation and restructuring of our views of other cultures and religions.



Pisces	Aries	Taurus	Gemini
	Moon	Rahu Uranus	
Aquarius			Cancer Saturn Mercury Pluto
Capricorn			Leo Sun
Sagittarius	Scorpio	Libra	Virgo Mars Jupiter Venus Neptune
	Ketu		

Western President Clinton Eastern

Because of the 'doom and gloom' expectations centered around the millennium (the so-called millennium is in fact nothing more than the continued backward motion of the arbitrary Vernal Point) there might also be an intensified interest in predictions at a time when we are told our future seems dire and uncertain. Astrology flourishes in times of trouble as people seek answers to unknown situations.

Although both types of astrology probably

Continued on page 7



Calendar

Three months at a glance

- 11th: Venus in Scorpio and love is intense.
- 14th: Mercury direct at 5° Libra.
- 21st: Mars enters Sagittarius joining Jupiter and soon Pluto giving lots of energy for sports and other activities.
- 29th: Daylight savings ends!

few hours later Mercury joins the fun: Now we have 5 planets + the 2 luminaries for a total of 7 energy fields located in this sign of challenge, travel, big ideas, multi-cultures and sports.

And just in time for thanksgiving on Thursday the 23rd. This promises to be a really big, expansive, prosperous day: but watch out for arrogance and inflatedness. You know how the balloon explodes when it's blown up too much!

27th: After that "really, really big" weekend, Venus moves into Capricorn sobering us up a bit.

30th: And Mars joins his partner in Capricorn. Put all those big ideas you had into some form or structure now, especially if you're an artist. These two planets together are very creative (also sexy, hmmm).

Autumn comes on Saturday, September 23rd, at 6:13 AMMDT. This is the fall equinox when days and nights are equal and the Sun enters Libra.

Part of Libra's meaning comes from this placement of hanging in the balance. On the 24th the Moon enters Libra, too, giving us clear new energy as both the Sun and the Moon occupy the celestial equator. The lineup as of this first day of Fall finds Mercury retrograde (on the 22nd, hopefully you have made your travel plans prior to that date) along with Saturn, Uranus and Neptune; Venus in Libra, Mars in Scorpio, Jupiter and Pluto in Sagittarius.



NOVEMBER

- 4th: Venus brings harmony and beauty to the crowd in Sag.
- 5th: Mercury goes into Scorpio so watch what you say.
- 7th: Full Moon 12:20 AM MST

11th: Pluto enters Sagittarius to stay for the next 12-15 years.
21st: Saturn turns direct at 18° Pisces. For the next 3 months all the planets will be direct, except for a short period in January

when Mercury will



make its normal cyclic retrograde. This is an auspicious time to move forward with the least amount of resistance. All the cards are on the table now: you know what you have to work with and on. Additionally, the planets want you to advance: Look at tomorrows line-up.

22nd: What a day! The Moon enters Sagittarius, with the Sun (New Moon at nearly 0°) and a

DECEMBER

- 6th: Full Moon at 6:28 PM MST
- 11th: Mercury enters Capricorn Communications and thinking become more cautious, but don't be cynical.

21st: Venus enters Aquarius-so much for commitment: let's fly!
22nd: Sun enters Capricorn at 1:17 AM MST. This is the Winter Solstice when the Sun appears to stop. It's an important time for reflection and introspection. Look for the next issue of *Longevity Circuit*.

OCTOBER

- 5th: Neptune goes direct at 22° Capricorn clearing up some of the distortion.
- 6th: Uranus goes direct at 26° Capricorn-predictably unpredictable.
- 8th: Full Moon 8:52 am MST



CURRENT TRENDS, cont.

♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓

Garden Path, cont.

home in this sign, meaning that the essence of the planet Uranus is most like the essence of the constellation Aquarius. It's like having a round peg fitting in a round hole. These energies bring us new ideas, innovation, rebellion, revolution and even, potentially, enlightenment. This is also one of the markers for the Dawning of the New Age, for Uranus in Aquarius takes us into the year 2000 before it changes signs and moves into Pisces. Pluto will also continue his residence in Sagittarius into the millennium.

These two planets together are quite compatible both in themselves and within their respective constellations. Pluto sextile Uranus brings opportunities for a complete and total change of life-style. Together they are the mover and shaker energy: Pluto the Fascist calling the shots, and Uranus the Revolutionary stirring up discontent to precipitate change. Who can stop these powerful forces? As if anyone wanted to...there is nary a humanoid alive today who has not some discontentment with our global situation. And rightly so, for Pluto also brings to the surface the collective consciousness and Uranus brings humanitarian issues and global relationships.

Even the constellations, Sagittarius and Aquarius, are compatible. Sagittarius contains the fire of challenge, expansion,

and prosperity while Aquarius defines the air of life goals, success and failure, humanity -- just what is needed to fan the flames! I'm sure we'll be hearing a lot of hot air trumpeted around, and seeing a lot of brightly lit torches. Let us hope that much of it won't amount to much at first as we explore these volatile energies. For if unchecked with maturity and experience they can turn into a forest fire out of control and then



artist - Nancy Wightman

we are in trouble. And many people fear the worst, and when we collectively fear, we tend to run into our religions to hide and be comforted. What we would like to see is more of a smoldering fire that can be contained yet which yields the necessary heat to transmute.

In other words Sagittarius will require our deepest integrity to test out everything we think is true before passing it on. Not an easy task when you stop to think that all of us have been programmed with a lot of incorrect

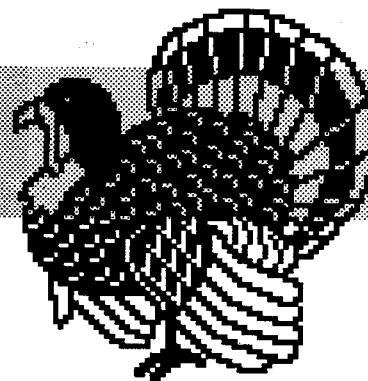
information that is imbedded psychologically and is usually unexamined. And Aquarius will require our deepest commitment to our intuition. Also not an easy task when you realize that very few of us have been supported to live according to our intuitions and consequently we confuse neurotic wishing with the clarity of absolute knowing.

It shouldn't surprise you then to hear me tell of hopping from ashram to ashram this year. Santa Fe, or *Fanta Se* as I prefer to call it, is a mecca for visiting gurus, teachers, lamas, priests, visionaries, channelers, empaths, and shamans -- to name a few. We have Jis and Sris, and healers and psychics, knowers and Mas, Anandas and aborigines... who give lessons and satsangs and workshops and yogas, shaktipat and circles ...where you can be bopped and hugged, slapped and healed, initiated and taught, released and accelerated, danced and empowered, restored and dreamed...and of course, facilitated! Lest you think I am making this all up, all these words came from just one Santa Fe newspaper's advertisements. Yes, advertisements. There's a lot of money to be made from your healing and spiritual growth. So come on down to Santa Fe, but be sure to bring your American Express Card with you!

All kidding aside this is Pluto in Sagittarius and Uranus in Aquarius at work. There is definitely a path for everyone

Continued on page 6

SOLAR NUTRITION



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

1. There is a time, a place, and a season for everything.
2. A little of anything is medicine for the system.
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.

The Heart

Continuing with our sections of the Biological Time Clock we find the Heart situated at the 11am-1pm slot. The Heart is a pump that

sends the blood throughout the body and relies on healthy pressure: neither hyper nor hypo.

Emotionally, the heart rules consciousness v. the intellect and we even say, "So and so has hardened his heart against her," meaning that his head is ruling his heart: attachment is taking precedence over compassion. "The pure in heart sees God." and "The longest journey is the 12 inches from the head to the

heart." These statements indicate the importance and the difficulty of detachment and integrity.

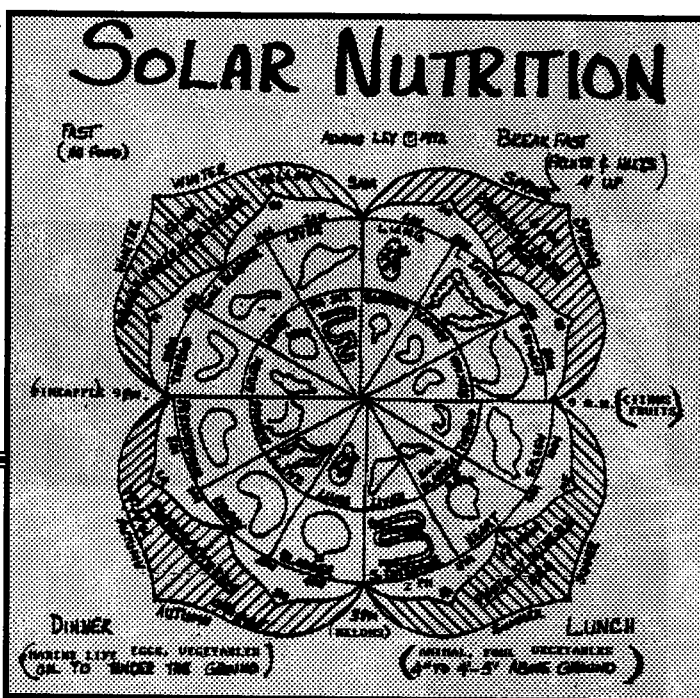
Adano C. Ley, aka Swami Nityananda, told me that the master takes on the karma of his followers and dies according to their needs. Thus Jesus "died" on the cross to redeem the harsh death penalties for minor infrac-

Vitamin C balance needed to prevent a hardened heart. Another good nutritional tip for the heart is to avoid any lactic acid by mouth. This means most dairy products. Brown rice is also a

good heart food and since it is a neutral food can be enjoyed any time of day during all time zones. The heart also needs vitamin E to retain its elasticity. In the A.M., Kiwi is not only high in E, but in iron and calcium as well. For the noon meal eat plenty of grains and wheat germ oil. At night eat yams and fish.

The ultimate therapy for the heart, however, is yawning. It's no surprise that this left-brained emotion-

ally repressed society perceives yawning to be rude! By holding in the excess CO₂ (carbon dioxide in its compressed form is dry ice) we continue to retain our hardhearted attitudes and hasten the ending of our lifespan! However by yawning frequently we are able to thaw out our frozen feelings so that our responses to our world are more compassionate. And when you're not yawning, **Breathe!** ☉



tions in his time (eye for an eye, etc.). And Adano "died" from a massive coronary attack to redeem the lack of compassion and love during our time. (Rajneesh also from a heart attack, and Charon Singh had diabetes, etc.) What are the heart therapies? A most important nutrient maintaining a healthy heart is 100% pure tomato juice with a tablespoon of blackstrap molasses to drink between 11AM and 1PM. This provides the calcium/iron,

Garden Path, cont.

now. And even though I have picked up on the New Age and Eastern religions, the same energy is being absorbed into the Christian religions, too, especially in terms of politics. So I joined the crowd and went guru hopping. But one of my criteria, due to the limits of my Master Card, was to visit only those who did not charge a fee.

One of those I visited was Amachi. When Amachi comes to town, as she does every summer, she brings a little bit of India with her. Set in the foothills, this miniature village provides wonderful food; baubles and seeds and other souvenirs to buy and be blessed; authentic Indian musicians who play ragas and raginis and chants. Just hanging out is wonderful, but it is really the battery charge one receives from her spiritual truth that has the lasting value.

This woman from India is the embodiment of the Divine Mother. One of her gifts to you is to hug you like the mother you never had. She bills and coos, and hugs and squeezes and pats and rubs. It is a most amazing experience that satisfies the Soul. For those of you who have never had the mother love you crave, Amachi is healing. Many have had spontaneous healings and amazing experiences of prosperity. Amachi says, "Do your spiritual practices. They will burn up 90% of your Karma, and the other 10%, who cares about it?"

A good criterion for authenticity besides money is to ask yourself if the so-called Master or Teacher enhances your medi-

tation or gives you clarity. As Gangaji, another teacher I visited says, "Most teachers feed off the suffering of their disciples." Gangaji teaches that there are no teachings. In a very simple environment without fanfare Gangaji urges each one to go beyond concepts by realizing that the mind is the servant of The Source.

Gangaji is unusual because she is an American woman



without any historical predisposition to becoming a spiritual guide. She is just like you and me, in her culture, her education, her dress, etc. One cannot help but think that if she could take the leap into the Unknown and Unknowable, then it is available to all. This is a particularly Aquarian or Uranian idea. Amachi is much more a Pluto in Sagittarius phenomenon bringing the richness of Indian myth and religious ritual.

The third hop I took is from another source altogether: Tibet. Santa Fe is blessed to have an authentic Stupa thanks to Kalu Rinpoche who came here to open it in the 80's and who died a few years later. A stupa is a religious

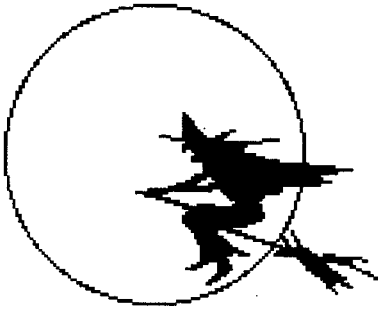
edifice of an historical type found in Tibet. Inside there are beautiful and profuse paintings on the walls that tell the many stories of the Buddha and other Buddhist teachers and there are 108 golden Buddhas on the alter along with many other Tibetan relics and symbols. It is a place of meditation. It is also quite beautiful and when one enters one is transported to another placetime.

So when the tulku or re-incarnation of Kalu Rinpoche, the founder of the stupa, arrived in Santa Fe in his newly acquired 5 year old body, I went to receive his blessing. He appeared swallowed up on the huge temple throne and during the long period of chanting he fell asleep. He had a separate chair beside him filled with toys. But when the time for the blessing came in which he bopped each one of us on the head with a Tibetan relic, his gaze was clear and went straight as an arrow.

His chief disciple when he was in his previous body is now his own teacher and is passing on to the boy-lama what the enlightened lama taught him! I returned a few days later to receive the Milarepa empowerment from Kalu's teacher and was deeply moved by his authentic spiritual maturity as he took me deeper and deeper into my meditation.

So what is the point of all this. What I discovered is that they all teach the same thing. Find out for yourself during this unusual time of expansion. It's a wonderful adventure you will cherish all your lives!





EAST MEETS WEST, cont

originated in the same area, around Mesopotamia, they have been deeply changed and affected by the cultures that they serve. An excellent example is Balinese Astrology (discussed at length in an earlier issue of Longevity Circuit) which uses only 4 planets used primarily to predict the rice crops. In a culture in which most of the native population will never leave the island, which lacks 4 real seasons and has limited educational advantages, an astrology with various outcomes is not necessary to the collective unconscious.

Similarly in India the caste system, the relative poverty and low incidence of mobility all contribute to a system of structured predictions that are not compatible with the life style in the West. For instance in Vedic astrology it is an accepted practise to predict death--which is simply not allowed in Western Astrology. Why? Here in the US, for example, we have easy access to many types of medical healing therapies, we have self-inquiry and emotional healing, geographic mobility

and job choices. In treating cancer, we know that a complete and total change of life-style can facilitate healing. Here that is fairly easily done. Furthermore, since this country is Uranian based, indicating the need for mental, physical and spiritual space, we like to think that we have free will as well as free choice. In India, the culture is very much fate and destiny oriented. Here in the West we are much more scientific or left brained. In the East one finds a more right brained society.

It isn't that one system is better or worse than the other, it's that each has adapted itself to meet the needs of the culture it serves. ☉



please note:
Longevity Circuit is on the Internet! Our E-mail address is:
lcircuit@roadrunner.com



*G -Gee,
U- you
R - are
U- you!*

.....

Some Quotes....

"If you know who you are when you're sound asleep then you've mastered the game."

"We all survive our decent burials."

"Memory can be an ally to making decisions, or can cause us to recreate our childhood through desires."

"Channeling is a level below the transfiguration, an actual experience v. a telephone booth."

"Every experience is neither good nor bad; it is only an opportunity to experience love."

Adano C. Ley

How to protect your heart, see page 5

East is East & West is West, see page 1

First Class Mail

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



Fascinating facts (Did you know...?)

"We are influenced by the stars,

We influence the stars

We are the stars. With a change in consciousness we could become aware of ourselves as galaxies or as other participations at other perception levels.

"Vibrations of thought patterns in specific harmonies structure all 'matter' and light as we experience it. A Ham-on-Rye is merely a ripple, or fluctuation constructed by thought in the quantum foam of space."

These are excerpts from the book *Space-Time and Beyond* by Bob Toben in conversation with physicists Jack Sarfatti, Ph.D. and Fred Wolf, Ph.D. They show us that Astrology is a map out of itself and that we are ready to leave the Newtonian concept of destiny! This is the quantum mechanics paradigm of Astrology that sets us free.

Love, Ginger