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# LONGEVITY CIRCUIT

The quarterly newsletter dedicated to perpetuating techniques which contribute to a longevity lifestyle. **PLEASE SEND YOUR DONATION TO:**  
*Longevity Circuit*  
103 N. Hwy. 101, Suite 1028  
Encinitas, CA 92024  
Phone: (619)632-0791

## CURRENT TRENDS

### PLUTO IN SAGITTARIUS -- one more time

An interesting, though sad, example of Pluto's new energy was the news of Israel's Prime Minister, Yitshak Rabin's, assassination. Although assassinations are not new, was extraordinary about killed by one of his own law student who abhorred two historically antithetical Biblical lands. The polarizations due to Pluto's new including problems with the legal system, in this case a student.



particularly in our times, what this one was that Rabin was people, a right-wing fanatic the idea of peace between nations and the giving up of ing of philosophies and religion energy has been anticipated

What this unfortunate situation also brings to the forefront is how language has been used to incite such behaviors. We've talked about this before: the Oklahoma City bombing was also encouraged through inflamma-

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### *Astrology and Dreams*

Dreams have long been with us. Do you remember this one?

Two officers of Pharaoh, the butler and the baker, were taken to prison for offending (possibly for poisoning) him and were placed under the care of Joseph, who was also in prison (his employer's wife had made a pass at him and been rejected. As they say, "Hell hath no fury like a woman scorned.") One night, the two officers "dreamed a dream both of them, each man his dream in one night...and Joseph came in unto them in the morning, and looked upon them,...saying, 'Wherefore look ye so sadly to day?' And they said unto him, 'We have dreamed a dream, and there is no interpreter of it.' And Joseph said unto them, 'Do not interpretations belong to God? Tell me them, I pray you.'

And the Chief Butler... dream, behold, a vine was before the vine were three branches, and ding, and its blossoms shot forth, clusters thereof brought forth ripe And Pharaoh's cup was in my hand the grapes, and pressed them into cup, and I gave the cup into Pharaoh's hand.'



said, 'In my me, and in it was bud- and the grapes. and I took Pharaoh's

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## *Astrology and Dreams, continued*

And Joseph said unto him, 'This is the interpretation of it. The three branches are three days: Yet within three days shall Pharaoh lift up thine head, and restore thee unto thy office: and thou shalt deliver Pharaoh's cup into his hand, after the former manner when thou wast his butler. But think on me ...and make mention of me unto Pharaoh, and bring me out of this house....

When the Chief Baker saw that the interpretation was good, he said unto Joseph, ..'In my dream I had three white baskets on my head, and in the uppermost basket there was all manner of baked food for Pharaoh and the birds did eat them out of the basket upon my head.' And Joseph answered, 'The three baskets are 3 days. Yet within three days shall Pharaoh lift up thy head from off thee, and shall hang thee on a tree and the birds shall eat thy flesh from off thee.

And it came to pass the third day, Pharaoh's birthday, that he ...lifted up the head of the Chief Butler and of the Chief Baker among his servants. And he restored the Chief Butler and he gave the cup into Pharaoh's hand. But he hanged the Chief Baker as Joseph had interpreted to them. "

*(Genesis 40)*

As an aside to jiggle your memory, it took two years for the butler to remember Joseph to the Pharaoh and only then in connection with the famous dream the Pharaoh had about the 7 years of feast, and the 7 years of famine. But Joseph "was with God" and a patient man and correctly inter-

preted the dream and was restored to good standing. (Whew!)

To my knowledge this may be the first dream recorded, at least in the Bible, but it points to a long history of God revealing his will through dreams to the Eastern people, in this case the Jews and Egyptians. Also in the Old Testament is another interesting dream, this time concerning Daniel and Nebuchadnezzar, the Chaldean king, who wanted not only his dream interpreted, but to be reminded of the dream that he feared to remember!

Both these dreams, the Pharaoh's officers, and Nebuchadnezzar's have a couple of things in common. Both dreams are prophetic (profit) and benefit not only a few but a collective. In ancient Egypt and Babylon the dream interpreter was a professional man of importance who belonged to the class of astrologers, soothsayers: wisemen. And in these famous cases, the interpreter defers to God for the interpretation. Joseph says to Pharaoh about interpreting his dream "That it is not in me, God shall give Pharaoh an answer of peace." And in Daniel's case, because Nebuchadnezzar was going to destroy all the wise men (this includes the "astrologers and the Chaldeans") of Babylon (including himself), he prays 'for mercy of the God of heaven,' who does reveal to him the King's dream in a night vision.

The emphasis on God reveals that dreams need proper interpretation (on the level of higher consciousness) to be useful because they're too easy to misinterpret. In contemporary times, Carl Jung, who brought us a quite enlightened idea of dreams as being partly drawn from the universal unconscious, mentioned that if one

thinks one knows the interpretation, one is probably wrong! The agonizing part of the ego interpretation is that we begin to believe that our neurotic wishes or dreads are real.

Similarly, we need to know which dreams are prophetic. Dreams can come from so many different sources: a too full belly from the meal the night before and other imbalances in the physical body; stress and its release during the night;

# Joy!



# Calendar

## Three moons at a glance

### December

22nd: Winter Solstice at 12:17 A.M., PST. The longest night of the year when the Sun stops its path north. Since there is also a New Moon the day before there is a real sense of new life. This is the day *Longevity Circuit* moves to California!

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New Phone: (619)632-0791

25th: **MERRY CHRISTMAS**  
and **HAPPY NEW YEAR!**

### January

1st: The New Year begins quite auspiciously with all planets being direct. This is fairly unusual and gives a big boost to any projects by encouraging forward and progressive action. Mercury will go retrograde this month, but also returns to direct motion before the end of the month, thus once again, all planets are direct until March 3rd when Pluto makes a long retrograde motion. This month also sees Uranus and Jupiter moving into new signs, and Pluto moving into new degrees. Despite the shorter days and colder nights that pull us inward both physically and psychologically, the planets have other ideas for us: in a word, expansion instead of introspection. Uranus in his own sign promises revolution, change and unexpected

events, hardly the energy one expects for a good book in front of the fire! Jupiter in Capricorn gives us responsibility and leadership, and a sense of duty to fulfill our new goals: hardly the energy one expects to take it easy and sleep late!

5th: Full Moon in Cancer, 12:51 PM PST.

8th: Mars enters Aquarius: actions become unpredictable, including the rise of anger. Drive safely!

9th: Mercury goes Retrograde at 1:51 P.M. Be careful of signing contracts, making travel plans and any commitment. You (or they) will probably change your mind as you obtain more information. Always try to study during a retrograde Mercury.

12th: Uranus enters Aquarius for the next 7 years!

15th: Venus goes into Pisces: the urge to merge--or be doormatted! You pick.

21st: Sun enters Pisces

30th: Mercury goes direct, 12:07 P.M. PST.

### February

4th: Full Moon in Leo

8th: Venus goes into Aries giving romance a fresh start. This is the Sadie Hawkins Venus, when it's really easy for girls to call the guys out for a date. Try

it if you never have before!

14th: Mercury goes into Aquarius strengthening your intuition and quickening your thoughts.

15th: Mars enters Pisces, distorting and slowing your actions, but a good time for dancing and swimming.

19th: A two for one day: The Sun enters Pisces AND it is the Chinese New Year--The Rat! He's aggressive, honest, sociable, and energetic, but also restless, greedy and an opportunist. It is said that economically fat Rat Years are followed by lean years so it's a good idea to keep your nest egg full; politically, watch for "The Blame Game" mentality; socially, enjoy intellectual stimulation.

### March

5th: Another busy day for the stars: The Full Moon in Virgo, Pluto goes direct at 3° and Venus enters Taurus, her home--in that order. Even as new ideas come into fulfillment we are compelled to reevaluate them, always testing them against unconditional love.

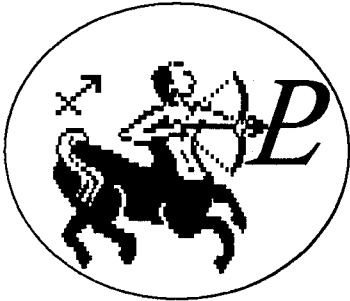
7th: Mercury enters Pisces bringing poetry, ambiguity and the possibility of being misunderstood or deceived.

20th: Sun enters Aries: Look for the next issue of *Longevity Circuit!*

## CURRENT TRENDS, cont.



tory rhetoric. And now we have a similar example showing Pluto's pattern of transformation of the



area to which he has drawn his attention. Pluto is a fascist and certainly we are seeing fascistic behavior. Sagittarius also rules orthodoxy and here we have a case in point: As I understand it, the orthodox view of Judaism has no place for compromise in terms of the Biblical lands. As is typical of Pluto, he exposes his dark side before transforming and regenerating. If you look at all this holographically, then we as a planet have projected our need to repair and transform our methods of speech.

Adano Ley, Swami Nityananda, prepared many of us for this challenge when he said things like, "Your mouth is your best enemy and your worst friend." and "Your mouth is a gun; your words are the bullets; your intent is the trigger. Be careful you don't point it at yourself and blow your head off."

The *New Yorker* Magazine recently quoted Proverbs 18:21: "Death and life are in the

hand of the tongue" an Old Testament saying reminded to us by a New York rabbi who sees that speech to incite has a new dimension: when once oratory was used to sway a group of powerless people there was no responsibility, but now the disenfranchised have guns and bombs.

Another example of Pluto in Sag is the tightening up of airport security: i.e. in our area one is searched at the entrance to the airport parking lot - supposedly, I have heard, to prevent another garage bombing since the perpetrator of the world trade center has been convicted. It's sort of like closing the barn door after the horse has escaped, but it will have more significance as it curtails our right to travel freely.

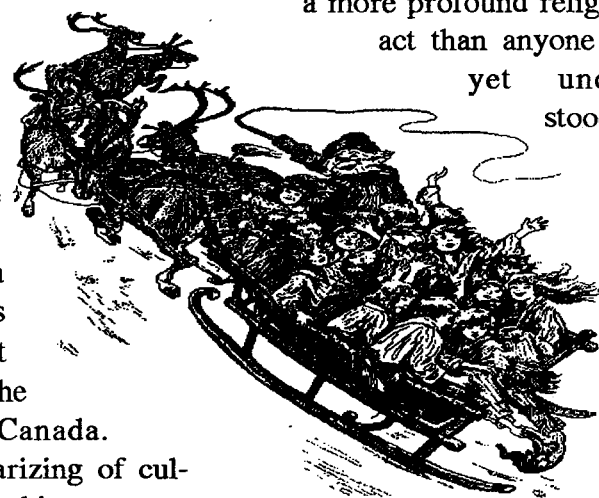
Sag also rules travel and Pluto is showing that he intends to change the way we do it. Since a photograph is needed now at point of departure, there will be changes in the way we handle tickets as well.

And a third example is Quebec's attempt to secede from the dominion of Canada. Again, the polarizing of cultures. Although this move was successfully (though barely)

blocked by a close vote, it has exposed (that's Pluto talk again) the deep-seated cultural problems between Catholic and Protestant Canada - a good example of the correlation between religion and culture.

How is all this being evidenced in your life? Since Pluto is a trans-personal planet, it may be a while before you see personally the implications of these cultural/orthodox/philosophical confrontations. Just as it took our nation a long time to come out of denial about our abusive sexual practises, AIDS finally caught our attention. This was also a Pluto transformation.

You might be looking at opportunities to revise your philosophies, religions and cultural expectations. It's always easier to work with Pluto voluntarily rather than wait to be forced! To paraphrase New York rabbi, Arthur Hertzberg, cultivating peace is "a more profound religious act than anyone has yet understood."



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# 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 not to get sick.
5. Live to eat in order to live NOT to eat.

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## SMALL INTESTINE

The next segment of the Biological Time Clock rules the Small Intestine. (For those of you new to *Longevity Circuit*, we have been discussing the Chinese acupuncture Biological Time Clock as a useful tool for cleaning up the body and correcting timing. Each of the 12 segments of this clock, as in astrology, pertains to a particular part of the body and a specific time zone. Nurturing and sustaining the timed organs decreases stress and increases the

utilization of food.)

According to Traditional Chinese Medicine, the Small Intestine separates the pure from the impure. Similarly, psychologically, it indicates the need to analyze our thoughts, break them down into their components and let go of the outmoded or martyred ones. We have expres-

ruled by the 6th house and Mercury. It's the same message: spend some time thinking *honestly* through the problem, then make a decision and forget it. Another good idea: write down everything you think is true that your parents taught you; then check it all out. Maybe if you're lucky, you'll be able to keep 5 things!

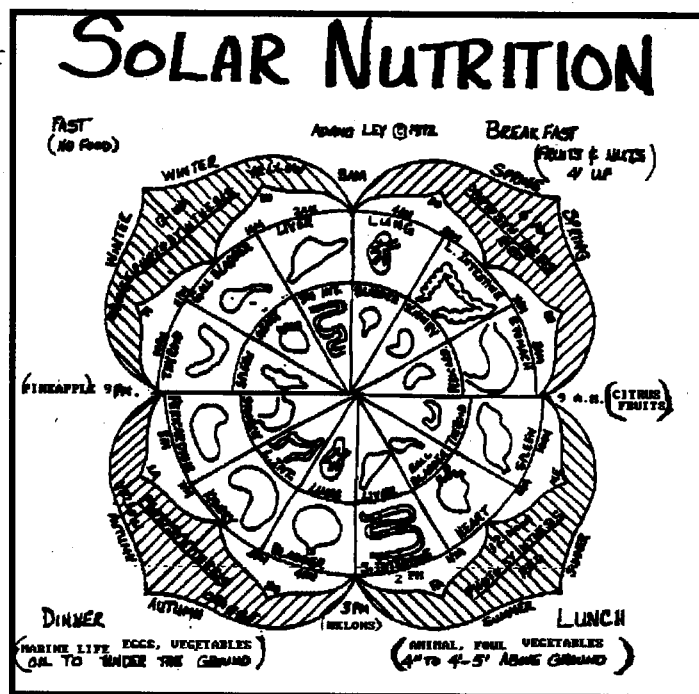
The spiritual solution is found in a wonderful quote from Adano Ley, aka, Swami Nityananda:

"Don't be afraid to make mistakes; it's already written in the stars anyway, and *you're not attached to the outcome.*"

The foods for the Small Intestine are found primarily in the middle of the day. And one you might not have thought of is eating the tops of green onions—particularly beneficial.

Also Vitamin C of the nightshade family is symbolic of the psychological nature of the Small Intestine: this means tomatoes! Stewed tomatoes are excellent in soups and tomato juice with black strap molasses is also very efficient: it's good for the heart and the small intestine. In the morning, eat peaches and prunes; also black olives. And at night, seaweed, fish and eggs nourish the small intestine, too. And don't forget to

**BREATHE!**



sions such as, "His thoughts stragulate him." Or you make me sick, etc." Remember the SPLEEN ORGAN we reviewed in the spring issue of *LC*, in which too much thinking causes problems. Here in the Small Intestine we can analyze those thoughts efficiently, or, we can over-analyze, worry, or attach to thoughts that disrupt the natural flow of digestive juices resulting in an ulcer, gastritis, undigested food, etc. In astrology the digestion is

## *Astrology and Dreams*

unconscious desires; etc. Dreams can also give understanding, protection, and guidance. Not all dreams are "Big Dreams."

To further complicate things, according to quantum mechanics and the holographic paradigm we use in astrology, all life is a dream. All the Great Ones admonish us to "Wake up!" Maybe this is why higher consciousness is needed to interpret dreams wisely, for this is the Source beyond the mind of illusion. Even the Pharaoh had two dreams; the first one, and the second which gave clarification and validity. How would you have interpreted the butler's and the baker's dreams. Did you get that the butler actually did serve the king in his dream, while the baker was prevented from doing so?

Can Astrology help with interpretation? On one level, yes. The symbols, or glyphs, used in

this ancient system are as old as time itself. If it is true that astrology emerged from the Chaldean culture, these symbols are found everywhere. A very common one is the glyph for the Sun: ☉, the circle of wholeness with the dot of individuality in the center. Or speaking holographically, the emergence of separateness from the Source of unlimited possibilities, manifestation from the Unmanifest. Who among us had not had a dream with such a symbol or a variation of it?

Another common astrological dream symbol is the concept of four whether in the Angles or in the 4 elements. Three is another one: the triangle, the 3 qualities, The Trinity, etc. How about some of the animals: the fish for Pisces, or Christ principle; the cow, the ram, etc. Or Venus, Mars, and of course, the Moon.

If we use the holographic model again, then in our dream world of existence, the Sun and Moon "out there" are actually only projected images of our own duality, male and female, negative and positive polarities. It isn't all that clear, is it? Now add to the collective images all the cultural and personal images and you have a maze it's easy to get lost in.

On a personal level Astrology can help by indicating what issues one is working on. In this area, dreams and astrology can work together to help find solutions to mundane problems. I feel, however, that the Big Dream is outside the realm of astrology altogether.

(Remember, Astrology is a map out of itself.)

Another interesting role astrology can play in dreams is to identify who will do the dream-

ing. The myth of Sagittarius identifies the Prophet of the Zodiac, provided he experiences his Truth. Why? At his best he is intuitive, progressive, thinks and comprehends in a big way.

Astronomically, Jupiter, the ruler of Sagittarius is called the red giant, mediating between the personal and transpersonal planets, meaning those you can see with the naked eye and those you can't. As the Archer Centaur, (half horse/half man) he mediates between the instinctive and the higher selves and raises the level of the unconscious to a loftier form of existence.

It's no wonder then that by looking for Jupiter's placement in a chart or by noting which planets are in the Sagittarius houses we can determine the



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## Pluto in Sag, revisited

Now that Uranus enters Aquarius on January 12th to stay for 7 years, there will be plenty of impetus to put one's revolutionary attitudes to work. Impatience, discontent and confrontation will continue to influence many people's actions. Hopefully, Jupiter moving into Cap-

ricorn will have a strong influence toward responsibility and duty to confine exploding energies for change. The core of Pluto's benefit is to ask, "What is in everybody's best interest, such that no one loses his/her personal integrity." Obvi-

ously the answer will embody a creative, intuitive unusual compromise. Since Swami Nityananda once defined love as integrity, then personal integrity is not fanaticism, but a firm commitment to all peoples and cultures. "Well," as Nityananda would say, "we'll just have to see what happens."



### NEW ADDRESS

*Longevity Circuit*  
103 N. Hwy 101, Suite 1028  
Encinitas, CA 92024

(619)632-0791  
(after December 25th)

*New E-Mail address coming soon; messages are being forwarded so keep on writing! (lcircuit@roadrunner.com)*

### *Dreams, continued*

individual's capability to dream.

Here's another directive: the 12th house of Pisces and Neptune, its ruler, hold the keys to the watery depths of existence. This is the innermost chamber where we go to meditate, pray, and yes, even to dream. Since the 12th is the house of cells, this is where potentially we can turn our vision inward to the deepest origins of becoming:

the path of the electron as it moves around the nucleus of the atom. This "convex vision" identified by Swami Nityananda is the knowledge of all experience without the limitation of time, consequently prophetic.

And why this interest in dreaming, anyway? Well, Pluto has entered the Sagittarian realm for the next

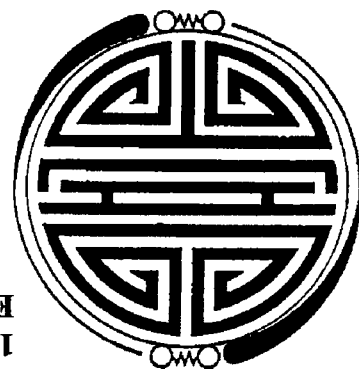
13 years. As the great exposé and transformer hopefully he can impart to us (and we can receive) the knowledge we need to move more and more into prophetic areas of awareness so that we can forestall or dissolve unhealthy actions that might be destructive and act instead according to our highest good.



*Astrology and Dreams, see page 1*

*Longevity Circuit has moved!  
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## **IMPORTANT NOTICE !!**

**LONGEVITY CIRCUIT IS MOVING!**

As of December 25th, 1995

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PLEASE MAKE A NOTE OF THESE NEW NUMBERS  
SO WE DON'T LOSE TRACK OF YOU!

*Happy Holidays!  
Love,  
Ginger*