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# LONGEVITY CIRCUIT

A quarterly newsletter dedi-  
cated to perpetuating tech-  
niques which contribute to  
a longevity life-style.

## CURRENT TRENDS

### OLD NEWS IS NEW NEWS.

Or you could say, you heard it here first!

Well, it's old news to us anyway, even though new to the western medical establishment. *Newsweek* magazine, (March 11, 1996) medicine article headlines, "Timing is Everything." Duh... The gist of this article describes a growing field of medicine called 'chronobiology' (a term that Adano C. Ley originally coined in the early 70's), which utilizes the strategic use of time in medicine. For instance, the timing of the onset of illness is being researched, i.e. asthma strikes at night (Lung time), cholesterol levels rise during the winter (Gall Bladder time falls in the season of winter); and the time to administer medicines, i.e. cancer drugs are less toxic if they're used only at certain time of day. What particularly caught my eye



Continued on next page

A Review

## D L E I A F T E H

No, it's not a foreign word. Would it help if I spelled it this way: dLeIaFtEh? Or how about, D(L)E(I)A(F)T(E)H? Now you've got it! It's hard to separate the two, each depending on the other for its existence. Maybe it's because Pluto has entered the sign of philosophy, or maybe its because of my own current astrology these days, or maybe it's just me being me, but I find that I am fascinated with Death. What is it, how does it feel? How do I know that I'm not already dead? Maybe what I am experiencing now as life is really my life flashing before my eyes in the last moment of life. How do you know that when you're 'awake' you're not really asleep in a dream? And how do you know that when you're asleep in a dream, you're not really awake?

If the subject of death is disagreeable to you, as it is to most of the population then maybe you would feel better about reading this article if you knew it to be a book review, which it is. *The Tibetan Book of Living and Dying*, by Sogyal Rinpoche, points to the answers I have just posed. Rinpoche writes, "We are actually educated into believing that nothing is real beyond what we can perceive without ordinary senses... This is perhaps the darkest and most disturbing aspect of modern civilization--its ignorance and repression of who we really are." One of Rinpoche's close students describes it as being halfway between a book and a living master, and there is a lot of truth in that. You sense it when he says, "I always say,

Continued on page 4

OLD NEWS IS NEW NEWS, con't.

reading this article is that a lot of this research is coming from the city where Adano had his clinic, Houston, and the Hermann Center for Chronobiology and Chronotherapeutics, there. It's too coincidental and so wonderful! Solar Nutrition, which is based on timing the ingestion of food to correlate with the needs of the body, is gradually becoming better understood. "Eat your way to butterflyhood!" is not merely an exhortation, but a reliable life-style to health and longevity. It's not what you eat, but when you eat it.

Another interesting development, this one about diet comes from a new book called *The Zone*. Although I have not read this book, I did see a TV interview with its author who indicated that the no-fat diet is unproductive for losing weight because it alters negatively the healthy insulin production zone of the body actually causing a weight gain similar to that found in people with diabetes! Research shows that the incidence of obesity is on the rise, despite the numbers of people on a no-fat diet. Again, the evidence validates the moderation of Solar Nutrition and the importance of oils and lipids for each meal. Interestingly, Adano often distinguished between the two types of cholesterol, the yellow and the white, the healthy and the unhealthy and how to shy away from the latter.

More Old News

*The Los Angeles Times* for March 18th, 1996, heads an article called, "This is not just Biology here--it's a mini-super Bowl." referring to the spermal run to the ovum! Many of you will remember Adano's mantra, "I am a winner, based on the fact that the sperm made it to the ovum against all odds, Losers can't be born." or, "I am a winner" for short. Again, Medical research is catching up to truth. The thesis of this article is that "the man's sperms goes after the egg with the strategy of a football team... and that a man unconsciously adjusts his ejaculate's

lineup of specialty players to fit the situations."

Those of us who studied with Swami Nityananda will remember well his lessons on 'spermal confrontation.' He said that the life of consciousness that we live now through the breath is merely a repetition of the spermal journey that we have already won, unconsciously. This is why we are all winners, but because of incorrect parental and societal programming we believe ourselves to be losers. I don't think Adano was talking about materialistic achievement in his definition of a winner or a loser. Rather he indicated that a winner is one who knows "what" he is whereas a loser identifies with "who" he is. Unity v. separation.

These articles offer factual validation to the core teaching of Adano C. Ley (Swami Nityananda), if you need it! Both of these articles appeared in March when both Pluto and Uranus were exactly sextile in their respective new signs. Pluto in Sagittarius is and will be exposing a new world view based on new conceptions and higher learning. Uranus in Aquarius is and will be enlightening us through scientific advancement. Here is a good example of their working together to benefit humanity.

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Want to read some more things Adano said about time? Here are a few:

The timing of the daily events in your life is the evidence that creative intelligence is directing your survival.

In time, on time, all the time.

Dimension is time and is measured by a circular ruler. Time

can only be measured in a circle because time is motion.

Time spelled backwards is emit. Time is emission.

You can't recognize time without light. Time is a phenomenon of light.



Continued on page 6

# Calendar

Three months at a glance



"It's a retrograde summer that we live in," to paraphrase an old song. Basically it's a time to look back and in. You might find that some unfinished business requires your attention, or that you long to repeat something you once enjoyed, or maybe, even, an old lover or two reappears on the scene. The movie, *Mission Impossible*, is a good example of retro(grade) summer fun, but it was better the first time around, wasn't it? Better to use this energy to go in: rethink those plans, check your priorities, gather more information. Be careful about making long-range plans.



In addition to all the retrogrades, we also have those 3 planets in new signs: Pluto, Uranus and Saturn. This is a very disorienting and confusing time as we learn to accommodate these new forces. Actually, the multiple retrogrades are giving us some breathing room as we regain our footing. Many of us (anyone with any planets between 27° and 4° of any sign) have made sudden giant steps forward. This is the time to take a deep breath and see what you've done, what you'd like to correct or do differently now that you have some space for introspection.

On July 2, Venus will start her direct path again at 11° Gemini. If you were born in this sign or have a twinned Venus you might find you thought you had to choose between two loves, but now you can find a way to make them both work. Maybe you've rehashed an old love affair and now you are really ready to go ahead. Or maybe



you repaired or bought old jewelry. Here's another Venus phenomenon: Venus and Mars are travelling together throughout the summer. They met up in mid-June in Gemini and travel through Cancer and Leo hand-in-hand until Venus surges ahead in Virgo in September. With the male/female principles thus entwined, this can be a very romantic time ...and, hey! when love is in the air, who cares anyway about delays in business, and disagreeable confrontations and thwarted plans.

But then on July 18th, Saturn makes his station at 7° Aries to take his look back. A backward moving Saturn is never any fun: it tends to bring out our doubts and fears about the current commitments we have just made as it also brings on delays and obstacles. With Saturn in Aries you might also experience fatigue, the doldrums, depression, or just too much

hard work. Saturn will follow Pluto and Uranus respectively to 0° where they all coincidentally (?) begin their forward motions again in the late summer and fall. August 10th finds Pluto making his direct approach and altogether he will have sat on 0° for over 3 months! Jupiter, Saturn, Uranus and Neptune remain retrograde through the month.

On September 3rd, Jupiter is the one to go forward and will continue so right into his next sign of Aquarius (in January 97). However, on the 4th Mercury will go retrograde from the early degrees of Libra back to 19° Virgo, one of his own signs until the 26th. Expect and be prepared for botched communications whether from personal interaction or via technology and the media. Check details twice! This is not the time to put in a new filing system! Watch those travel arrangements if you have to make them during this period. Take a carry on bag. Mail your checks early. Allow plenty of time to drive, etc, etc.

This year is not an easy one for the faint hearted: everything is in flux, subject to change. If you have courage and flexibility you'll be using a lot of it now! And in the meantime, BREATHE !! (and look for the next issue of *LC*.)

## The Tibetan Book of Living and Dying

'Our buddha nature is as good as any buddha's buddha nature.'

When I have told people about this book they think I am speaking about the ancient text called The Tibetan Book of the Dead. And while this guide does describe and prepare the reader for the Bardo, a sort of initiation into death and rebirth, it is much more a book about life and how to live it with one's full potential expressed.

The Tibetans are quite clear about honoring your own culture and religion. They know that it is possible to use the Tibetan Buddhist principles in harmony without dishonoring another religious path. It's the same truth but the names are changed. And since we all do die (a simplistic but all encompassing definition of death could be, 'leaving the physical plane'), eventually, even if we are Longevity students in the Swami Nityananda



sense and choose the diamond body, resurrection, or non-decomposition, Rinpoche's book enhances our awareness and offers additional techniques to make that process a victorious one. Similarly, we all know people who are leaving this planet and again the knowledge in this book can give us the opportunity to serve, to

give succor and dignity to them in their portentous moment, and to understand the process in terms of releasing attachment. Rinpoche says, "Life and death are in the mind, and no where else."

This article is also part of our ongoing intention to keep you posted on "Teachers Who Can Give Booster Charges." That is, we all know it takes lots of stored energy to progress (or potentiate, self-actualize, individuate, whatever). And yet the stress levels we often encounter are so depleting and enervating. So we need from time-to-time what Adano C. Ley called a "battery recharge." How do you know when someone can give it to you? Being in their presence exhilarates, rejuvenates, and energizes you; it creates bliss and opens your heart, etc.

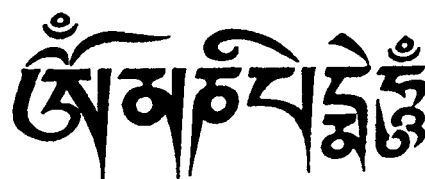
Such is the author and Tibetan Buddhist master whom we serendipitously met here in Encinitas recently at the Paloma Theatre. (Paloma is Spanish for 'dove.') His book appeared to me as fortuitously: when we were on retreat with Gangaji in Maui last year one of our fellow retreatants gave it to me. How Rinpoche would love that. During his talk here in Encinitas he recommended that you steal, borrow, or copy the book and noted that it is the most stolen book in Australia! (But just don't tell his publisher.) With such lighthearted

humor Rinpoche also deals with the most serious subjects.

As usual, we continue to find that all realized people essentially say the same thing although the path and the words might be different.

### Mantra

A mantra is a "potent vibratory chant, an instrument of thought... a universal terminology." This is how Yogananda describes mantra. The Sanskrit words below are Om Mani Padme Hum, the Buddhist mantra



of Compassion. Each of the 6 syllables purifies one of the six poisonous negative emotions.

Another mantra, "I Am A Winner." is 5 syllables that purifies the 5 elements from the incorrect programming obtained at birth and before. It brings the realization that the Sperm made it to the Ovum against all odds, and that losers cannot be born. More on mantras in another issue of LC.

### Adano Ley on Death

Adano Ley speaking on Jesus' raising of Lazarus from the dead: 'This is not a death unto the death' What kind of statement is that? It takes modern science to find out now that there are two kinds of death. Clinical death and terminal death and yet way back in that time, he's (Jesus) already defining clinical death from terminal death. 'This is not a death unto the death.' This is a clinical death I induced as a master over the student to show him that possession

Continued on Page 7

# 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.

(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 the 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, harmonizes the emotions and increases the utilization of food.)

## KIDNEY

Following The Bladder is The Kidney whose time is between 5 and 7 PM. This organ is extremely sensitive as it not only must do its own work, but it also takes the burden off of many of the other organs which might be under stress. It pays to pamper one's kidney! In western medicine, the kidney is known as a filtration system. In Solar Nutrition, the kidney has a similar function, clearing water from the body.

Emotionally, the kidney symbolically teaches us to filter our perceptions leading us to develop self-honesty. We resent being fooled, or having to do things we don't like. There is a connotation of fear, resenting change and needing security. But behind all these problems is the resentment we feel when we have fooled our-

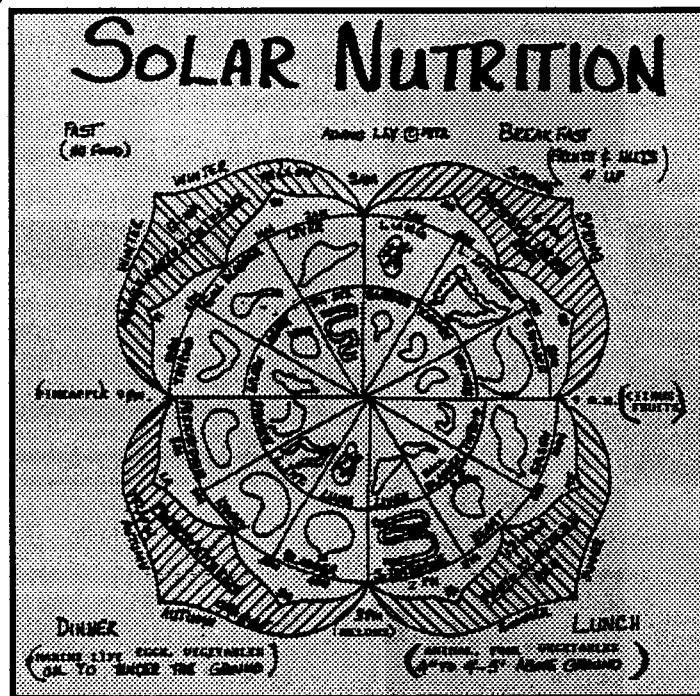
tural and karmic causes to the kidney problems in this country. Certainly there are ecological factors that cause difficulties, as in our toxic water. People with sluggish kidneys would do well to drink distilled water and replace the minerals with a colloidal trace mineral supplement. Cow protein also causes toxicity in the body due to its uric acid.

The kidneys need vit. B6 and pyrodoxine. They need cranberries and grape juice in the afternoon. Even a glass of red wine between 5-7pm is helpful. Since the adrenals are associated in Solar Nutrition with the Kidneys, be sure to add plenty of chlorine type foods to cleanse, such as onions and garlic at night. The adrenals cause us to fight, so be sure to get plenty of Phosphorus in night-time foods.

Also don't forget the

vitamin C.

Many people are going through major changes right now and since astrologically the kidneys rule the immune system, change is hard on the kidneys. This is an important time to give your kidneys some attention, both physically and emotionally. The "Kidney Flush" is good for dissolving stones: 4 oz. of cranberry juice and 4 oz. of corn oil. Also try cucumbers and cucumber tea. ☺



selves (our cells) and realize we have agreed to the victimization, even if unconsciously. This is when a depleted kidney affects our immunity. Emotional antidotes are compassion and self-honesty.

A Chinese acupuncturist I know mentioned to me that American women as a group have very weak kidneys. This is probably the result of unbalanced roles in marriage and the marketplace. Thus we might find certain cul-

Old news is new news, Con't.

Realization means that something that is real for the first time.

Time is measured by the distance light takes to cross an electron.

The drive for knowledge brings about time which is emit spelled backwards. Time is an emission principle. Only monotony is involved in infinity.

Time is an energy.

Stress is time.

The unified field is an instant.

"Be thou still and know that I am God," not "Be thou still and *think* that I am God." (Thinking operates out of a time frame).

The decomposition of the human frame makes us afraid of time.

Time is an oscillation equation: time equals resistance divided by conductance.

Time regulates manifestation (or matter which is mass in the *visible* range and sonics regulates mass in the *invisible* range.)

Adano told this story about Jesus:

"He walks into this wedding and his mother came up to him and said, 'Son, there is no wine.' And his remark was, 'Woman, my time has not yet come.' Which tells us right away that nobody does anything, and when they do do it, it's already set up to be done at the right time. And if you take any credit for it you're fooling yourself. You live cosmic time and get the credit for seeing it happen around you by others and you believe you are making it happen."



## Another, "You heard it here first!"

LOCAL POET #1



**Andrea Potts**, our longtime Poetry Editor, has recently been published in a popular California magazine, called *CUPS*. Two of her poems were accepted, including "Requiem for a Shirt" which has already seen the print in *Longevity Circuit*. Here is the other:

On the Beach in Capri

Sitting  
in our rented sunbeds hungrily  
spying the local mafia men  
strutting in their string bikini bottoms  
wearing  
extra large gold necklaces  
and their droopy boobed bleached out  
wives dangling  
the ever present cigarette  
from freshly painted  
lips.

(Thanks, Andrea...this is only the beginning!) ☉

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### More Reviews

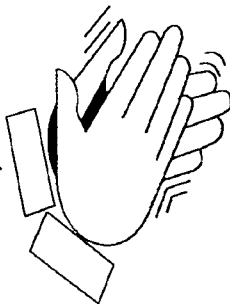
Another wonderful (full of wonder) book:  
A new publication by Yogananda has come from SRF and will be of interest to Yogananda devotees. Yogananda says about this book, "I am not giving an interpretation, but am chronicling what I perceived as the Spirit pours Its wisdom into an attuned soul's devotional intuition in the various states of ecstasy... Many truths are expressed in English for the first time." The book? *The Bhagavad Gita!* This is the

## Letters to the Editor

A friend writes:

"Here are your '96 transits: You've heard the expression, 'Everything is coming up roses,' Well, this is it honey! You've got a grand trine of 'leaping-frog' going into effect in May of '96. It's a fate degree, which means you can't do anything about it except have fun, fun, fun and more fun. this is a very good aspect that comes only once in a lifetime. Some people never experience it. Leaping frog trine in a leap year. Oh, my.

Late summer will be the beginning of turtle conjunct your sun in the 6th house. Very very good health- this means long life. This is a time to reap the benefits of many years of solar nutrition. You'll experience the power surge you've been waiting for, for super consciousness. Fly me to the moon and let me play among the stars. The interesting thing about this transit is that it goes retrograde in the fall and then makes a station at 22°, goes direct again in Dec. and lasts many lifetimes. Thirdly, and most imporkingly, you have pig at 16° Sag. This is his natural place, so put an apple in your aspirations, hopes, wishes and dreams because they are about to be barbecued and the sweet smell of bliss is guaranteed!!! No more rooting around through broken dreams and promises. Babe is 'in' this year and so is your 'highest good.' You can't kid (billy goat) yourself on this one. This is very auspicious. This aspect means that you are able to climb the pineal pinnacle of your hearts true desire and say to the mountain, "Mountain move!" and the mountains



### WHO GETS LONGEVITY CIRCUIT?

*Longevity Circuit* is mailed to clients free of charge each year you are current. Otherwise it is available by donation. Please send all inquiries, suggestions and donations to:

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will move. But you must be as specific as the high note that breaks the glass. This is a time for shattering any and all illusions that you are merely clay. You are mercurial clay with heart evol'ing. love, Vicki

♀ ♀ ♀

And here's another great contribution:

### Welcome to the Psychiatric Hotline.

If you are obsessive-compulsive, please press 1 repeatedly

If you are co-dependent, please ask someone to press 2 for you.

If you have multiple personalities, please press 3,4,5, and 6.

If you are paranoid-delusional, we know who you are and what you want. Just stay on the line so we can trace the call.

If you schizophrenic, listen carefully and a little voice will tell you which number to press.

If you are manic-depressive, it doesn't matter which number you press. No one will answer.

(Thanks, Jerry!)

### Adano Ley on Death, cont.

doesn't give realization but compassion gives realization.

The angel of death is the ego and slays The Real.

Sleep is sensory motor relaxation.

Meditation is conscious sensory motor relaxation.

Death is sensory motor organic relaxation when the sensory, motor, and organic functions shut down. It's deprivation of sensory stimuli. ☺



### THE GITA, Cont.

best we've seen on the subject and explains the Gita as a spiritual allegory. Each of the characters are identified psychologically and the history is made understandable. Apparently Yogananda has left many manuscripts still to be edited according to his directions. The publication of this one was delayed due to the death of its original editor.

Yogananda references it to the Bible and you may find many of your questions answered here! ☺





First Class Mail

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**About this issue:**

Pluto in Sagittarius is very evident in this issue of LC which draws entirely its theme from current publications. The summer is traditionally a time to relax and get caught up on your reading so here are some good ideas. Since Pluto in Sag involves itself with concepts and higher learning, the drawn upon reading material will probably send you on a mind trip. But better a mind trip than a mind fuck and hopefully by satisfying the mind we can jump into the abyss of NO MIND! Any way good reading!

If you simply MUST have some light reading, try P.D. James, *Original Sin*. And, *Snow Falling on Cedars*, by David Guterson is also good. Both of these have redeeming value in that the reader is left with something after the book is finished. Here is a third that has no redeeming value but is just plain fun: Lawrence Sanders, *McNally's Caper*.

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