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LONGEVITY CIRCUIT

A quarterly newsletter dedicated to perpetuating techniques which contribute to a longevity lifestyle.

CURRENT TRENDS

LOOKING BACK ON PLUTO

We've crossed the bridge and both feet are firmly planted on the other side. Or are they? Yes it is true, Pluto and Uranus are well into their new signs of Sagittarius and Aquarius. Even Saturn has completed his early degree retrograde and is moving forward into Aries. But the ground still feels a little uncertain beneath us as we test out our new bearings and check out the new environment. As in any new situation, it is often in our best interest to lay low, keep a low profile, yet alert and open to new information. Do you feel like you're on a new planet?

Pluto the great de-
once felt to be true,
zapped by Pluto en-
If you've got any plan-



Sagittarius rules our basic world view and the destroyer has closed the door on what you (or it will when planets in your chart get energy sometime in the next 11 years or so.) (or it will when planets in your chart get energy sometime in the next 11 years or so.) acts between 0° and 8° or were born between the 21st and the 30th of any month, you already know what I mean. The rest of you take heed and prepare! I just saw the new Star Trek movie. Their world view encompasses the entire universe, no mere Pluto to bother them! But when Data gets real flesh, his inner environment changes: same challenge

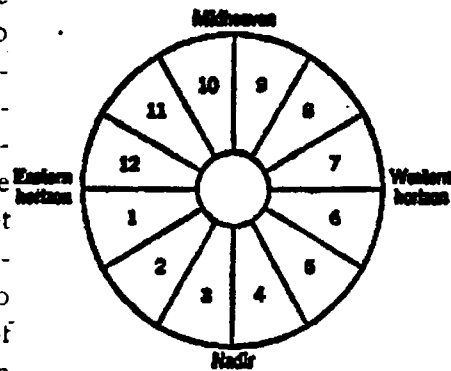
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BACK TO BASICS

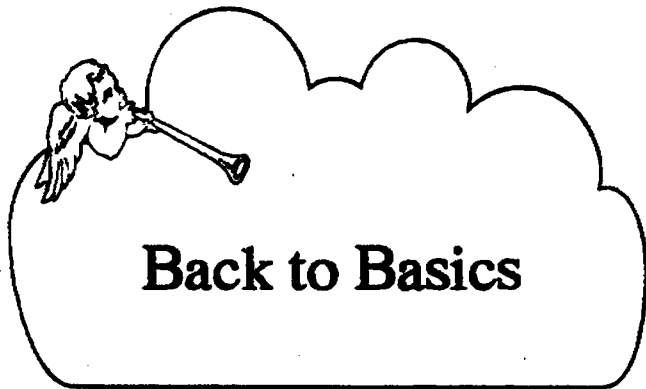
The following are some articles taken from earlier issues of *Longevity Circuit*. This first one came from the first issue in June, 1989 when LC was *Astrumbella!*

THE EMINENCE FACTOR

One of the more interesting areas of astrological research going on has been pioneered by a French psychologist and statistician named Gauquelin who is mathematically validating some interesting astrological precepts. No guesswork here: Gauquelin has acquired thousands of horoscopes, organized them by profession, and correlated them by planet and house placement. His work is noteworthy not just because it does indeed validate astrology but also because it is forcing us to upgrade this ancient science in the face of statistical fact. For instance his research refutes one of the classical tenets of astrology stating that the cardinal houses (1, 4, 7, and 10; see figure) are the most energetically important. Instead his research showed that the mutable houses (3, 6, 9, and 12) are the main indicators of profession and success. He is also responsible for the concept called the **Eminence Factor** which in essence says that astrology 'works'



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Back to Basics

better for the famous, that is, it is statistically more relevant. Why? Because a chart indicates one's highest potential and people who think they can succeed, do. It's all in the programming. One way to get out of the clutches of your chart is to potentiate it first. Remember, you can't give up something you haven't got.

Here's another article, this one from 1990.

SPOTLIGHT ON ASTROLOGY

In the December (1989) issue of *OMNI Magazine* there is an interesting article written by an astrophysicist in London, Dr. Percy Seymour, who theorizes an interrelation between the planets, and the Sun's sunspots and solar flares. In his book, *The Scientific Basis of Astrology (Tuning to the Music of the Planets)*, Seymour theorizes that the Sun's magnetic energy field affects the neurons of human beings thus causing them to be born at a specific time sympathetic to the inherited genetic material from the donated sperm and ovum.

You are a winner

Scientific Basis of Astrology (Tuning to the Music of the Planets)

In a similar note, the statistical and computer generated data of Michel Gauquelin, a French statisticians and psychologist, has repeatedly shown that there are indeed predictable outcomes for certain planets when placed in specific houses. Remember the "eminence effect," that successful people have successful charts, but that successful charts do not necessarily predict successful people. So if you are programmed to succeed you will.

Heliocentric vs. Geocentric

These topics refer to 'the nature vs. nurture' issue and it's good that astrology addresses them through research and consequently updates itself. But more needs to be done to acknowledge the subtleties and nuance present in Aquarian astrology.

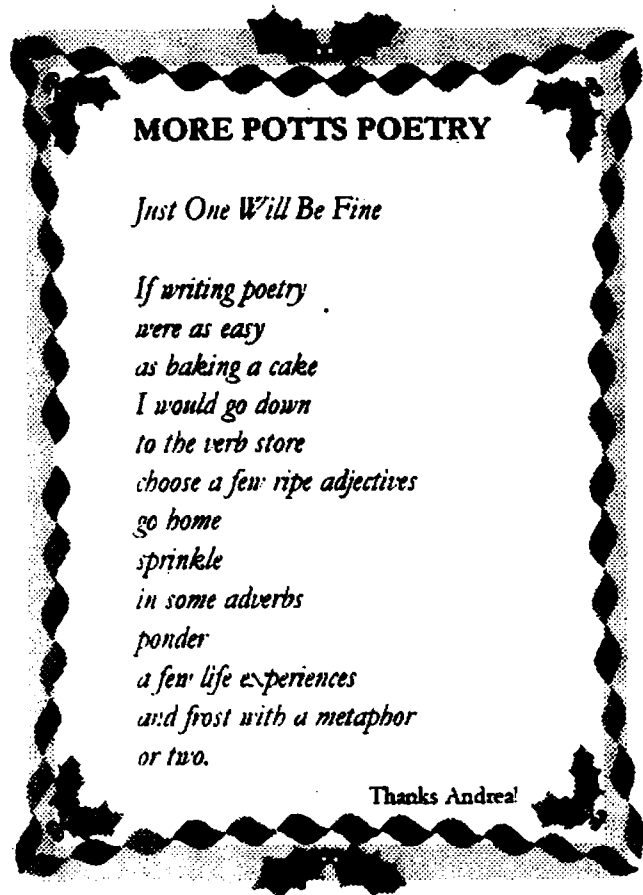
An important example is the issue of heliocentric vs. geocentric astrology. Perhaps the ancient ones knew that geocentric (earthcentered) astrology, rather than reflecting ignorance, acknowledges that man is the spiritual center of his universe and that he is influenced by the stars, that he influences the stars, and even that he *is* the stars!

Only our limited awareness focuses us on the small material half-reality.

You are the stars

Astrology may be saying that everything is a point of view, meaning that with a change of consciousness we can become aware of ourselves on any level we want.

Lest you think this is mere philosophy or psychology, please read the wonderful book called *Space-Time and Beyond*, by Bob Toben in conversation with physicists Sarfatti and Wolf. Using cartoons, Toben humorously but accurately demonstrates many of the principles that bring physics and metaphysics to a common ground. Together they draw heavily upon the work of Einstein, Wheeler, Parmenides, Berkeley, and astronomer James Jeans.



MORE POTTS POETRY

Just One Will Be Fine

*If writing poetry
were as easy
as baking a cake
I would go down
to the verb store
choose a few ripe adjectives
go home
sprinkle
in some adverbs
ponder
a few life experiences
and frost with a metaphor
or two.*

Thanks Andrea!

Calendar

Three months at a glance

DECEMBER

21- 6:06 am - Winter Solstice

Sun 'stops' - shortest day of the year, but in 6 weeks you'll feel the light increasing. Time for reflection and planning. **Sun enters Capricorn.** Often called the 'cold' constellation, this energy constricts, consolidates and concretizes. It's all business, duty and responsibility. But without Capricorn energy nothing would be accomplished. With short cold days we are not eager to leave the warmth of the indoors so it is easy to put your mind to work.

23- 11:47 am - Mercury Retrograde at 19° Capricorn. Avoid when possible and exert caution when making plans, signing contracts, or initiating activities not previously planned.

Communications get fouled.

24- Full Moon at 3° Cancer.

25- Christmas.

JANUARY

3- 12:10 am - Mars enters Libra: watch out for confrontation in relationships, especially with Mercury being retrograde.

9- 4:05 pm - Jupiter/Neptune Con-junct at 27° Capricorn. Occurs every 14 years and can bring a new level of art, idealism and mysticism to your life. **9:32 pm - Venus enters Capricorn.** Relationships cool, partner becomes aloof. Venus and Mars are now in tension to each other. Wait until Sunday to fight because on the

12- 12:43 pm - Mercury goes Di-rect at 2° Capricorn. Communica-tions, plans, and negotiations are smoother now, understood.

19- 4:42 pm - Sun enters Aquarius.

This is the sign that brings brilliance, fresh and innovative ideas, sudden enlightenment. But Aquarius needs space and lots of it: fresh air, mountain tops, ocean breezes and refuses to be contained. So don't crowd her. Yep, Aquarius is a *woman*, the water bearer, the bringer of truth! Don't feel slighted guys: Jupiter is a man, the great ex-pander, and in a couple of days they will be coming together!

21- 7:13am - Jupiter enters Aquarius. Released from the constraints of Capricorn, Jupiter in this sign is optimistic, humanitarian, sociable and entrepre-neurial. The danger is you'll be having such a head trip you'll neglect to ground your ideas into practical application.

23- Full Moon at 3° Leo .

FEBRUARY

2- 8:27 pm - Venus enters Aquarius. Venus sparkles here, loves everybody. Use technology to create. **Ground Hog Day-** Actually the time when we perceive that the days are getting longer. It's more of an astronomical phenom-ena that the Druids noticed and cel-ebrated.

5- 4:32 pm - Mars goes retrograde at 5° Libra. This occurs every two years and lasts for 10 weeks. Actions be-come inhibited, thwarted or skewed. Look before you leap. Combine thought with action.

7- Chinese New Year of the Ox. See "Current Trends."

8- 9:53 pm - Mercury enters Aquarius, bringing the total to 5. Plenty of energy for creative ideas, techno-logical advances, spontaneous action, intuition, humanitarian attitudes; also rebellion, independence and autonomy.

15 - 6:22 pm - Jupiter/Uranus Con-

junct. See "Current Trends."

18 - 6:51 am - Sun enters Pisces. The outwardly directed Aquarian energy now turns within. Pisces deepest desire is to become part of the collective whether through dreams, meditation or group consciousness. This works if the ego has been firmly developed, but can be a disaster if it leads to denial, avoidance or unconscious delusion.

22- Full Moon at 3° Virgo.

26- 8:01 pm - Venus enters Pisces.

Relaxation can be found at the movies, dancing, even swimming. There's a strong urge to merge!

27- 7:54pm - Mercury enters Pisces. Write a poem, meditate, daydream, but don't forget to wake up.

MARCH

8- 5:33 am - Pluto goes Retrograde.

It's transformation time again! What needs to be let go of, what needs to be added to your life-style? This deepest archetype in Astrology will not go un-heeded. It only *seems* as if your plans have come to a screeching halt. Revise and restructure during this time.

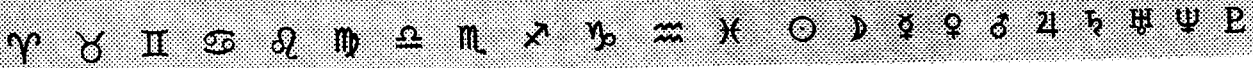
5:15 pm - Solar Eclipse at 18° Pisces. Note where it occurs in your chart and watch that area for changes in perspective.

15- 8:13 pm - Mercury enters Aries. Now's the time for direct communica-tion: say what you mean and mean what you say as you'll be held account-able. Be pioneering, think *new* thoughts.

20- 5:55 am - Spring Equinox. The Sun enters Aries. Days and nights are equal now. Be looking for the next issue of *Longevity Circuit!*



CURRENT TRENDS, cont.



but different emphasis! By the way, it's a wonderful movie; check it out.

In general, Pluto is playing havoc with everything you believe to be true. Gone is the black and white of good/bad and right/wrong you have come to rely on to guide your actions. Confusing gray reigns supreme, allowing us to develop a new philosophy and concept of the meaning of life.

PLUTO GENERATIONS

Here's an historical perspective: **Between 1915-1940** Pluto was in Cancer. During that time the concept of home and family radically changed. Most of us have parents born during those years. Notice how people over 50 have significant problems adapting to change. It's because Cancer is the sign of doing things traditionally, wants control over the home environment and is easily frightened. By the end of that period, the term nuclear family had emerged and America was on the move.

From 1940 to 1958, Pluto was in Leo. We call this the "Me-first" generation as individuals now released from the tribal consciousness of the family expressed their

own power. Rock 'n Roll, one of the greatest creative expressions of our time emerged.

From 1958-1971, Pluto was in Virgo. The hippies had long hair, didn't bathe and everybody loved everybody else. But the revolution in life-styles choices made room for alternative healing practises, the computer explosion and small businesses. The work ethic emerged in a new form.

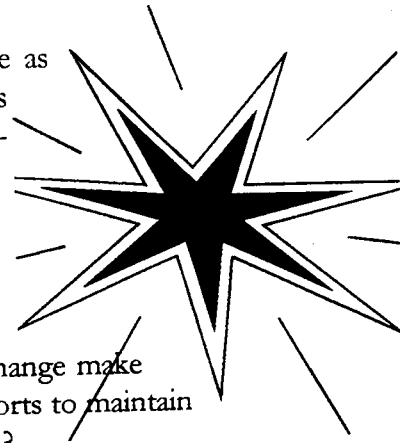
From 1971-1982, Pluto was in Libra. Marriage as an institution broke down (remember 'open marriages?') and divorce became commonplace. People started living together and big business came under scrutiny. By the end of the period partnership in both business and relationships was realigned.

From 1982 to 1996 Pluto was in his own sign of Scorpio. The initial breakdown was experienced by the onset of AIDS causing a reevaluation of sexual practises and the acceptance of alternative sexual life-styles.

From 1996-2008, Pluto will be in

Sagittarius.

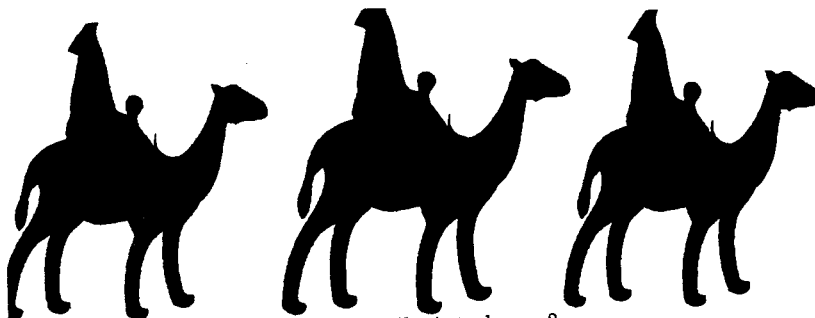
Do you notice as Pluto enters this new constellation that the polarities of difference intensify as those who are resistant to change make increasing efforts to maintain the status quo?



All the Plutonian issues since Pluto was in Cancer are being revisited - in astrological order by constellation: family values, artistic freedom, the work ethic, marriage, and sexuality. In the face of Pluto's Sagittarian demands to revitalize and restructure one's philosophy, the most difficult thing many Americans encounter is changing their minds. It is said that this country is primarily a left-brained mental society. And it is true that we insist on a college degree as the passport to financial success. Creativity, emotional maturity, and wisdom in the marketplace are rarely honored.

Who knows how Pluto will emerge victorious by the year 2008, but I would venture a guess that few of us will believe the same things we believe in now and that many of us will be forced to demonstrate our beliefs by turning them into experience. Right now we can already see the seeds of change in technology: the Internet and the *world wide web* will certainly figure strongly at least as they bring all kinds of philosophies and world concepts to your home

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Did you know that the Wisemen were really Astrologers?

SOLAR NUTRITION

THYROID

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.)

Thyroid

People who are born between the hours of 9 and 11 pm are said to be the ones who are working on core issues centered around 'will.' The actual physical thyroid is located between the throat and the front of the neck and in men it is often called the 'Adam's apple', a mistranslation from the Hebrew where the word 'apple' actually means 'protuberance.' And the Thyroid anatomically is closely associated with the larynx and the vocal chords, in other

words, speech! Thus, metaphorically, when you want to clean up your Thyroid you begin to be conscious of what you say, realizing that your convictions are what make your words turn desire into a reality. Is it possible then that the so-called misinterpretation of 'protuberance' into 'apple' reflects on our early awareness of the importance of words, i.e. "Hey, Adam, let's eat this apple on the tree of knowledge," said

have the strength and understanding to cope with whatever becomes necessary, to stick a difficulty out because one has the volition, the will to move. Otherwise the body can let you down and it is the thing we all love the most.

The Thyroid can be knocked out in childhood by a betrayal or let-down in love, usually because one or both of the parents fail to keep their words to the child not realizing that the

child sees the parents as God-like figures, Authority. How often do we promise love only to find the words are empty and meaningless. In general, fanatical parents making absolute statements to a child may predispose him as an adult to develop a disease centered around the Thyroid.

A good healing for the Thyroid is to follow through on commitments spoken but not realized. A really big one is failing to finish college when the intention in going was to get the 'little piece of paper.' Despite the obstacle

that your ego thought insurmountable, your body, for it to stay healthy, needs to know that you will keep your word.

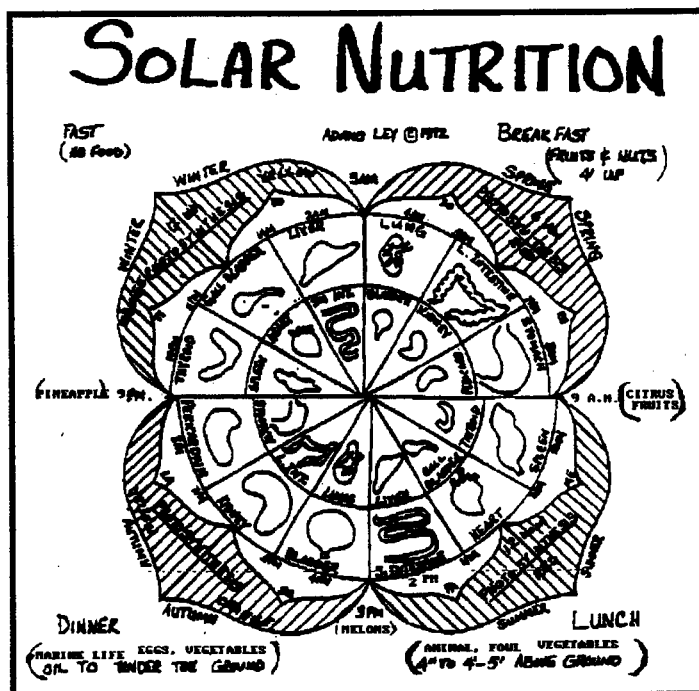
The foods that enhance the healing process are those with iodine, iron and vitamin D.

In the morning eat your almonds and pine nuts.

In the middle of the day eat rhubarb, and **at night** eat seaweed (dulse or kelp), fish, radishes and spirulina.

These foods are either high in iodine, or trigger it.

And remember the biggest commitment of all is to BREATHE!



Eve. And thus consciousness begins. Even Wild Bill Hickok said, "I'm as good as my word," and today we call this "The Code of the West." That is, thought becomes materialization which in turn brings honor.

The thyroid is also closely associated with the tonsils, the thymus and the lymph nodes.

People who are committed to developing a healthy Thyroid know that they must distinguish between attachment to the desire and attachment to a thing. That is, to learn not to be victims to things or possessions, and to

Current Trends, cont

computer and individual mindsets become diminished in the crowd of known world views. Sagittarius is the centaur archer. In ancient times the horse was the fastest way to travel, the bow and arrow hit the truest mark. Pluto will expose at least one truth to us all.

FIRE AND AIR

Now that you've got the historical perspective, let's look at an interesting situation that is developing in February (In heliocentric astrology it occurs in March). All the planets, except for Neptune, are going to be in Air and Fire signs. This is the line up: In Air signs: Uranus, Jupiter, Venus and Mercury in Aquarius, Mars in Libra. In Fire signs: Saturn in Aries and Pluto in Sagittarius. And what is more they are all going to be holding at about the same 4-6° for the entire month except for Mercury and Venus who will travel through rather quickly.

WHAT IT MEANS

What does this mean for me? you are asking. Fire, in astrology, is the element that gives life (Aries, the first sign of the Zodiac, is a fire sign). It is creativity and



inspiration: the need to breathe life into nature. It is also in-

tuitive.

Air is the astrological element that brings intellectual awareness, and mental activity. Together these elements may cause you to communicate with a lot of hot air, proposing some big ideas that fail to come into fruition as the conflict with your need for freedom inten-



sifies. Or, intuition and fresh air may bring periods of enlightenment that blow out the cobwebs of incorrect or outmoded thinking. Either way you can expect intellectual conflicts over religion and philosophy, or the need to make choices concerning your freedom and independence in your personal life, especially if you have planets that are located between 2-8 degrees.

THE U.S. CHART

As for the chart of the United States, this line-up includes the Jupiter/Uranus conjunction that occurs every 14 years, more or less, and almost always coincides with either a war or a recession.

For instance, in 1932 the Great Depression, in 1955 the Korean War, in 1969 the Vietnam *Longevity Circuit*

War which changed the political scene as well as introducing the all volunteer army; and in 1983 we had a tight money recession which changed the economic strategy to supply-side economics.

The conjunction at 5° Aquarius will fall in the U.S. 12th house conjuncting Pluto. There could be a terrorist action that is currently being planned secretly by underground and/or foreign factions. There could be a violent outbreak of the disenfranchised in our own country—possibly bringing about welfare reform and a more benevolent approach to the underclasses, or increased efforts to repress the economically depressed minorities. It could change the way hos-

pitals are run or could signify an epidemic outbreak of some kind. There could also be an outbreak of UFO sightings and since the 12th house also rules the CIA and the FBI there could be a secret action that will come to light concerning their activities. Since Uranus will go on to make a fate degree with the U.S. Mars in the 12th house there could also be secret monies being transferred to revolutionary factions here and abroad, activities which could come to light when Pluto and Uranus retrograde. These 2 planets will continue to travel harmoniously into 1998, possibly bringing peaceful change. ☉

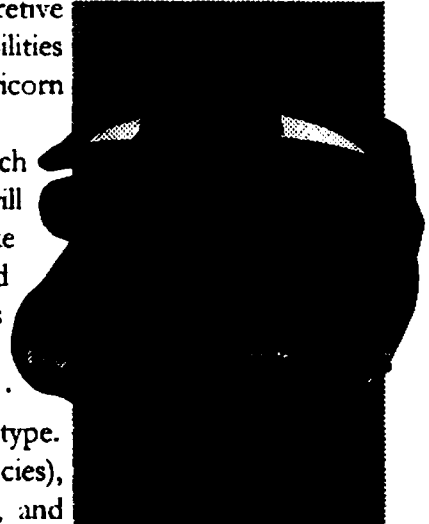
If you have the right answer, soon enough the right question will come along. Hugh Gibbons



HAPPY NEW YEAR!

On February 7th we celebrate the Chinese Year of the Fire Ox (Buffalo). Since the Chinese use a lunar based astrology, the day of the new year changes from year to year. The Ox year is the 2nd in a series of 12 years and purportedly each year is named for an animal in the order of its arrival to see the Buddha. The ox would have been first but for the trickery of the rat who rode on the ox's back until he jumped off just when they reached the Buddha, thereby becoming the first! Understandably, the Ox is known for being a hard worker, dependable, methodical and conservative. He is also known to be slow, secretive and stingy as well as a harsh disciplinarian who can overestimate his own abilities and lack patience. The ox is a symbol of longevity and coincides with Capricorn in the Western astrology.

We can expect from all this that 1997 will be a conservative year in which hard work and conscientious efforts are rewarded. Politically, the emphasis will be on domestic affairs, the conservative right-wing will continue to make inroads, and authoritarians will have a loud voice insisting on discipline and stringent fiscal policies. We might witness a strong military at war against its opponents both here and abroad. Fashion will probably become increasingly conservative and trends in general will be more traditional and consolidated. This is not a good year to rebel or to engage in activities of an unconventional type. This is a good year, however for gardeners and farmers (nature conservancies), architecture, archeology, CEO's, religious fanatics, dictators and police, and patrons of the arts. As a caveat, it is recommended that you make a point of paying attention to details and technicalities- no one else will!



WHO GETS LONGEVITY CIRCUIT?

Longevity Circuit is free for clients who have a reading at least once a year. Due to the limited number of copies, it is otherwise available with a suggested donation of \$20, sent to:

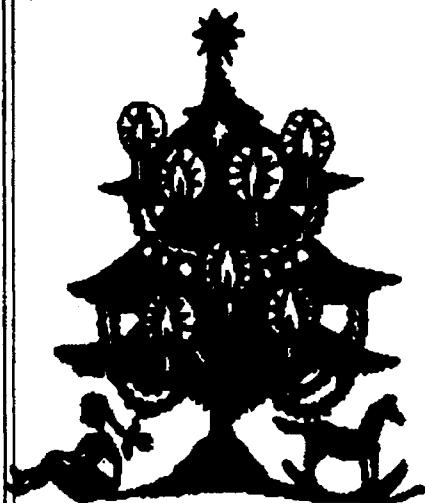
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Looking back on page 1

More on the mysteries of Pluto on page 1

First Class Mail

LONGEVITY CIRCUIT
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Dear Friends,
 How fast came December!
 How well I remember
 all the places and things I have seen.
 This past year has been harried,
 as two times I have carried
 my home to the place of my dream.
 No, it hasn't been easy
 (I've often felt queasy)
 living betwixt and between.
 But I'm now in the city,
 the one that's so pretty,
 living the life of a queen.
 Something worth having
 takes work and your savings
 and risk that can't be foreseen.
 But I'm glad that I did it,
 I have to admit it,
 San Francisco's a beautiful scene.
 May you, too, be happy
 (I fear I sound sappy
 But I hope you know what I mean.)
 When I wish you all merry
 and a New Year of every
 good fortune that brings you the "green."
 Love, Ginger *-Ginger-*