



Vol. 8, No. 4. Spring, 1997

LONGEVITY CIRCUIT

A quarterly newsletter dedicated to perpetuating techniques which contribute to a longevity life-style.

CURRENT TRENDS

ENERGY

Lots going on these days in the zodiac!

The Uranus/Jupiter conjunction which we experienced in February has stirred up a lot of energy for everyone, and affects you personally in the area where it occurred in your chart. It began a new cycle for change, rebellion and innovation that lasts for approximately 14 years and is experienced as positive or negative depending on how and where it was found in your chart. Since it occurred in the horoscope of the USA in the 12th house, it may be a while before we know what changes have been happening in secret. For President Clinton, the conjunction took place in his 7th house of public opinion!

We have **two eclipses in March**: the solar eclipse which we already experienced on March 8th at 18° Pisces and the Lunar Eclipse to come on

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HEALTH ASTROLOGY

"In ancient times, all physicians were required to be medical astrologers and to know the planetary causes of disease and the philosophy of disease before they were permitted to practise upon or to treat the sick. This practise should be revived today, and the subject of medical astrology taught in every school of healing."

These are the words of my namesake, H.L. Cornell, M.D. LL.D and author of the *Encyclopedia of Astrology*. There man and his environment were seen as a whole.

The more we try to grasp reality, the more subtly still it eludes us.

lopedia of Medical was a time when environment were

With the end of the so-called Dark Ages, and the dawning of the industrial age, man's approach to his world became split as science developed an increasingly left-brained and physically oriented attitude and Astrology was viewed as "metaphysics," (beyond the physical) and consequently was suspect and eventually outcast. This is how western medicine and astrology came into contradiction. (The eastern world has not always followed suit, however, and today in Traditional Chinese Medicine, Astrology and the I Ching are still considered to be a part of diagnosis and remediation.)

What we have now is a medical paradigm that disappoints, and an astrology that has lost its medical roots. Both are trying to overcome their deficits. In medicine, the trend is toward specialty and alleviating symptoms by delving deeper into the cell and its components and specifically isolating the DNA. Just look at the current news stories about cloning. This is definitely a Pluto in Sagittarius matter. On the other hand, Astrology, like medicine, is

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HEALTH ASTROLOGY

becoming more specific by using research to validate and by opening up new vectors of geometric relationships. Now one needs a good knowledge of astronomy to understand the new trends in astrology. This reflects the current Uranus in Aquarius energy.

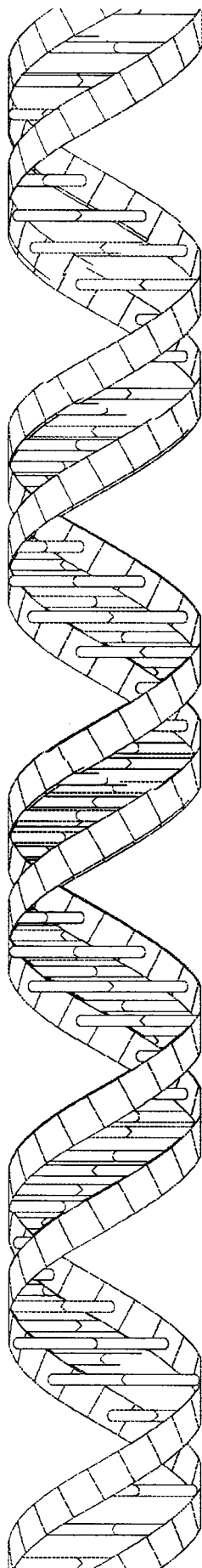
In fact both systems are looking more and more to understand the source of existence by looking at substance: the one going deeper into the body, and the other going deeper into space! And yet we are discovering that the more we try to grasp reality, the more subtly still it eludes us. In the Aquarian Age it is predicted that these two seemingly opposing disciplines will end up in the same place, by discovering their essential Unreality located in the hologram.

LOOK AT THE HOROSCOPE

House 3 - In Astrology, one approach to the root of health problems begins with incorrect thought patterns originating in early childhood and actually flowing through the 4 mutable houses on the wheel of 12. (See page 6 for the chart wheel of Evangeline Adams with the houses numbered.) The third house is the starting point for illness to enter. For example your may have been programmed mentally to believe that if you get cold, you'll get a cold. Even though this has been disproved by countless studies (The Tibetans loved to sit naked on the snow caps of their mountains.), the third house says your concepts create your reality.

House 6 - Now jump to the next house in the series, the 6th, and here we see how your concepts affect your life-style, your daily habits, how you treat your body and your attitude toward illness.

House 9 - Another jump, now to the 9th house to locate your world view that supports or rejects the incorrect mental activities



Longevity Circuit

and actions of the previous houses.

House 12 - And finally we come to the 12th house where we either heal or remain chronically ill in hospital or a nursing home, depending on how we moved through houses 3, 6 and 9.

The demands of Pluto in Sagittarius - Adano Ley, Depok Chopra, and others are constantly reminding us to revise our thinking to be consistent with the science that pervades our technology today, i.e. quantum mechanics. Yet we persist in viewing our world from the point of view of Newtonian physics. With Pluto in Sagittarius we are being forced to make this necessary adjustment. Even so, with the initial impact of Pluto in this new area concerning our world view, one constantly encounters those who 'know it all.' While having a conversation about this over lunch with a friend at the Hare Krishna Temple in Denver, Colorado I noticed a man with a t-shirt on which was written IT'S WHAT YOU LEARN AFTER YOU KNOW IT ALL THAT COUNTS.

The word 'Pluto' translates as *the rich one*. I always marvel at how the planets come to be named, as in this case Pluto rules our shadow side, the dark world, everything that's hidden. You could say that Pluto is much like an iceberg with only a small percentage seen above the water, the largest part hidden beneath. Or consider the minuscule 4 protean letters that constitute the alphabet of the DNA capable of unlimited combinations of differences! This is the richness of Pluto, the capability to learn after you know it all. This is what Buckminster Fuller meant when he said there would be a brain explosion in the '90s.

Implications of DNA - One of the ways that Astrology and Western Medicine can merge is through the DNA: While medicine is isolating and altering the DNA with chemistry, metaphysics can alter it by

Calendar

Three months at a glance

MARCH

As we enter this month: Pluto and Mars are retrograde. The drive to obtain your goals is thwarted and even though it seems that the obstacles are coming from the outside, actually you are in a period of restructuring what you want and how to get it. That seed you planted is putting down roots: can the soil sustain the flower?

20 at 5:55 am PST-The Spring Equinox. This means the Sun has entered Aries bringing renewal, more energy and desire for action. Since Aries is the pioneer of the zodiac, try something new this month; be more adventurous, leap before you look.

22- Venus enters Aries and can bring a charge to your libido expressed as creativity, sexuality or other sports activities. All tolled: 4 planets in Aries now: Sun, Mercury, Venus, and Saturn who is holding our feet to the ground.

23- at 8:45 PM- Lunar Eclipse at 3° Libra. Your emotional center is wide open now providing a window of opportunity to know your feelings about personal and

business relationships. This is also Palm Sunday. Have we discussed that Easter is actually astrological? The reason the date changes from year to year is because Easter Day is determined by this formula: It's the first Sunday after the first Full Moon after the Vernal Equinox! It replaces a Druid-sacred day for rebirth and renewal.

APRIL

1- Mercury enters Taurus. If your mental acuity seems somewhat slowed down, don't panic, it ain't Alzheimer's, but rather the need to concretize those spontaneous ideas you were getting for the last few weeks. Now's the time to be practical in your thinking, the brain storming is over.

6- Daylight Savings begins, "spring forward" 1 hour. For Solar Nutritionists this means schedule your lunch break for 1 PM instead of noon.

14 at 5:01 PM - Mercury goes retrograde at 9° Taurus. Time for reflection and information gathering so that your decisions can be honored. The tendency is to overlook some important information

or misunderstand a significant communication. What can you do? Attempt to make all travel plans and contractual agreements before or after the retrograde. Or, relinquish attachment to the outcome of your actions. (The first choice is usually easier!)

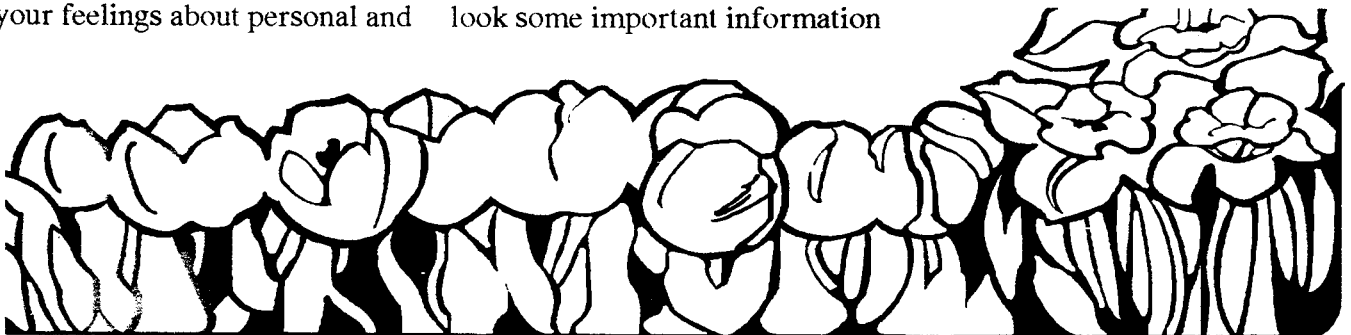
16- Venus enters Taurus. O, Love Sublime! Venus is at home here so harmony, beauty and balance reign supreme...at least for a little while.

19- Sun enters Taurus. Put your energy into your garden, prepare the soil, fertilize and plant. If this doesn't interest you figuratively or literally, then balance your checkbook, check your budget and go buy something you love. Remember, however, that Mercury is retrograde and you may change your mind about your purchase!

22- Full Moon in Scorpio at 1:34 PM. *Intensity.* Need I say more?

27- Mars goes Direct at 16° Virgo. Go for it. The impulse to act is strong since it has been restrained for so long, but Mercury is still

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CURRENT TRENDS, cont.

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March 23rd, at 3° Libra. Eclipses were traditionally perceived as negative influences signaling earthquakes, for example, but with the advent of computer research that idea does not hold up. However, generally speaking we can say that a Solar eclipse will diminish the intensity of the Sun, i.e. the male, left-brained, mental activity while enhancing the female or intuitive nature; that it will bring to the surface issues involving the house where it falls and, if conjunct or opposing a planet, will greatly affect that energy as well. There is basic disagreement as to how long the effects last but probably within 3 months you will know if you have an issue highlighted by an eclipse.

One thing you might not know is that eclipses follow a loose eighteen year cycle. Consequently, some people are more affected by eclipses than others if they have planets in the number and location affected by the recurrence. Such people tend to have a stronger sense of destiny and often speak of major experiences that "happen" to them. Eighteen years is an important mathematical phenomenon in Astrology and might have something to do with the fact that it takes 18 years to develop spiritual mastery, to those who are so inclined.

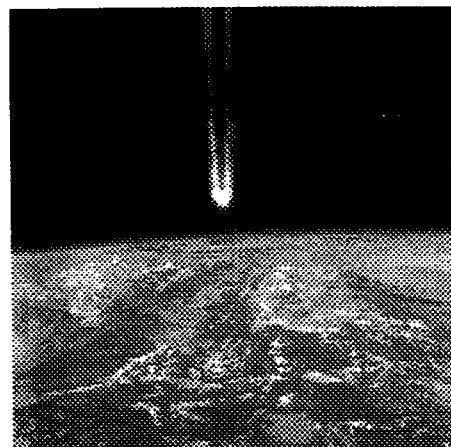
Since **the March 23rd eclipse is lunar**, if you are set up astrologically to experience it, you will probably *feel* more intensely for

a period of time about relationships, confrontations and your need to be heard. Since **Mars will still be retrograde**, but approaching his station at 16° Virgo in April, you might feel more anger emerging and frustration over impediments to action. As a sidelight pay attention to Chairman of the Federal Reserve Greenspan who will review interest rates at this time. Possibly we will see decisions made from the feminine side more than the masculine.

Another area of activity is the action of **Hale-Bopp, a spectacular comet** that will be increasingly visible in our country in late March and April (It is now visible in the early morning hours). The recent Solar Eclipse visible in China was concurrent with the visibility of Hale-Bopp allowing it to be seen clearly with the naked eye. Comets are traditionally believed to be harbingers of evil, bringing with them pestilence, earthquakes and other disasters. Disaster means "against the stars." But again, research fails to validate this premise. Consider that Mark Twain was born during the entrance of Halley's comet into our Solar System, and accurately predicted his own death when it returned again.

Rather, we might look at comets as being new energy coming into the Solar system, and that that energy is required in order to

grow spiritually and creatively. Similarly, an electrical device that is wired for 110 volts will 'burn-out' when plugged into a 220 outlet. Since human beings are electrical energy fields, this analogy applies. Recall comet



Shoemaker-Levy that impregnated Jupiter with its fragments, energizing that planet in July, 1994. Jupiter was in Scorpio then and certainly its affects on the stock market are apparent now.

But you may also be interested to know that during this period between the two eclipses (March 8-23) and the coming visibility of Hale-Bopp we here in San Francisco felt 4 small **earthquakes** during one evening. When the Lunar Eclipse on March 23 happens, Uranus will be on the U.S.A. chart at the IC, the lowest point on the circle, going through San Francisco. Together with the Uranus/Jupiter conjunct which itself brings change these phenomena give one reason to ponder, or more specifically, to listen to one's intuition.

The U.S.A. Chart and President Clinton - Perhaps all these as-

(Continued on page 6)

**Disaster
means
"against the
stars."**

SOLAR NUTRITION

GALL BLADDER

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.)

Gall Bladder time pertains to the hours between 11 PM and 1 am. This pear-shaped sac is under and attached to the liver and regulates the flow of bile to aid in the digestion of fats. In Solar Nutrition, we look at the symbology of the Gall Bladder's function to determine its importance. Thus we can see that this is part of the body that manages and regulates and shows us that we are in control and responsible for

our cells (selves). You could say it pertains to having the gall to free yourself from restriction. So it is also the gumption to act, or the guts to initiate. People who have problems with the Gall Bladder often feel resentment for having to take responsibility for themselves and to act in that capacity, but when you overcome the Gall Bladder you grow into being yourself. Since fat is both

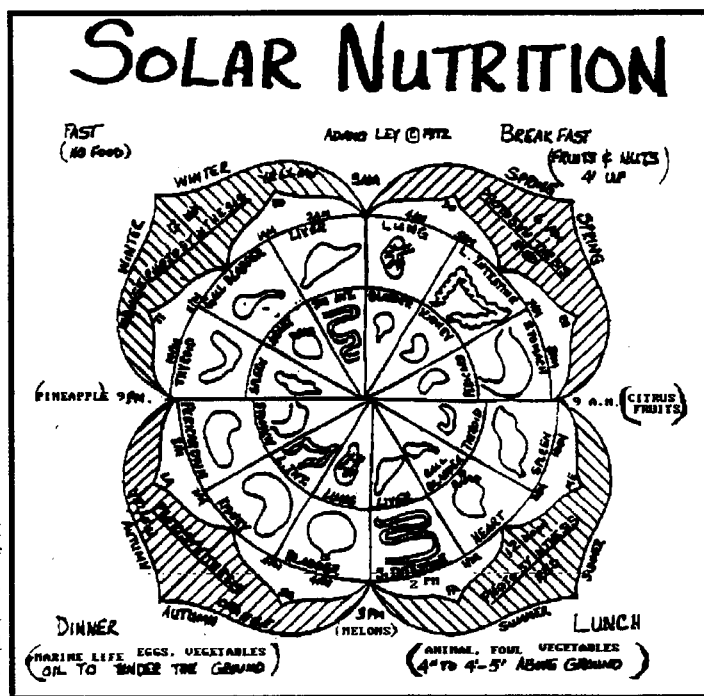
this as well?

Look at the Wheel in the center of the page and you will see that the Gall Bladder reflexes the Heart so it's quite important to nurture this organ, even though you might believe you can live without it.

What can you do nutritionally to protect the Gall Bladder? Watch your fat intake by sticking to

the essential fatty acids, the polyunsaturated oils. Avoid black pepper and replace it with cayenne pepper which dissolves in the body. Black pepper can irritate the Gall Bladder causing the formation of stones. The oils for the right time of day are, for morning, olive oil sprinkled on your fruits and nuts or on brown rice; for noon, safflower oil and for evening, peanut oil.

There are several Gall Bladder flushes to clean the gall stones out of the body. One of them, that requires 'fasting' on olive oil and apple juice for 3 and 1/2 days is quite rigorous and you need to do it with the support of your health care professional. Another method is more gentle and uses grapefruit juice and aloe vera half an hour before each meal, 4 oz. of each. There are other formulas as well and some are easier or more difficult so you might want to experiment with alternative ideas and compare. And as always, don't forget to breathe!



an insulator and extra body weight, resolving Gall Bladder problems means breaking down the barriers or reducing the burdens that prevent you from knowing yourself.

Gall Bladder problems usually indicate a father issue so it's no wonder that the traditional profile involves the 3 "F's": Female, Fat and over Forty. In other words, women who have been programmed to sit in the passenger side of the car, rather than using the keys and driving themselves. Can you see the spiritual importance of

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CURRENT TRENDS, Continued

tronomical phenomena will indicate economic or sociological changes since the Lunar Eclipse on March 23 may conjoin the USA's Neptune in the 7th/8th houses of the power of big money and public opinion. The eclipse might cause some changes in **the stock market**, or with the disenfranchised to feel disregarded by the political tendency to reduce welfare, especially when so many others are apparently reaping the benefits of the stock market. However, transiting **Pluto** which rules Scorpio has been conjuncting the USA **Venus** since 1996 and together with the recently impregnated Jupiter (from the Shoemaker-Levy comet fragments when he was in Scorpio), have been bringing this huge bull market to such heights. Pluto will continue to influence Venus, the planet of money and values until the end of 1997.

With **Neptune** closely affected and a square to Uranus involved, there will certainly be more on the Washington scandals and how they affect treaties with foreign nations. (As I am writing this,

the Chinese filtering of money into the US to alter congressional votes has just made headlines.) You might be interested to know that **Bill Clinton** has the same Neptune, same degree as that of the USA. With a Mars conjunct in his chart it is no wonder that he is the subject of so much scandal and yet so tolerated by the general public in spite of it! Actually it is common to find such a 'coincidence' in the charts of the presidents with the USA Chart.

Numerology

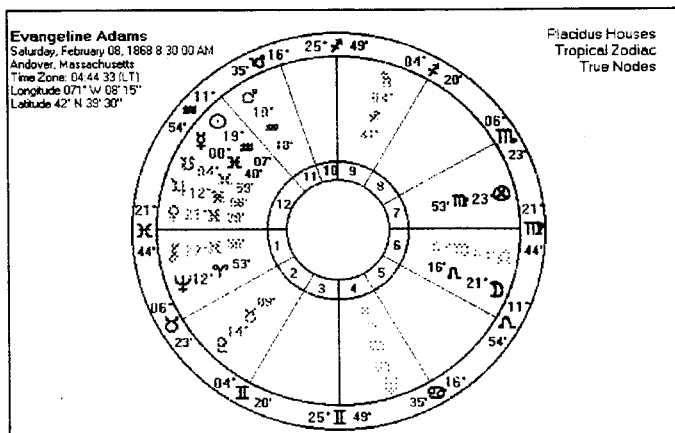
Here's another oddity: the number 5 has been showing up repeatedly this year. For instance, the Uranus/Jupiter conjunction fell at 5° Aquarius, Mars retrograde station occurred at 5° Libra, Pluto is making a retrograde station at 5° Sagittarius, and several other planets 'met' at 5° in a sextile formation (opportunity). In numerology, the number five applies to humanity, that is, the 4 elements complete themselves in consciousness which is what separates man from his animal rela-

tives. This year is an opportunity to deepen one's own sense of awareness, intuition and adaptability; to become human, as it were, to go beyond the instinct for survival to the conscious decision to live to live. 1997 is an eight year indicating the need to recapitulate, reevaluate, see what needs to be done in order to effectuate next year's completion.

All this energy is transpiring around the **Spring Equinox**, the time when the days and nights are of equal length, a time of balance and harmony as the earth comes out of its period of rest, at least in the northern hemisphere, to begin again another cycle of growth. This promises to be a hugely important year which we will reflect on for a long time. Expect the energies to rush forth when Mars completes his retrograde action and turns direct at the end of April. In the meantime, in between time, rewire your own physical apparatus to handle it! And don't forget to breathe.



HEALTH ASTROLOGY, Cont.



Evangeline Adams' Chart

accessing the higher brain level states, thus the mystery of spiritual healing becomes understood. As above, so below means that for every physical advance in technology, there is a correspondence to man's capabilities emerging *without* technology. For example, the telephone corresponds to man's innate capacity for clairaudience, the TV to clairvoyance, etc. The Law of Correspondence is a Pluto matter, consequently the ability to clone through science has huge importance in the evolution of our species to bi-locate, replicate, heal! What an exciting world we live in!



CALENDAR, Cont.

MAY, Continued

retrograde so your thinking may be obscured. This is the time to initiate activities thought about prior to the Mars Retrograde station in early February.

MAY

1- Neptune goes Retrograde at 29° Capricorn. He was within 3 seconds of making it into Aquarius and gets pulled back. Initially you may experience this as an uneasy feeling, but since a negative Neptune can indicate denial and avoidance, you're being given a second chance to mull things over and be honest with yourself.

8- 11:05 am. Mercury goes Direct. Okay, you're off the hook now and can make decisions and plans without fear of changing your mind.

10- Venus enters Gemini. It's the gift of the gab, fun with friends, having 2 lovers at the same time. Oh, well.

12 - Uranus goes retrograde at 8° Aquarius. Uranus is the wild card of the zodiac and often provides an intuition of coming events as he internalizes his energy when in retrograde motion. This is not a good time to buy a computer or any advanced technological device.

20- Sun enters Gemini. Express yourself through communications; write those long overdue notes and phone calls. Take some weekend trips. Lighten up

22- 2:14 am PDT Full Moon at 1° Sagittarius.

June

3 - Venus enters Cancer. Reach out and touch someone. This Venus is very sensuous, loves beautiful fabrics, delicious foods, home and family.



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:

Virginia Cornell
363 10th Avenue
San Francisco, CA 94118

For any inquiries, suggestions or contributions also call or write at:

(415)221-1005

E-Mail: ginger10@slip.net

Fax: (415)750-1014

Be looking for my web page, coming up soon!

8 - Mercury joins the Sun in Gemini, his natural home. It's an oddity that so many people say their "I do's" during this month of cavalier conversations, gadding about and in general shallow activities. Someone should do some research on which month most people say their "I don'ts!"

9 - Jupiter retrogrades at 21° Aquarius. Expansion stalls while all details, including contracts, contacts and moneys are reconsidered, in order to allow growth to proceed without significant missing links.

19 - Mars enters Libra. Mars was in Libra when he went retrograde in early February so you might find some closure from actions taken to resolve relationships, particularly in the next couple of weeks as Mars works his way to his original position at the 5° retrograde station.

20 - 12:09 PM PDT Full Moon at 29° Sagittarius.

21 - 1:20 am PDT, Summer Solstice, Sun enters Cancer. Look for the next issue of *Longevity Circuit*. ☉

Creative Intelligence has given breath
as an opportunity to discover
the True You.

Supreme obedience
to the obvious in the
environment.

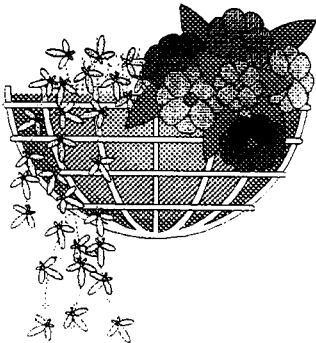
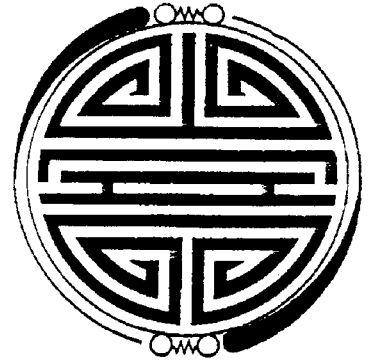
A.C. Ley

Some ideas about health, on page 1

Check out this energy! see page 1

First Class Mail

LONGEVITY CIRCUIT
363 10th Avenue
San Francisco, CA 94118



Dear Friends,

It may seem ironical to say that in this period called Spring we need to look back just a little, rather than jump forward without hesitation. So much of the energy from the stars right now calls for a step backward, to review and plan our future months carefully. With so much hustle and bustle, the tendency is to overlook something that might become essential to our success later. It's very similar to preparing the ground in a garden, to checking the soil for all the required nutrients that promise a beautiful showing in the summer, obtaining the right seeds or cuttings, knowing where the sun will shine in the summer months. Later your success might *look* happily haphazard, but you will know how much careful planning went into your blaze of colors!

The Chinese tell us that this is a year for gardens and their harvest, but not without a very great effort and commitment. With gardens, the 4 elements come into harmony: The Earth element provides us with good soil; the Air Element brings us healthy fresh air; the Water Element with enough moisture to bring the nutrients to the plant, and the Fire Element to bring the warmth. The 5th element is man himself, in his sonics as Presence, bringing it all together into an individual expression of creativity. May your garden grow and prosper. Love, Ginger