

LONGEVITY CIRCUIT



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

Vol. 9, No. 2. Autumn, 1997


JUPITER/URANUS RUMBLINGS and other musings

As I am writing this fall's newsletter, it seems that most of the TV and newspapers headline the effects of February's conjunction between Jupiter and Uranus, the configuration that repeats itself every 14 years and brings rebellion, innovation and change and which was discussed in the Winter issue.

Here's a partial list of events: The fall of the Conservative Party and the rise of the Labor Government in Great Britain, the UPS strike, widespread stock market volatility not only in this country (including at least one major "correction") but in several Asian markets as well, the Longshoremen strike, and here in San Francisco, the BART strike. Even, and especially, the fatal accident of Diana, Princess of Wales is an effect of this powerful energy. This transit is one that has long been identified by astrology, which accurately attributes and predicted most of these kinds of events. In fact, it is a highly researched transit since it applies so often to politics and commerce. Since the energy was directed onto the planet Pluto in the chart of the United States, I believe that the apparent delay in the manifestation of these energies was due to secret meetings, as no doubt there must be, particularly in planning a strike of such major proportions as the UPS strike.

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WHO GETS LONGEVITY CIRCUIT?

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Princess Diana's Accident

The unexpected nature of the Jupiter/Uranus transit was revealed in the untimely death of Princess Diana. You may be asking why her death would be categorized as part of the periodicity of Jupiter and Uranus. See figure 1 on the next page for a look at her chart. For those of you who are already students of astrology (and incidentally we are all life-long students of astrology, this being an art/science form with endless implications, nuance and edification) you will note that Diana has a Sagittarius rising which is ruled by Jupiter and an Aquarius Moon which is ruled by Uranus. Also her Jupiter is
(Continued on the next page)

in Aquarius. So within this chart is the template for change and innovation. If you have watched merely one tidbit of the endless TV coverage of her accident and funeral you will have been familiarized with her insistence on breaking down the royal conservatism and behaviors. And due to her death and the amazing outpouring of grief shown by peoples all over the world, the institution of royalty is under intense fire to make a change toward openness and ready dialogue with the new Labor Government. Even her natal chart configures with two of the British Commonwealth charts: i.e. her Uranus in Leo conjuncts Saturn in the 1801 Chart, which energy would be directed specifically at breaking down old institutions.

Another interesting thing about Diana is that her Sun at 9° ☿ matches the 9° ☿ Midheaven of the 1801 British Chart, indicating that her basic essence and individuality mirror the highest conscious ego of her nation. Yet this is a highly conservative energy perhaps indicating that Diana never wanted to destroy the royal institution but rather wanted it to reflect more of the commoners needs and ideals. Obviously Diana represents an emerging myth in the world. Since she herself was a 'work in progress,' her unformed self was an easy mark for others to place their hopes and ideals. With her early demise the myth now must be integrated into everyone's individuality and perhaps her energy will generate a more compassionate reality.

Many of you are probably also wondering about the factors that contributed to her violent death. Her natal chart contains a Pluto/Mars conjunct in the Scorpio 8th house indicating violence. At the time of her death, transits from Pluto, Neptune and Uranus also signaled danger and the unexpected. But what was truly remarkable was the number of death transits in her midpoint chart, including a double exit point for both the male and the female! Every astrologer knows the prohibition against predicting death, or

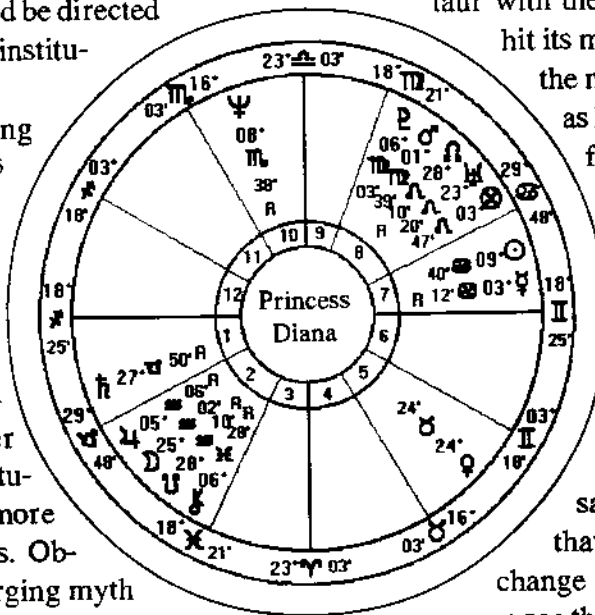
should. However, her chart on Aug. 31 showed quite a number of difficulties which she might have been alerted to *had she but asked*. And that is a key- even Kennedy was warned about his eminent danger, but refused to heed it. Since violence is so strong in the natal chart, perhaps Diana had become inured to it and coupled with transits for weakness of will and release, unconsciously failed to perceive the immediacy of danger.

Astrologically I think it is also interesting to note that her Sagittarius Ascendent (or rising) is represented by the myth of the Archer, the Centaur with the Bow and Arrow poised to hit its mark. She, herself, was given the name of Diana, the Huntress, as her brother pointed out at her funeral, but in her case she was also the hunted. Therefore, Diana also represents the energy of Pluto in Sagittarius being a figure in "Celebrity Journalism" that led to the growth and development of the papparazzi. We have been saying for a couple of years that Pluto in Sag will cause a change in our world view and now we can see that it will probably change the

way we read about the world as well. The papparazzi blame the publishing houses that pay for their photos and the publishers blame the public for wanting them.

Maybe celebrity journalism reflects a world view, the dying embers of the Piscean Age which ruled(s) glamour, suffering and martyrdom. Perhaps we have become a devouring public of the rich and the beautiful by misinterpreting our longing for something eternal and by attempting to substitute for it such ephemeral qualities of life that also seem so personally unobtainable. Mother Theresa, another Piscean type, also made her transition at nearly the same time as Diana's and yet the outpouring of grief doesn't begin to compare. Is it because we have been pro-

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CALENDAR

THE FALL EQUINOX comes on Monday Sept. 22nd. at 4:56 pm pdt. The days and nights are equal when the Sun moves into the constellation of Libra, the symbol for balance and equanimity. We can certainly use a harmonious time to re-gather our forces after the quite intense summer, and before all the outer planets turn direct into concentrated activity.

This recent phenomenon of the outer planets being retrograde during the summer is a result of two factors. Look at the chart with only the retrograde planets and the Sun included. First, the planets are clumped together in about the same area of the zodiac. Second, the Sun is reaching its greatest distance from the planets from our vantage point on Earth, causing the planets to appear to be moving backward. Then, when the Sun is closer to the sector of the zodiac occupied by all those planets grouped together, their actual movement appears normal again. Notice that ♃ was the first to go direct. Then in October, within a few days of each other, ♃, ♄, ♅ will go direct. The last is ♁. This is a result of the *appearance* that the Sun and planets revolve around the Earth, the geocentric perception—a great reminder that what you see is not actually what is true. Our eyes lie. Sept. 28th 3:22 pm Mars enters Sagittarius. This energy fights for a cause so you might find yourself fighting for what you believe in.

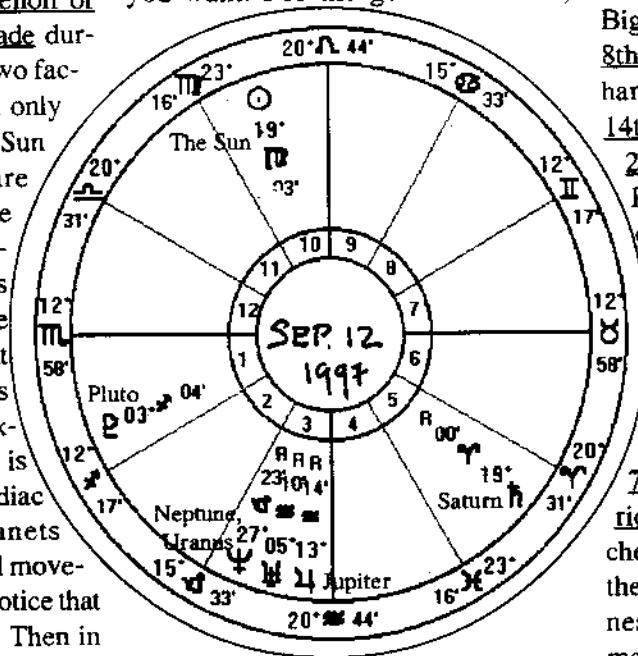
OCTOBER

1st: Mercury moves into Libra, hopefully bringing some tact to your conversations and urgencies to "spread the word." Also a new moon in Libra and therefore the chance to start again.

2nd: Rosh Hashanah. Jewish holidays, like the Druid (and therefore most of the Christian) holidays are based on the cycles of the Sun and Moon.

7th: At last, our symbol of prosperity and opportunity, Jupiter, goes direct at 12° Aquarius. Saddle up them horses, we're ready to ride again!

8th: Venus follows Mars into Sagittarius. Put on those feminine wiles, girls, and use your charm to get what you want. For the gents out there,



you'll find that women are quite likely to help you out now. All in all, can be a delightful time. Neptune goes direct and the big fog begins to lift.

10th: Adano family and friends reunion, Virginia Beach.

14th: Uranus also goes direct at 4° Aquarius, and all that nervous tension will find release in sudden and unpredictable experiences.

15th: Full moon at 22° Aries at 8:46 pm pdt.

19th: Mercury enters Scorpio bringing insightful thinking, thoughts of sex and transformation; intense and stinging conversations.

23rd: Sun enters Scorpio. Read inten-

sity and emotion; secrets.

26th: Daylight savings time ends; put your clock back an hour. Now solar nutritionists can harmonize with the clock.

NOVEMBER

5th: Venus enters Capricorn: the big chill after the Sag warming and expansion. Now, can you love the dirty work too?

7th: Mercury enters Sag. Talk talk talk. Big ideas. But tomorrow, on the 8th: Mars enters Capricorn bringing hard work from all those big ideas.

14th: Full Moon 22° Taurus 6:13 am.

21st: Sun enters Sagittarius. Expand! Prosper! Which is why we celebrate on the 27th: Thanksgiving.

30th: Mercury enters Capricorn and calls for serious and practical thinking, and this year, the beginning of Advent.

DECEMBER

7th: Mercury retrogrades at 3° Capricorn at 8:56 am pst. Check and re-check the facts, delay decisions until the 27th. Especially difficult for business communications and commitments.

11th: Venus goes into Aquarius promising a sparkling fun-filled sociable holiday.

13th: Full Moon 22° Gemini

16th: Saturn goes direct at 13° Aries. Business and work directions flow again. All planets are direct now except Mercury, but don't take that little trickster for granted.

17th: Mars enters Aquarius bringing unexpected activities, volatility, sudden efforts.

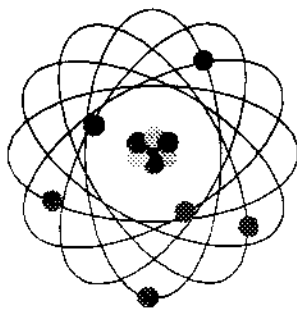
21st: The Sun "stops" as it enters Capricorn, the Winter Solstice. On this longest night of the year, curl up with the next issue of *Longevity Circuit!* (And don't forget to breathe.)

grammed to substitute the material for the spiritual qualities of life, the fantasy for the real, fame for humility? Or are we at the end of an era where we cling to what we know as we prepare to jump into the unknown? Or both? Only time will tell.

Why does Astrology Work?

This new age, or myth, that we are moving into may have been the cause for the prophecy that Adano Ley made in the 70's, "Fifty years from now, we will all go to sleep like Rip Van Winkle and when we awake and return to the cities we will find they are run by the 9 years young." Maybe he was talking about the obsession we have with youth as in Diana's case, or maybe he was talking about the fact that younger people seem to be born with more "smarts." If the latter is true, as most of us believe it to be, then we must be able to find an explanation in astrological phenomena.

Emerging from the Piscean Age into the Aquarian, we are also moving from belief and faith into knowledge and experience. And as my chamber music friend once asked, "Ginger, how to you *know* there is a Pluto and how do you *know* it works?" This is an Aquarian question and asks, why does Astrology work? Here are some answers that astronomy, physics and astrophysics offer.



Percy Seymour. The British astronomer, Percy Seymour, who has written *The Scientific Basis of Astrology*, indicates that there is a relationship between the alignment of the planets and solar activity (sunspots). The sun's electromagnetic energy and radiation belt in turn affect the fetuses of unborn children. And in fact, there is much sunspot research being done now to determine its effects, including a new model of weather patterns.

Seymour's thesis is consistent with another statement of Adano's which was that people who are born *before* the bomb fell on Hiroshima in 1945 have

to work harder than those born after because the explosion broke the auric field around our planet allowing more energy to enter. (For those of you who are new to *Longevity Circuit*, Adano C. Ley, aka Swami Nityananda Saraswati was my astrology teacher). That certainly seems to be true and we have specifically named that new generation "the baby boomers," which group now represents a huge percentage of our population and is increasingly figuring into the new demographics and consequently having a very large influence on our culture. Who would argue that this generation has a wider grasp of human potential than the previous one?

And then we must recall the special group of individuals who were born during the Uranus/Pluto conjunction in the mid sixties, whose energies can blow up or save the planet. These are the movers and shakers, the systems changers. We find then strapping bombs on themselves for radical causes, and we find them paying their dues, entering into the mainstream so they can ultimately rise to the top and change systems. Who would argue that as a group they also have a wider grasp of human potential including technological awareness? This group for the most part has just recently come into their own, having completed the Saturn Return which astrologically indicates that around the age of 29-31 an individual has experienced the planet Saturn, the teacher of commitment and responsibility, in all sectors of his chart. (It takes Saturn 29-31 years to transverse the entire zodiac belt.)

David Bohm and William Keepin. So here's another scientifically based premise for astrology's predictive nature. It's a system of thinking belonging to the Einstein and quantum mechanics sector of science. Its leading proponent is a man named David Bohm who was a close associate of Einstein as well as Krishnamurti and the Dalai Lama. Bohm coined the word "*holomovement*" to indicate the flow of interconnected energies of the universe and specifically that the electron is a guided particle. He describes, (see the mechanical model on page 6) a container of glycerin into which is added a drop of ink which ini-

Continued on page 6)



SOLAR NUTRITION



Solar Nutrition, utilizing modern principles of physics, takes the ancient principles of astrology and combines them with the ancient techniques of the Eastern acupuncture medical paradigm to produce a new approach to health. Finding its roots in the Old Testament chapter of Ecclesiastes, and the Biological Time Clock of the early Chinese acupuncturists, Swami Nityananda Saraswati developed a nutrition plan that allows us to use our bodies as chemical factories, and thus to regulate ourselves by adjusting the various minerals and nutrients in terms of actual foods we ingest.

This procedure gives us control over our physical bodies and adds options to our physical expectations. We no longer need to be victims of ourselves as we develop a greater understanding of the body's needs and its timing requirements. This is thoroughly in keeping with the Aquarian philosophy in which each person must be responsible for himself and consequently each person is capable of achieving full optimum awareness, individuation or

wholeness. Timing is everything in Solar Nutrition.

How do we time what we eat then? The easy way to remember the right foods at the right time of day is by following the path of the Sun.

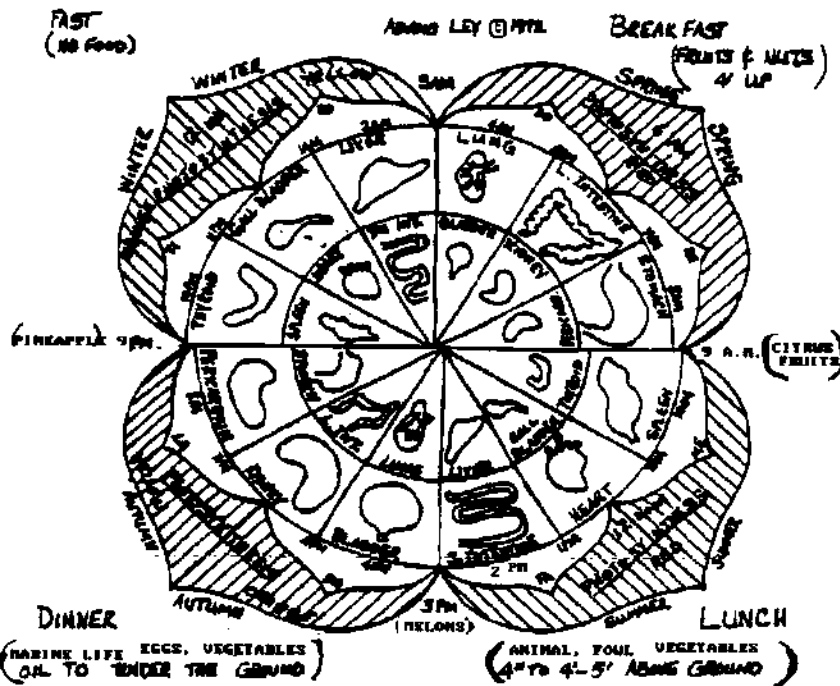
IN THE MORNING eat the foods that grow above 4 feet and that are on trees. One of the most important foods to eat in the morning is almonds. This nut comes fully

Almond is an old French word, *almonde*, meaning all the world. The genus is *prunus amygdalus*. And inside the human brain as part of the basal ganglia resides the *amygdala*, a tiny protuberance that may be responsible for exciting various emotions. In solar nutrition foods that resemble parts of the body are often especially suitable for that part of the body. In the morning our minds need to be clear and bright to get us through the day. Balancing the amygdala process is not a bad idea.

And with our nut we need a fruit that will clean out the waste from the day before. The prune is perfect for this and goes deliciously well with the almonds. Try it.

NOON: In the middle of the day, the Sun is directly overhead: Now's the time for grains, most vegetables, meats and fowl. Most of the

food sources apply during the mid-day, and that is, in fact, the time to eat the largest meal. Why not try experimenting with different combinations of grains to get a whole protein, if you're a vegetarian, or try a Chinese stir-fry for different vegetable mixtures. Rice is nice, and goes with almost every type of food because it is neutral and be-

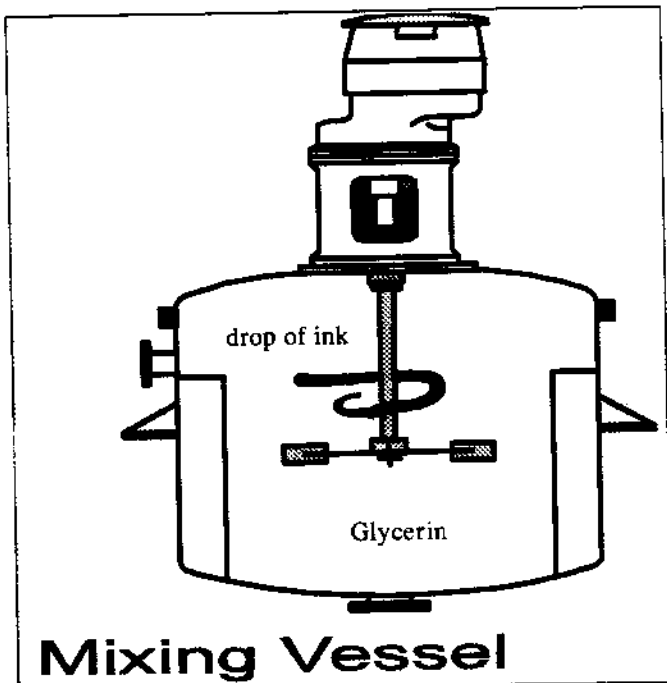


equipped with all the essential nutrients to get us started plus it has a tolerance factor that balances the juices of the stomach to accommodate other foods.

The number of almonds eaten is personal: 1 almond for every 10 lbs. of body weight is good for maintenance; but if you want to lose weight, then eat one almond for every 10 lbs you WANT to weigh.

CURRENT TRENDS, continued

tially just sits there because the glycerin is so heavy. However, within the glass is a turning device with a handle that allows the ink to be "turned" into the glycerin, or stretched out, until the ink disappears. However, by reversing the motion, the ink gets thicker



again and finally reconstructs itself.

Bohm called the "implicate order" the apparently invisible realm, or when the ink has disappeared, and he called the "explicate order" the manifestation of Reality, when the ink is visible. Then another physicist named William Keepin used Bohm's model to explain astrology and its predictive abilities. As you can see science and philosophy are beginning to merge.

The astrological statement, that "Astrology impels, it does not compel," is better understood scientifically when one learns of physicist Bell's theorem which proved mathematically that there is no such thing as separate parts and that events influence each other even though separated by huge distances. The "Chaos Theory" which is so popular now also helps us understand the science of astrology for it showed us that the flapping of the wings of a butterfly in Japan could affect the weather in Detroit. Or again, as Adano said, "Change your consciousness, not your con-science."

These scientific revelations that deal with philosophy, religion and even astrology are indicators that the Aquarian Age is upon us. And Uranus being currently posited in his own sign of Aquarius is speeding up the planet's awareness of these truths which once experienced make it ever more difficult to deny the existence of the invisible nature of Reality. So it's no wonder that Astrology is entering the mainstream of society with increasing vigor. Did you see the issue of *Life Magazine* that recently devoted it's cover story on Astrology? It was both fair and entertaining.

Some other musings...

...Did you know that a very large segment of our population does not know that it takes 1 year for the Earth to orbit the Sun, one complete revolution?

...And that if you say your age in *revolutions*, instead of years, that you are supporting the body in its longevity, since the word 'revolve' signifies to the body that it is gaining momentum and energy, while the word 'age' subconsciously indicates getting old.

...Did you know that Princess Diana and her friend Dodi Fayed went to a psychic shortly before their accident and are said to have left the session beaming with happiness. Caveat emptor: psychics read your mind, not your fortune.



SOLAR NUTRITION, Cont.

ing an exception to the rule can be eaten anytime of day or night. Use the brown variety for it has not only more flavor but a higher nutritional value including more protein. Brown rice has lots of fiber and scrubs the intestinal system to aid in weight loss and colon therapy.

But if you're out and about, a turkey sandwich with lettuce and tomato is just as solar and turkey, which is high in tryptophan, can be calming during a hectic schedule.

AFTERNOON. In the afternoon you might

Continued on next page.

POTTS POETRY

Birdsong in Sausalito

Lost in the Richardson Bay
jungles of Marin
the Barbra Streisand of Mockingbirds
lives.
She colors me
rapt in her endless melodies
and stirring ballads
disrupting early morning REM projections
of flying over canyons and seas
I am jolted
by the closing crescendo
of alarm
crash.



SOLAR NUTRITION

find you need a lift: this is the time for grapes, cranberry juice, and melons, although it's best to eat melons alone. Try these fruits around 3 PM when they will have a chance to tone your bladder and kidneys. They grow on vines or in a bog so they qualify for afternoon as the Sun is in its downward path. A glass of wine is okay for the late afternoon, perhaps when you've come home from work and want to relax a bit. And if you eat cheese, try to add that glass of wine because it has a lot of malic acid from the grapes and helps break down the lactic acid in the cheese.

You've probably caught on by now that everything you eat in Solar Nutrition is for therapy, preventive or otherwise. Remember, you're a chemical plant and you are mixing different chemicals, minerals and elements together in such a way as to benefit your body. It is



meant to be a lot of fun and delicious as well, but it won't take you long to figure out that you have a lot of habit patterns about the timing and combinations of the foods you eat. See if you can remember things that happened to you as a child that connect with the foods you crave.

NIGHT: At night, eat the foods that grow under the ground, in water, or that grow at night, because the sun is below the horizon. Asparagus, pineapple, and napalitos fall in this category as do all the root vegetables. For protein, eat an egg or some fish as they both grow in darkness or in water. Watercress is a nighttime salad because it grows in water. Although there are fewer choices at night, this is because we require less food before retiring.

And what about the effects? We talked about the improvement you will feel physically, but you will feel emotionally uplifted as well since all emotions are merely brain chemistry, which as such can be regulated by the foods you eat. Notice an increase in resiliency and adaptability. Notice, too, how your timing is improved in all areas of your life. Look for those parking spaces at the front door, how the phone rings as soon as you walk in your house, that your client is in the office when you call. Etc. Feel yourself synchronizing with your environment. Locate your very own place in the universe!

Solar nutrition simplified. See Page 5

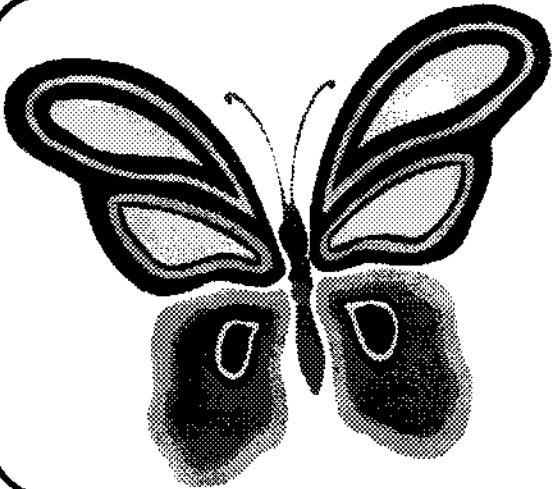


Current Trends: What's going on? See page 1



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Ginger*