

# LONGEVITY CIRCUIT

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

Vol. 9, No. 4, Spring, 1998

## The Numbers Game

### IN THIS ISSUE:

- The Numbers Game ..... page 1
- Calendar ..... page 3
- Demoting Pluto ..... page 4
- Solar Nutrition Food List ..... page 5

PUBLISHER - Virginia Cornell  
 EDITOR - Virginia Cornell  
 Editorial Assistant- Paul  
 Technical Assistant - Paul  
 Contributor - ADANO C. LEY

#### 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)668-7897



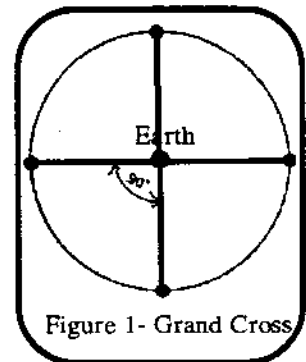
Printed on recycled paper.

Sapinoza said, "God geometrizes." But He must also add and multiply! Geometry is seen in the interrelationships, or angles that the planets, Sun, and Moon make with the Earth. For example, a square identifies the spatial association between two planets that make a right angle to the earth. Since motion is time, look at all the planets in orbit like so many gears in a grandfather clock. Each planet is turning like a gear and sometimes they (the planets) engage easily, sometimes not so easily, but constantly forming new angles. Geometry shows us ample, a stress-identified by the just mentioned.

**Geometry means measuring the Earth.**

See Figure 1 below. The zodiac circle is comprised of 360° and when divided by 4, it makes equal arcs of 90° which geometry calls right triangles. If there are 4 planets which are in square then we have what is called a Grand Cross.

Astrology is numerology so the meaning for the number 4 is foundation, thus we use the expression '4-Square.' Psychologically it can mean being stuck because two or more forces stress against each other. In a Grand Cross 4 planets square and oppose each other to look like a cross, hence its name. It's no surprise it means carrying a burden, or having a cross to bear.



For the trine, the circle is divided by 3, giving equal portions of 120° ( See figure 2.) On the geometric (and geometry means measuring the earth) level these planets are considered to be in harmony with each other. There are no squares to get stuck in, the energy flows, things are not confrontational, but oblique and therefore less harassing. In numerology, 3 means balancing the negative, positive and neutral.

For the opposition, two planets are opposite each other by 180° with the earth in the middle. In numerology, 2 equals

(Continued on the next page)

# The Numbers Game, and other stuff

polarity, the thing and its opposite: male/female; night/day; yes/no; etc. Since there is no middle ground, there is confrontation. See Figure 1 again. All the of configurations in astrology follow this combination of geometry and numerology to show how the aspects and transits in your horoscope are identified and understood.

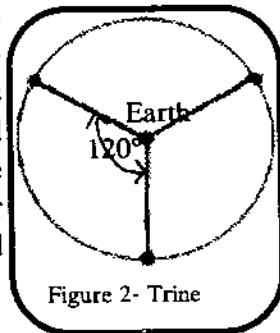


Figure 2- Trine

## ADDITION AND MULTIPLICATION

The additions and multiplications that Spinoza failed to mention come from the repetition of the planetary cyclic movements of a changing cosmos as they relate to your natal horoscope. The cycles and the returns of the planets to their original place in your chart when you were born indicates that everything is in motion all the time and shows us that the only thing that doesn't change is change itself.

## THE SATURN RETURN

One of the most famous cycles, the cycle of 30 is based on the length of time it takes the planet Saturn to revolve around the Sun. It always indicates a period of responsible reevaluation or rebirthing of oneself in order to reach one's potential. It's either horrible or wonderful depending on your commitment to yourself, and your willingness to become your own authority. You can research this cycle, or transit, by looking at your life between the ages of 29-31. And again, around 60. The Saturn Return also contains within it a 7 year cycle of developmental stages.

## THE LUNAR NODE RETURN

This 18 year cycle comes from the Lunar Node return. Although there is no object involved, the intersection of the paths of the Sun and Moon as they relate to the Earth is considered highly important in terms of past life awareness. This is a time when we turn away from what we have already experienced to discover what we have come onto this planet to learn, but based on our previous knowledge. You can research this one by reviewing what hap-

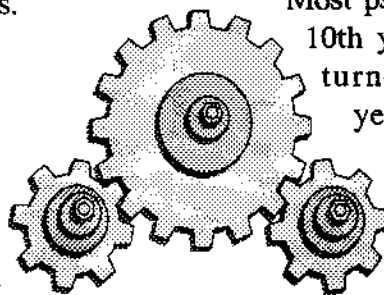
pened at age 18, 36, and 54. It is no accident that we go away to college or go to work at age 18, that we often divorce or make other stressful changes at 36, and that we have a rite of passage into middle age at 54. Spiritually these are ages when we can become realized. For example, age 72 is 4 Nodal returns and is the time Swami Nityananda told all Solar Nutritionists it is possible to stop eating and "Live to eat in order to live not to eat." There is also an 18 year cycle of eclipses that increases the intensity and integrity of 18 cycles and brings the objects of the Sun, Moon and Earth into play for mental, emotional and physical development.

## PROGRESSIONS

Other factors in the numbers game include the Progressions which are purely arbitrary symbols of correspondence used for predicting the future. For the Secondary Progression we relate one year of life to one day. If you're 40 years old you are integrating the 40th day of your life when you were 1 & 1/3 months old! A life of 72 years equals 2 & 1/3 months indicating the template is set when we were infants!

Progressions are more plausible if you can realize you are recreating the spermal journey to the ovum which took a mere couple of days. It's the macro/micro equation at work. Another example is the Minor Progression which uses the Moon returning to its original position to equal 1 year of life. Since there are a little over 13 moons each year this cycle indicates that by the age of 7 you have set the template for your life up to 94 years of actual living (13.3 x 7).

Most psychologists agree. In our 10th year we have enough returned moons to equal 144 years! Adano people might get excited at this since it combines the numerology of 10 which is a new start with the 144 elements that are contained



in the human form! Look especially at age 40 when the return of the Moon coincides with the return of

(Continued on page 7)

# CALENDAR

**S**pring comes on Friday, March 20 at 11:54 am PST, the days and nights are equal, hence the Vernal Equi-nox. The line up of the planets shows Pluto the only retrograde planet at 8° Sag. Neptune and Uranus in Aquarius, Saturn and Mars in Aries, and Jupiter has just gone into Pisces.

**March 27th** combines the New Moon in Aries with **Mercury going retrograde at 21° Aries**. A push/pull sort of day. Just to remind you, Mercury in this phase works energetically better if you review, study and sort things out rather than make commitments.

## APRIL

**5th:** Venus enters Pisces. This is the Valentine's position for Venus. We love everybody in a warm and gushy way. But watch out you co-dependents out there and don't idealize your romance. The urge to merge needs to be purged (we already did that when the sperm bonded with the ovum). Better to use this energy for compassionate, agape love and groove it in. Also good for spiritual art. Daylight Savings Day: Change your clocks, spring forward 1 hour

**11th:** Full Moon in Libra.

**12th:** Mars enters Taurus. Slow and plodding action describes this well. Also good for stamina and perseverance.

**19th:** Another full day as the Sun enters Taurus, the Moon enters Aquarius.

**20th:** Mercury goes direct at 12:28 AM PDT at 9° Aries. You can think on your feet again, and make those decisions you've been putting off.

## MAY

**3rd:** Venus goes into Aries. Now's the time to be assertive in the romance area. Neptune goes Retrograde at 2° Aquarius forcing spiritual ideas inward.

**14th:** Mercury goes into Taurus with the Moon entering Capricorn. Are you feeling practical, careful in both speech and thinking? Of course! These are 2 earth signs.

**17th:** Uranus goes Retrograde at 2:54 am PST at 12° Aquarius. Look back at rebellion and revolution.

**20th & 21st:** Sun enters Gemini on the west coast, on the 21st on the east coast.

**23rd:** Mars enters Gemini at 8:42 P.M. PDT. You can do two things at once now.

**29th:** Venus goes home to Taurus where she's sexy and arty, earthy and grounded.

## JUNE

**1st:** Mercury moves into his natural home, Gemini. Lots of gadding about, communications. The trickster is in.

**8th:** Saturn goes into Taurus at 11:08 PM PDT with a full Moon in Sagittarius. Since Venus is also here, love takes a turn toward the committed, the practical or becomes cold and distant.

Since April '96 Saturn has been in Aries, not an easy planet for fiery Aries to accommodate. The worst may have been inhibited or blocked actions,

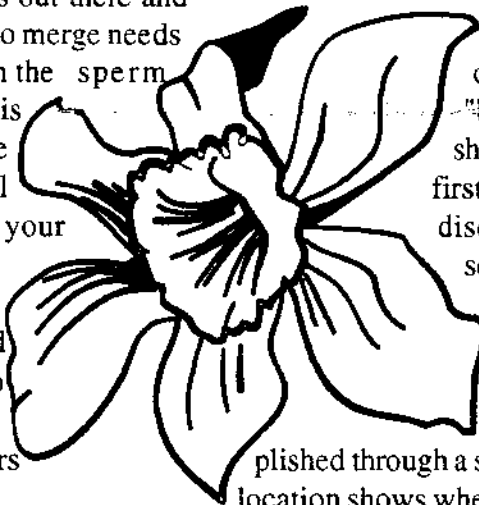
working too hard, drudgery and loss of will. The best of it has been disciplined, metered action by "building" a project, job, relationship, or any creation. Aries is the first of the zodiac, yet Saturn requires discipline so some have suffered, some have taken on the challenge.

Now Saturn is stepping into earthy Taurus for a while where these two energies are much more harmonious. A lot can be accomplished through a steadfast act of will. Saturn's house location shows where we phase down the violence of confrontation. Where is your Saturn placed in your natal chart? Where are Aries and Taurus in your natal chart? This is where your work is now to help you accomplish your greatest responsibility.

Taurus issues are making your own money, discovering what you value, finding your inner resources and above all, activating unconditional love. Saturn and Jupiter will be in compatible signs for a while so there will be plenty of help to move on.

**14th:** Mercury enters Cancer bringing a more intuitive kind of thinking that comes from the felt body.

**21st:** The Summer Solstice, longest day of the year, the Sun 'stops' at the Tropic of Cancer. Time to look for the Summer issue of *Longevity Circuit!*



# Demoting Pluto

**W**e've been talking a lot about Pluto in the last several years. It's a fascinating energy field not only because it deals with issues that once were taboo, but also because Pluto is our newest energy field to be integrated into our consciousness, having just been discovered in 1930. Pluto reveals what has been hidden, consequently AIDS and sexual issues came bounding into our awareness when Pluto went into its home sign of Scorpio in 1982. Now in Sagittarius, it is exposing the sexual habits of our politicians, revealing religious judgmentalism, yellow journalism and their consequences on a very small planet. Pluto is also disclosing information about itself. With better astronomical equipment we are gaining more accurate information about this complex planet and its implications for astrology.

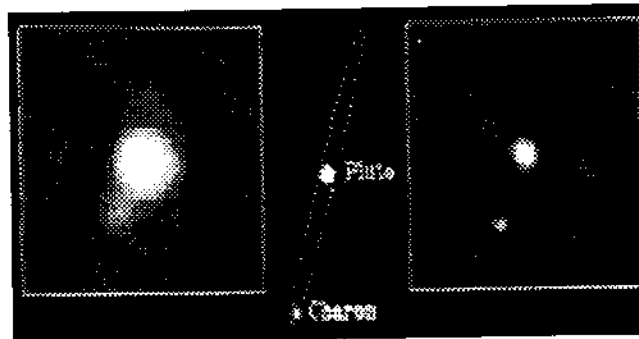
Here's some historical perspective. As the story goes, Percival Lowell had predicted the presence of an additional planet from mathematical observations he had made about his perceived wobble of Neptune. Although Pluto was never found during his lifetime, (his math was bad) he had spent much money on the telescope and research lab. After his death, the institution he later endowed was determined to redeem itself by finding the new planet. They hired an amateur astronomer to search for it and he did find an object, though not where Lowell has thought it would be. As it turns out, what was found did not fit the expectations of Lowell's work in size or in location, but the institution nevertheless designated it the planet for which Lowell had been searching. They called it Pluto since the initials of Percival Lowell are PL and indeed the glyph for Pluto is 'P', a combination of P and L. (The myth will out!)

But in time Pluto's size came into question. Through better telescopes it was at first determined that Pluto had a moon of quite a large size and it was

named Charon. Pluto was considered by some to be a double mutually revolving star. This new information left Pluto to be smaller than Mercury and with 7 moons in the solar system bigger than it!

Then information about it's orbit and its composition was revealed. *Longevity Circuit* has often referred to P's erratic elliptical orb as being responsible for the sense we have that life is speeding up. But in the early 90's, two astronomers discovered comet-like objects beyond Neptune which followed paths similar to Pluto's. Also Pluto was found to have a highly reflective icy surface which accounted for its identification despite it's small size. As a result, now the astronomically accepted thought about Pluto is that it resembles a comet as much as a planet! Some say that Pluto is more asteroid-like, similar to Chiron, some are now calling it a minor planet, or a planetesimal.

Pluto's orbit is in fact filled with similar objects that are made up of rock and ice, and this peculiar pathway has a name: the Whipple or Kuiper Belt. And look at how much deeper into the resonance of Pluto the new information about it's orbit leads us. For his orbit field, according to astronomers, holds



Pluto and his Moon, Charon

important clues concerning the origin and evolution of our solar system and may even be the source of the observable comets we can see. Remember Shoemaker-Levy which impregnated Jupiter with it's pearls of energy, and Hale-Bopp which put on such a spectacular performance last year.

But it's not the only belt in our solar system. We also have the asteroid belt whose path lies between Mars and Jupiter. Looking at the Solar System from the modern, current point of view, we have a Sun around which there are 10 pathways housing 4 terrestrial or rocky planets (Mercury, Venus, Earth and Mars), 4 gaseous giants (Jupiter, Saturn, Uranus and Neptune), an asteroid belt in between the terrestrial

Continued on page 6

Due to popular demand, here is the food list in toto, soon to be on the web page as well. Tear it off and save it.

<b>SOLAR NUTRITION</b> (Time-control) Copyright, Adano Ley, 1972	Macadamia Pecans Pinon(Pine) <b>Sweeteners:</b> Maple Syrup & Sugar Honey	Sauerkraut Spinach - must be raw Sprouts - all kinds Squash - all kinds Sugar Cane (good brown sugar) *Tomatoes <b>Oils:</b> Butter (Clarified) Safflower Sesame Soy Sunflower Wheat Germ <b>Sweeteners:</b> Brown Sugar Honey Molasses Sorghum Syrup <b>Fruits: (Best at 3-5 P.M.)</b> Blackberries, Blueberries Boysenberries, Cranberries Dewberries, Gooseberries Grapes Raisins Raspberries, Strawberries <b>Melons- eat alone</b> Cantaloupe Casaba Honeydew Watermelon	Celery - bottom 4 inches Celery Root Dulce Edoes *Garlic Ginger Root Hearts of Palm Horseradish Jicama Kelp - all kinds seaweed Leeks - bottom 4 inches Lotus Root Malanga Manglewurzel Mushrooms Napalitos Cactus *Onions Parsnips Plantain Potatoes (Red, white & sweet) *Radishes (red, black, kohosh,daikon) Rutabagas Scallions - bottom 4 inches Sea Cucumber Taro Root *Turnip - all kinds Water Cress Yams Yucca Root (Cassava) <b>Sweeteners:</b> Honey Miel de Maguey (syrup from Maguey Cactus) <b>Sea Salt</b>
<b>MIDNIGHT TO NOON</b> <b>Fruits:</b> Apples Apricots Avocado (eat alone, not with any other fruit) Banana Breadfruit Cherries Custard Apple Dates Figs Guava Mangoes Nectarines Olives Papaya Peaches Pears Persimmons Plantain Plums Pomegranates Prunes Sapodillo Tamarind <b>Citrus Fruits: Eat Alone</b> Grapefruit Kumquats Lemons Limes Oranges Tangerines <b>Oils:</b> Almond Apricot Avocado Coconut Cream Olive Walnut <b>Nuts:</b> Almonds Apricot Kernels Brazil Cashews-must be roasted Carob Coconut Filbert Hazel	<b>NOON TO 6:00 PM</b> <b>Breads</b> -all kinds if baked properly <b>Cheeses</b> -all kinds if natural, but not melted. <b>Meat</b> -fowl, lamb, beef, venison, pork <b>Seeds:</b> Caraway Chia Flax Poppy Pumpkin Sesame Sunflower <b>Vegetables:</b> Artichokes-Globe Bitter Cucumber Bitter Melon Squash Bok Choy *Broccoli *Brussels Sprouts *Cabbage - all kinds *Cauliflower *Celery Cereals - all kinds Corn - fresh *Cucumber Dried Beans - all kinds Dried Peas - all kinds Eggplant *Endive Escarole Fresh Beans - all kinds Fresh Peas - all kinds Grains - all kinds Greens - all kinds/garden & wild Herbs - culinary (Cooking) *Lettuce - All kinds Okra *Parsley Peppers: Hot: Cayenne only (capsi- cum) Sweet: Bell, yellow, banana Pumpkin Rhubarb	<b>6:00 P.M. to Midnight</b> <b>Fruits:</b> Pineapple Prickly Pear Cactus <b>Fish, Seafood</b> <b>Eggs</b> <b>Nut-like:</b> Peanuts- must be roasted Water Chestnut <b>Oils:</b> Butter (Clarified) Garlic Peanut <b>Vegetables:</b> Artichoke - Jerusalem Artichoke Hearts (Globe) *Asparagus Shoots Bamboo Shoots *Beet Bok Choy (Bottom 4 inches) *Carrot	<b>Anytime - 1 food as therapy</b> Apple Cider Vinegar Brown Rice Clarified Butter Herb Teas Honey <b>Noon or Night</b> Brewer's Yeast Miso Tamari - Soy Sauce Tofu Vegemeats  <b>*Denotes weight-loss foods.</b>

Thanks, Adano

# Demoting Pluto continued

and the gaseous planets, and the trans-Neptunian belt that houses Pluto and the other comet-like objects.

So who cares? Well, this new information has the capacity to solve an interesting problem for astrology: the problem of rulers for the constellations. Most people know there are 12 constellations, but not all know that there are only 9 planets (including Pluto) and the 2 luminaries: the Sun and the Moon. Except for the planet Earth which for some reason is not used, each rules a constellation with the most compatible energy. But the numbers don't jibe so Mercury and Venus have to do double duty. That is, Mercury rules Gemini and Virgo, and Venus rules Taurus and Libra. This is troublesome. But if you add up the *orbits* of

the planets, asteroids, and the trans-Neptunian objects there are 10 energy fields together with the 2 luminaries of the Sun and Moon altogether making 12 energy fields to rule the 12 constellations! Neat, huh?

Using a system of orbits and luminaries for rulers, we would allow Mercury's orbit to rule only Gemini, the messenger to the gods, and use the orbit of the asteroid belt to rule Virgo, the discerning one of the zodiac. In the case of Venus's orbit, she would rule only Libra, for her beauty and harmony, and the orbit of the Earth would rule the constellation of Taurus, the earthy sign of the zodiac.

The asteroid belt makes an easy fit as ruler of Virgo since this sign rules growing food for nutrition and healing. Virgo also knows the importance of de-

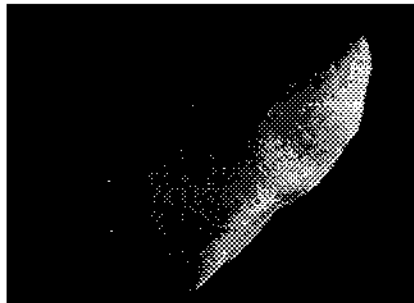
tails and makes patterns out of them. The Asteroid Belt is made of many small objects. The objects you see here are examples of asteroids. There are over 8000 of them and they all travel at the same speed, so they don't crash into each other.

The largest of these is Ceres, who measures about 600 miles in diameter and, according to the Encyclopedia Britannica, is the *goddess of the growth of food plants*, worshiped either alone or in association with the earth goddess Tellus. On the advice of the Sibylline Books cult, Ceres was introduced into Rome to check a famine. The temple, built on the Aventine Hill in 493 BC, became a centre of plebeian religious and political activities and also became known for the splendor of its works of art.

The second largest is Pallas Athene who, the Encyclopedia Britannica tells us, "was a protectress, goddess of war, *handicraft*, and *practical reason*. She was essentially urban and civilized. Athena was probably a pre-Hellenic goddess and was later taken over by the Greeks. Yet the Greek economy, unlike that of the Minoans, was largely military, so that Athena, while retaining her earlier domestic functions, became a goddess of war." Here we have further evidence that the orbit of the Asteroid Belt rules Virgo.

Vesta, another prominent asteroid is, in astronomy the brightest, though not the largest, and the only one ever visible with the naked eye. In Roman religion, She is the goddess of the hearth. Again the Britannica tells us: "The lack of an easy source of fire in the early Roman community placed a special premium on the ever-burning hearth fire, both publicly and privately maintained; thus, from the earliest times Vesta was assured of a prominent place in both family and state worship. Vesta is represented as a fully draped woman, sometimes accompanied by her favorite animal, an ass. As goddess of the hearth fire, Vesta was the patron deity of bakers, hence her con-

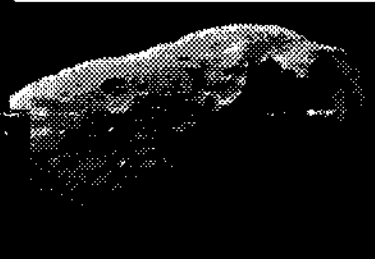
(Continued on the next page.)



IDA -243



TOUTATIS -4179



GASPRA -951

## The numbers Game, continued

the Sun giving us a fresh start, and indeed age 40 is often quite exciting: don't we say, "Life begins at 40?"

All these cycles show us we're constantly being given 2nd, 3rd, even 4th chances to get it right! All transits and progressions come, not to punish or reward, but to give us opportunities to develop our soul natures. It has been humorously said that if this were your real life you would have been given better instructions. At least we have been given, "Practice makes perfect!"

### Jupiter in Pisces - in short *El Nino*. Why?

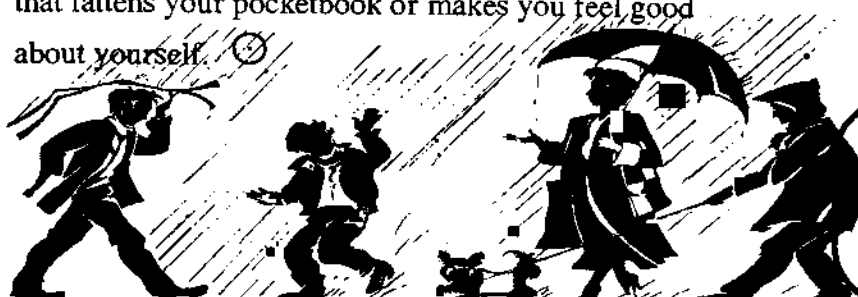
Because Jupiter is excessive and Pisces is the fish sign of Christianity and El Nino is named after the fact that it always comes during Christmas and keeps the fishermen away from their homes at that time. So we here in "Sunny" California are soaking, the rivers are flooding, Florida is having tornadoes, the northeast has had huge tides, etc. The good side of this configuration is that so much water with Jupiter indicates a good money year. But how are we going to spend that money? Some of the Jupiter in Pisces ideas are get-rich-quick schemes, con-games, travel across water, helping the homeless and general neediness campaigns. Your choice! From this you can see that Jupiter in Pisces is compassionate, gentle and easily satisfied. He loves his comforts and enjoys pastimes such as movies, photography and anything glamorous. But he is also impressionable and easily influenced and can get involved with too much booze and other mind altering substances that figure into avoidance and self-delusion. He follows, rather than sets trends and thus will require a constant focussing on what really matters. Since Pisces is water, this configuration should help balance all the fire found in this year's Chinese Tiger. Where in your horoscope is Jupiter located this year? This is your area for expansion. Remember the rule about Jupiter: Say "Yes!" to whatever comes along that fattens your pocketbook or makes you feel good about yourself. ☺

## Demoting Pluto, continued

nection with the ass, usually used for turning the millstone. The Vestal Virgins in Roman religion, are the six priestesses, representing the daughters of the royal house, who tended the state cult of Vesta, the goddess of the hearth. Chosen between the ages of six and ten by the chief priest, they served for 30 years, during which time they had to remain virgins. Those chosen as Vestal Virgins had to be of the required age, be freeborn of freeborn and respectable parents, have both parents alive, and be free from physical and mental defects. The Vestal Virgins' duties included tending the perpetual fire in the Temple of Vesta, keeping their vow of chastity, fetching water from a sacred spring, preparing ritual food, caring for objects in the temple's inner sanctuary, and officiating at the public worship of Vesta. Failure to attend to their duties was punished by a beating; and violation of the vow of chastity was punishable by being buried alive! The Vestal Virgins enjoyed many honors and privileges, including emancipation from their fathers' rule. All of this information is totally consistent with the myth of the constellation of Virgo, the virgin!

Finally, the 4th major asteroid, Juno, was connected with all aspects of the life of women, most particularly married life. And as Juno Moneta, she had a temple on the Arx which later housed the Roman mint, and the words "mint" and "money" derive from the name. These too are Virgo subjects.

These are just some examples of how the entire asteroid belt could be the new symbol for Virgo rather than using the planet Mercury to rule both Gemini and Virgo. Of course using an orbit as a ruler is a radical idea which has no historical basis, yet we are in the Age of Aquarius when we have the opportunity to make new what is old, to revitalize outworn principles, and to use modern science to update our concepts. What do you think? Let me know!



Don't forget to visit my webpage:

[www.slip.net/~lc.htm](http://www.slip.net/~lc.htm)

---

Pluto demoted? A new paradigm. See Page 4



---

The Numbers Game, featured on Page 1



FIRST CLASS MAIL

LONGEVITY CIRCUIT  
363 10TH AVENUE  
SAN FRANCISCO, CA 94118

A background image showing a starry sky with several bright stars and a prominent ringed planet, likely Saturn, in the center. The image has a halftone or dithered texture.

Adano Ley once said that the Aquarian Age would bring the 'zero' into computers, a trinary system with the negative, positive and neutral. We're on the way to experiencing that on a mundane level. What we're seeing now is a world whose issues, in order to be solved, force us into a greater emphasis on bringing the right and left sides of the brain together. Consequently we find Western medicine incorporating acupuncture, science and religion understanding each other through quantum mechanics and Buddhism, and astronomy working with astrology. In this issue, astrology draws heavily on mathematics and astronomy to define new ways of looking at how astrology works.