

LONGEVITY CIRCUIT

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

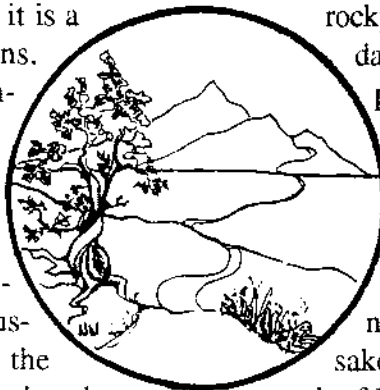
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TENTH ANNIVERSARY ISSUE!!!

Longevity Circuit Celebrates the Path of Least Guilt

Many astrologers believe that the Aquarian Age was entered when Neptune went into Aquarius for the first time at the end of January, 1998. If the New Age prediction for individual wholeness is accurate, then Neptune's new energy gives us the perfect opportunity to begin such a process. For instance, Neptune's placement here is ideal for finding freedom in divinity, or put another way— freedom from guilt. Since this, the tenth anniversary issue, occurs during the time that Neptune is making its initial entrance into Aquarius, I am dedicating it to Adano C. Ley who coined the term, "Path of Least Guilt."

As you may have noticed, this newsletter is in general "dedicated to those techniques which contribute to a longevity lifestyle," not just astrology, which is why solar nutrition, herbs and other health related topics are included. According to Adano, who is the guiding force behind this newsletter, dissolving guilt is essential for the road to wholeness and longevity and the relief from suffering. But it is a rocky road, filled with twists and turns, and often seems im-navigate. It is defi-road less traveled as with everything in is geared to program to subservience to au- therefore unconscious-



However, for the sake of clarity, let me mention here that the path of least guilt is not meant for those who don't have any: you can't give up something you haven't got! In other words, it is not the path for rapists and sociopaths, for instance, who operate without guilt and probably need guilt to control their violence. Adano was addressing only those people in whom a commitment to wholeness is well established in their psyches, i.e. hopefully the readers of this newsletter! And he called it the path of *least* guilt, not the path of no guilt.

Guilt is rampant in our world now. It is used by religions, families, schools, relationships, and political groups to manipu-

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WHO GETS LONGEVITY CIRCUIT?

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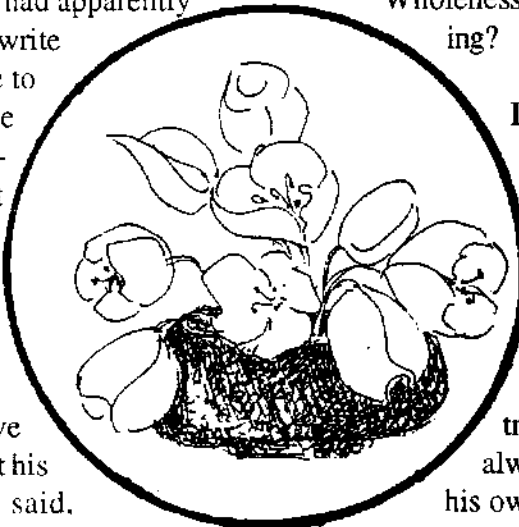
The Path of Least Guilt, continued

late people to conform to someone or something else's standard or need. "Guilt is not a characteristic of God," Adano said and would always point the questioner to the dictionary to determine for himself that guilt really means 'guile,' to fool yourself.

Here is an experience I had with Adano that illustrates this point. Adano was in Santa Fe, New Mexico for his regular quarterly visit and he and I and several others had been invited to The Bishop's Lodge hotel for their popular Sunday brunch. As our table was not ready yet, we stepped out to the patio to enjoy the sun and everybody found a place to bask in it. Adano sat on the chair inside the telephone booth, and the only seat remaining was the bench inside the confessional booth by the telephone that had apparently been placed there for ambience. As I write these words it all seems quite strange to me, that juxtaposition of telephone booth and confessional booth, but nevertheless that's what was there. At first enjoying the sun, I next realized I was actually sitting in a real confessional and it struck me as funny (I am not a Roman Catholic) so I stuck my head out and turned to Adano and jokingly said, "Forgive me Father, for I have sinned." Whereupon Adano thrust out his hand to bop me on the head and said, "You're forgiven, daughter, now go out and do it again."

Guilt is somehow wrapped up in pleasure, otherwise it wouldn't work. Guilt gives us the excuse to do something we think we shouldn't be doing. Guilt is initially a solution to a problem but which eventually becomes the problem. If you're really honest with yourself, you'll see that everything you feel guilty about revolves around something you actually want to do. And then there's the guilt trip other's place on you. It usually begins in infancy with dysfunctional parents or caregivers. To the infant, remember, the parent is god. Imagine it: your tiny size compared to those overpowering energy fields on whom you're completely dependent. In your helpless state you attribute godlike sta-

tus to your parents. This is why most of us select our god based on our early childhood experience: angry parents beget a wrathful god, benign parents, a good god, absent parents, god as concept. It also accounts for our projecting god outside ourselves. With such an uneven flow of energy, what means of survival has the infant in the face of abuse save for taking onto himself the responsibility? He says, "There must be something wrong with me for these gods to be treating me so badly." He becomes guilty and he gets a lot of help to do so from his caregivers who say things like, "If you hadn't been born we'd be (fill in the blank: rich, better job, happier, not married etc.)" or, "I'm doing this for your own good." You go through your whole life with this underlying, not so unconscious feeling that you are guilty of something and your self esteem plummets. A similar scenario could be painted around your church, your school or your culture. How can the search for Wholeness be successful with such training?



How do you take the Path of Least Guilt? One way is to look at any situation in which you are faced with two possible courses of action. Make the decision based on which course of action promotes the least guilt. For example: you have an opportunity to take a trip, but a family member who is always needy 'through no fault of his own' suddenly requests your help for the money which was earmarked for the trip. What do you do? If you take the path of most guilt, you forgo the trip and lend him the money. If you take the path of least guilt, you go on the trip, deny the family member, and risk being reviled by him as well as having to defend your action to other family members. If you can't handle the family criticism you take the most guilt way, stifle your emotions, which get stuck in the body and eventually make you sick. If you make the least guilt decision, your family is angry at you and probably finds some way to punish you, BUT you've opened the possibility for the needy family member to stand on his own two feet and develop his own resourcefulness, and you've not stifled negative emotions



CALENDAR

June 21st, at 7:02 am PDT marks the longest day of the year, the **Summer Solstice**, called Litha by the Druids. The irony of this day is that even as the Sun reaches its peak of energy, it immediately begins to decline. Solstice means the sun stops. The Sun enters Cancer on this day which is the fall of the sun, its least comfortable sign to travel through- the Sun is fire. Cancer is water, creating thunderstorms, a time to sizzle. And indeed it is a sexy time as energy peaks in this season of abundance. To the Druids it was a significant event. Midsummer's Night is ruled by the Mead Moon, also called the Honey Moon which is why even now so many people choose to marry in June. Even the wedding band comes from Druid tradition, signifying the magic circle. Reread Shakespeare's, *A Midsummer Nights Dream*. Remember Puck who says, "Lord what fools these mortals be!"

The Solstice Sun keeps company with several **retrograde planets: Pluto, Neptune, Uranus, and soon Jupiter and Saturn**. The retrograde Neptune beckons us to identify our areas of guilt so we can overlay them with the freedom that an Aquarian mentality offers. The other planets may be felt more directly through business, and in fact the bull stock market does seem to be acquiring bearish tendencies. Illusionary retrograde planetary motion doesn't come to rain on our parade, but rather to allow time to reconsider, recapitulate and rewrite: a breather. The planets aren't really going backward, you're not really

losing ground; you're getting a new view. **Jupiter goes retrograde July 17th and Saturn on Aug 15th**. But Pluto goes forward once again on Aug 16th. Retrograde planets may help remind us that we are not the doer as our egos would have us believe. They remind us that within the music of the spheres we are merely the dancers. So there's no need to worry, no need to feel guilty that you're doing something wrong if you life seems to slow down.

Other areas of interest- Usually **eclipses** come in pairs with one lunar and one solar, but this summer we have 3 eclipses beginning with a lunar on August 7th (15° ♋), followed by a solar on Aug 21st (28° ♎), and ending with another lunar on September 6th (13° ♉). Eclipses mark periods of extra activity as either emotional or mental energy is high. Interestingly, they are frequently felt before they occur!

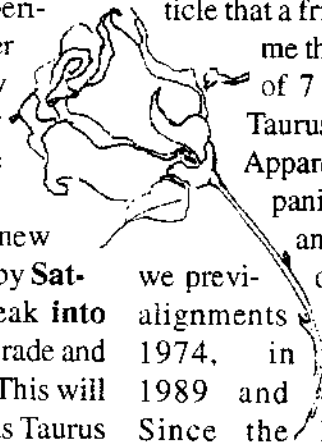
Also at this time new energy is being expressed by **Saturn** which is taking a peak **into Taurus** before going retrograde and therefore back into Aries. This will likely affect the economy as Taurus is quite conservative with money. Maybe the rampant consumerism will wane as we become more responsible to our planet, the earth, which Taurus rules.

Finally, **Mercury retrogrades** in Leo on July 31st until August 23rd. Mercury retrogrades don't bother everybody all the time, but it is a good time in general to review plans and communications;

and check your travel arrangements. Pay attention to your children and other creations, your lover and your investments. Don't take them for granted.

I also want to add here a reminder to all my readers about 'doom and gloomers.' There are some very interesting **planetary alignments coming up in the next 2 years** which are receiving more attention than usual since the year 2000 is upon us. I've written before that the so-called millennium is just an arbitrary number and that the year 2000 is not actually 2000, but 1999 due to the way our current calendar was established. Let's not get caught up in cultural hysteria and contribute to the collective unconscious. I'm referring to a *London Times* article that a friend downloaded for me that concerns a syzygy of 7 conjunct planets in Taurus in early May, 2000. Apparently insurance companies are both delighted and worried. However,

we previously had similar alignments in Libra in Oct, 1974, in Capricorn in Dec 1989 and again in Jan 1990. Since the Loma Prieta earthquake occurred prior to the syzygy in 1989, and several great teachers left the planet at that time too, I realize that such lopsided energy can cause changes, **but not every time** and is not as rare as we are led to believe by our need to be perpetually in crisis. As always, follow your intuition and you will be guided to be at the right place at the right time. More on this later.



THE ASTRONAUTS AND THE MYTH OF SUN SIGN ASTROLOGY

If you're looking at a person's sun sign or moon sign for information that will help you to have some control over the nature of your relationships, look again. Many people question astrology because they see so little evidence supporting the categorization of people. It's true: as humans we are just too complex to be so easily pigeonholed. Astrology, too, is almost equally as complex and refuses to be simplified. I've mentioned before that what you initially see in people is their rising sign, their mask, not their sun sign. The individual expression of creativity comes from the sun sign and is not revealed so easily. The moon sign indicates your emotional/comfort zone, your home and family, and is usually revealed through a good body feeling. These three energies tell a great deal, but how the planets and other factors in astrology relate to them tells even more.

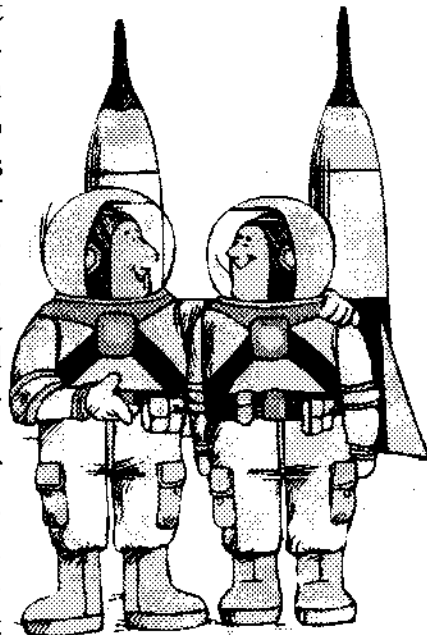
Here's a good example of how it works. I researched 17 astronauts' horoscopes taken from a reputable data program of famous people. First, I looked at their sun signs: you'd expect to find a lot of Aquarians who are astronauts given the nature of this sign. Aquarius and its ruler, Uranus, rule astronauts and space ships, things that come from the sky, out of the blue, or travel through the air. But the research showed not. Of the 17 charts, only two have Aquarius suns. The other 15 are dispersed among eight other constellations. Only Buzz Aldrin had what sun sign astrology would have predicted: the sun in Aquarius and the moon in Libra. So you can see why sun sign astrology is so disappointing. Does this point to the falseness of astrology? Absolutely not: of the remaining 15 who were not Aquarian, all but two had strong Uranus aspects to their suns, whatever the constellation. Maybe the sun sign is a better predictor of when and how rather than what you do to shine.

Next, I looked for some common energy ex-

pressed in all the astronaut horoscopes that would indicate a traumatic birth or early childhood that would need to be recreated in the adult life. Here I was seeking to verify Adano Ley's concept that we recreate our birth as grownups. As I saw it, leaving the planet through space flight as an adult would have to indicate a birth or early childhood trauma centered around difficulties in bonding with the mother and/or the home due to illness, loss, or not being wanted.. For those of you with some prior knowledge of astrology, I chose Uranus aspects to the Moon, Aquarian Moons, and Moons in the 11th house to represent these issues. They tell us something about family ties or lack of them, for Uranus and Aquarius not only rule space flight but also bonding deficits. One interpretation of these aspects is emotional attachment difficulties with the mother and/or home. Bingo! Of those 17 charts I reviewed, 10 had such aspects! This is more than half, and much greater than the mathematical expectation. What's more, all but one of the remaining had stress aspects to the Moon from Mars and/or Pluto, definitely not indicators of a safe haven! Mars and Pluto showed up because family anger or upheavals could make home life unstable or undesirable.

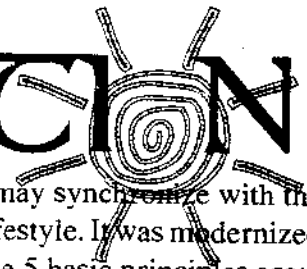
As all children have to solve the unsolved problems of their parents, these aspects could also show how the astronauts would creatively resolve their parents unfinished business. The brilliance of astrology is seen in the fact that one aspect has both an upside and a downside so that contained within the problem lies the solution! This is the magnificent enigma of being human: how to take the puzzle described by the donated sperm and ovum and solve it in a creative meaningful way, even a way that benefits all humanity!

This ought to tell you something about the newspaper sun sign astrology columns. If you are going to read them at all and want to get at least some measure of applicability, then read your rising sign, not your sun sign.





SOLAR NUTRITION



Solar Nutrition is a method of eating based on timing in order that one may synchronize with the planet, and in so doing, lower stress, conserve energy and live a longevity lifestyle. 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.

As part of the Longevity Lifestyle. Solar Nutrition is always included in LC being a central part of the Path of Least Guilt. Because it's a guilt free system of eating and because its power lies in the commitment of living to live, it's not called a diet. Look at the second principle: "A little of ANYTHING is medicine for the system" meaning your body. How much or how little is up to your body. Furthermore, Adano added additional ways of eating without guilt by 1) providing Lunar Nutrition which is eating anything anytime during the Full Moon and 2) Blessing your food, especially food eaten out of time cycle. On the other hand, look how often we see guilt as part of diet fads so prevalent today. You must eat, do, abstain (fill in the blank) Too much protein, or too little fat, or too many carbohydrates, etc. all create guilt and an imbalance in the body that later cause repercussions for your health. Yet at the tail end of the Piscean Age we are more than ever interested in what we see outside ourcells rather than what is going on inside ourcells.

Overweight is unhealthy, too and shorts and bathing suits are making their appearance again with the warm weather. We want to be both healthy and beautiful/handsome so this season's nutrition article concerns weight loss solar eating, meaning that it is possible to lose weight without engendering guilt and any loss of vitality, or energy.

Remember, Solar nutrition is a cornerstone of the Longevity Lifestyle. We are eating our way to butterflyhood, to quote Swami Nityananda, but butterflies are beautiful as well as indestructible. Here's the plan:

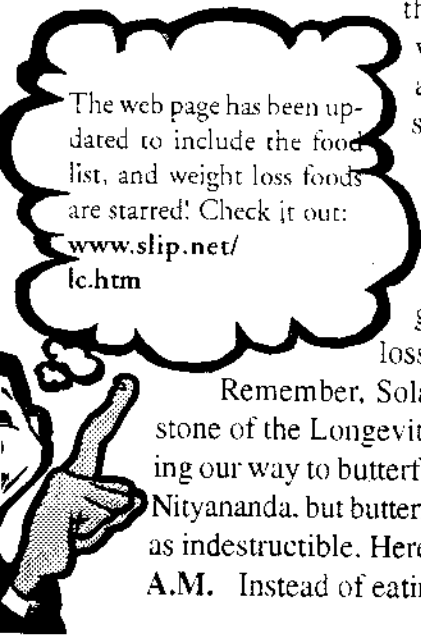
A.M. Instead of eating the usual prunes and

peaches with your almonds, try instead having a grapefruit with the almonds. Remember that you can eat 1 almond for every 10 pounds you want to weigh. This 'programs' the body to seek out the balance per units of basic elements. Maintenance, on the other hand, requires 1 almond for every 10 pounds you do weigh. Don't forget, grapefruit or any citrus fruit is best eaten alone except with almonds. You will have to stagger the coffee until an hour before or after eating the grapefruit. i.e. try having 3 almonds first thing with you solar ing the remaining grapefruit later. In fact, you might want to try a fast of eat- ing nothing all day but grapefruits and almonds. This is particularly good to saturate the body with Vitamin C and the basic 12 elements. It is good for breaking down cholesterol while supplying a lot of energy. Eat as much of both as you want, but eat them together.



Noon: Here's the middle of the day list of weight loss veggies: broccoli, brussels sprouts, cabbage, cauliflower, celery, cucumber, endive, lettuce, parsley, tomatoes. For protein, tofu is good, as is ground or sliced turkey breast. In the afternoon drink lots of water and low-cal natural juices like cranberry, herbal teas and concentrate on those that have a mild diuretic effect such as the mint teas.

P.M. Weight loss veggies are asparagus, beets, carrots, garlic, onions, radishes and turnips. Chop up fine, add a little tofu, a little rice vinegar and you have a refreshing energizing salad. Canned tuna and eggs are good protein sources if you are in the B or O blood group. Be creative, make up your own combinations from the food list now on the web page. Know your blood type!



The web page has been updated to include the food list, and weight loss foods are starred! Check it out: www.slip.net/lc.htm



THE PATH OF LEAST GUILT

which can make you sick.

The guilt-equals-sickness syndrome is why the Path of Least Guilt is at the core of the Longevity Lifestyle. Obviously you can see from the above example that it is not the easiest path. It is the healthiest path. And it's the only path if your commitment is "To live to live, not live to die." So behind the Path of Least Guilt there must be that other commitment. But that's not so easy in today's society which rewards us for being sick and gives us the attention we so desperately seek—the attention we didn't get in a loving way as children and that caused our guilt. It's a formidable tape loop and one that is nearly impossible to break on your own. However, consistent with the new age energy, we do have many Teachers (who you will notice have huge followings of disciples looking for acceptance) lending their support to travel on the Path of Least Guilt. My own Teacher, Swami Nityananda Saraswati, a.k.a. Adano Ley, addressed this problem directly. He suggested that such a life attitude was obtainable and provided solutions and encouragement through group activity and self-acceptance in order to generate an *inter-dependent* form of love. He also introduced Solar Nutrition and said, "Eat your way to butterflyhood." "Live your meditation." and self-remembering: "How many have the courage to remember the sperm bonding with the ovum?" He also worked assiduously at developing in his students the *strength of peace* (not the peace of the world, which Adano called "the peace of being six feet under the ground") that allows one to stand alone, if necessary, in one's integrity to one's commitment to live to live.

Obviously this is a complex and important awareness that can't possibly be wholly defined in a few short pages. But if you enjoyed this article about the Path of Least Guilt and want to learn more, let me hear from you and I will add additional articles from time to time in the newsletter. ○

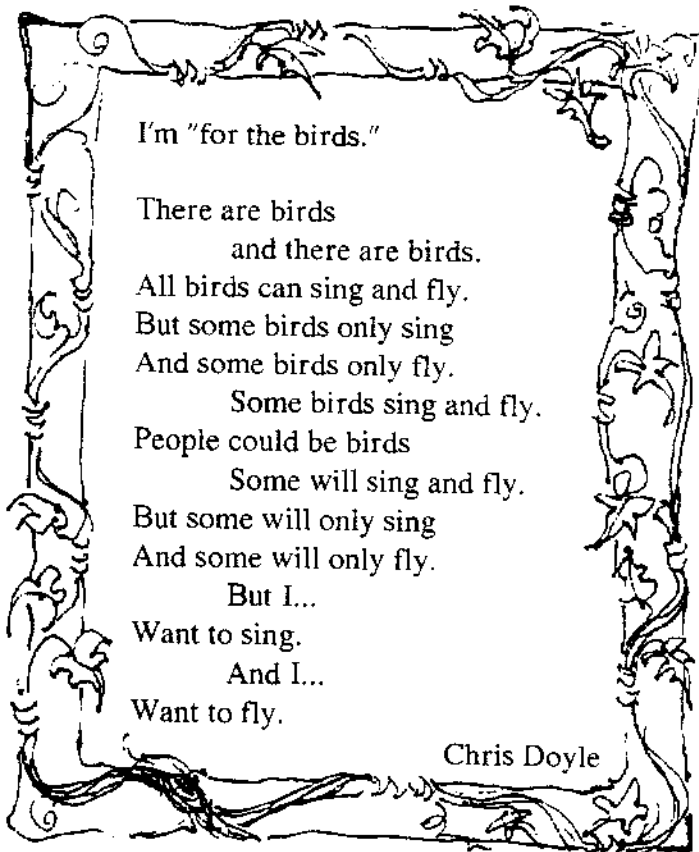


ADANO QUOTES

If you are made in the image, are you made in the reflection? Is an image a reflection? Of what? The environment? What is the environment: it's life. So you're a reflection of life and if you're a reflection of life, the more flexible you are the more practical you are. So be bio-reflexive. It doesn't generate guilt. You don't have a way to be guilty if you are bio-reflexive. You don't have any complaints, or anything to feel guilty for. Bio-reflexive is not planning to act, but acting upon response to need; what ever the need comes up, act it. That makes you bio-reflexive rather than trying to plan a need to act. Then there is no fear in your mind as to being guilty of anything or fear that you're going to be left out or be torn up by it. Because you are reflexive and you are generating sufficient flexibility as things come up. You're living here now. Be here now is another way of saying bio-reflexive. Solar nutrition makes you into a bio-reflexive person, because like it or not, it's all synchronicity. Bio-reflexive behavior is synchronous behavior, or bio-energetic behavior. You generate more energy by being bio-reflexive, by being flexible to life. You don't generate more energy by being rigid to life. So since your working with causation instead of with symptoms, the flexibility will become more obvious to you. So it's not what you're going to do or where you're going to do it, it's when it comes up you're going to do it. You're acting more on when, more than what or where.

"All life is action.
All action is Love.
All Love is service.
All service is freedom.
All freedom is NOW.
All NOW is giving.
All giving is life.
All life is action."

We are cells in our structure and we exist in an environmental field. Environment is really fields of energy. The cell is a reflection of something within the environmental field. Since you are a product of your environmental field, you cannot be what your environment wasn't. A healthy cell attracts healthy influences. The cell lives in an environmental field that predetermines its own motion. If that motion is used for its own cellular survival, that's very, very egotistical. If used for its own cellular self-destruction, that's no good either. If used for the benefit or continuity of its environment, homeostasis results: Karma yoga or philanthropic service—your life field reflects back to you highly when you perform service without reward. ○



I'm "for the birds."

There are birds
 and there are birds.
 All birds can sing and fly.
 But some birds only sing
 And some birds only fly.
 Some birds sing and fly.
 People could be birds
 Some will sing and fly.
 But some will only sing
 And some will only fly.
 But I...
 Want to sing.
 And I...
 Want to fly.

Chris Doyle

TYCHO BRAHE- A History Lesson

Tycho Brahe was the court astronomer/astrologer to King Frederick of Denmark in the second half of the 1500s. His claim to fame in the scientific community came when he discovered a new star, a super nova, and correctly plotted the oval orbit of the great comet of 1585. His fascination with the stars began when he was 14 years old and witnessed a total eclipse of the Sun on August 21, 1560. He also recorded a conjunction of Jupiter and Saturn at which time he realized that the existing ephemerides were grossly inaccurate. From then on he became responsible for some of the most accurate data about the stars before the telescope, which data Johannes Kepler drew upon. You have to look at the age in which Brahe was born to see how important these facts are. Europe at that time was just coming into the Renaissance and Copernicus was saying that the Earth revolved around the Sun! For a new star to be discovered was one more disquieting piece of information for a security oriented culture to deal with.

The establishment biographies of Brahe differ in content from the so far unpublished information known about him by astrologers as he has always been controversial. While I was in Copenhagen I learned that he developed a type of astrology that was almost magical in its ability to predict.

However, other sources say he was more of a magician than an astrologer. Brahe came from Scandinavia, in what is now Southern Sweden, he was primarily educated in Europe in Leipzig, Wittenberg, Rostock and Basel, and it is said that he "dabbled" in medicine. However the other story is that he went there to study metaphysics and magic with the likes of Nostradamus, a physician and astrologer in Paris, and Paracelsus, the famous Swiss physician and alchemist who was working on turning lead into gold, growing homunculi in glass bottles, and developing healing and curing techniques using herbs, toads, and other mysterious particulars of the time. Paracelsus was also the first to perceive the importance of chemistry in the human body. Carl Jung often refers to Paracelsus when he looks for the European roots of spiritual transformation. Brahe came home to Scandia when he inherited his uncle's estate and set up an observatory with all the best equipment from Europe and proceeded to collect his data about the stars, thanks to King Frederick who wanted to keep him in the country and who made Brahe his court astrologer.

Frederick commissioned Brahe to draw up the chart of his son who would become King Christian the IV. This is what I went to Denmark to see. And thanks to the Royal Copenhagen Library the original document was handed over to me to touch and study. It is written on parchment in ink in Brahe's own hand. You get a feel for his exactitude when you see the endless aspectarian, as every planet is compared to every other one. It is said that it took him several months, from Christian's birthday on April 12th 1577 to July of that year. How he would have loved our computers! His minute delineation of the chart of the King's son is probably



one of the reasons this chart is considered to be such a supremely accurate one.

Brahe was one of at least three other astrologer/metaphysicians in Europe at that time. Along with Nostradamus and Paracelsus, another great astrologer was carrying on this same kind of work in England, Dr. John Dee, who was a physician, mathematician and astrologer to both Mary Tudor and Elizabeth I. This royal interest in astrology and healing is identified by the conjunction of Pluto and Uranus which we had in our time in the mid 1960s and it was happening then at the turn of the century in 1597 when these two

transpersonal planets were also trining Neptune. We have similar energies afoot now which is creating an interest in the earlier works of astrologers which can be updated for our present needs. Astrology is ever old and ever new.

THE ASTRONAUTS REVEAL ALL! See page 4.



GUILTY BAH HUMBUG. See page 1.



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FIRST CLASS MAIL



Dear Friends!

It's hard to believe, but *Longevity Circuit* is in its tenth year now! Thanks to all you loyal contributors out there who have helped to keep it going. And special thanks to Nancy Wightman for her wonderful line drawings, and to Christopher Doyle for the poetry. We also have Chris to thank for the Longevity Circuit logo which he designed. Visit his web site at www.circuitcomm.com.

Please visit the updated web site for Longevity Lifestyle. The solar nutrition page now includes the entire foods list with weight loss foods noted by an asterisk. The calendar is

current and I have included some new news! The URL is: www.slip.net/~ginger/lc.htm. I'm always open to suggestions, but I want to remind you that the quality and power of your computer, and whether you use Netscape or Internet Explorer will make a huge difference in what you see. If you want me to create a link from my page to yours, let me know and I'll put you up. It's called networking!

This quarter's main article is about guilt and how it affects our world view. It is a key to understanding the Longevity Lifestyle as defined by Swami Nityananda. It's a difficult subject but affects us all so help to diminish its impact on the collective by doing your part on the personal. Send me all the comments you would like about it.

Whenever you're out here in the City by the Bay, give us a call and visit your west coast center!

Love,
Ginger

