

LONGEVITY CIRCUIT



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

Vol. 10, No. 2, Fall 1998

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WHO GETS LONGEVITY CIRCUIT?

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

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TIME vs. TIMING

"The timing of the daily events in your life is the evidence that Creative Intelligence is in charge of your existence."

Adano C. Ley

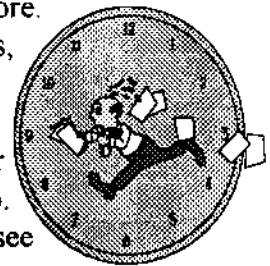
Time as Motion

Astrology is the science of bad timing. And as long as we feel victimized by our lives then we know we are not living synchronously within time. Every four minutes, the earth moves one more degree around the sun indicating that time is based on movement (the atomic clock in Washington, our national time standard, defines a second as 9,192,631,770 "vibrations" of a cesium atom). It all sounds very absolute. Yet Einstein pointed out that one minute with a beautiful girl seems like a second, while one minute sitting on a hot stove seems like an eternity. Do you remember the old Art Linkletter show in which Art challenged a person in the audience to indicate when a minute was up while the person was being interviewed? When your attention is split or you are emotionally or psychologically involved, time becomes relative. When we are playing a game on the computer "time flies." When I'm updating my database, "time crawls." Consider that the phrases: "Time stood still," "We'll be there in a sec," "I haven't got any time," "I've got too much time on my hands," "Time out," "I'll call you back in 5 minutes," "Have you got a minute?" all mean different things to different people.

Yet we know that time is motion. You hear a lot of people saying that time has speeded up. It certainly feels that way. Life is extraordinarily full and intense these days. Life seems unpredictable. None of us have time to process, to reach a plateau of growth and enjoy it anymore. We are constantly going from one crisis, change or evolutionary step to the next.

Time as intensity

Is there any astrological basis for this? Yes, in the planetary *motion* of Pluto. This tiny but dense unorthodox planetoid (see the Spring, 1998 Issue of *LC* for more astronomical information about Pluto) which usually is the far-



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SEEING WITH YOUR EYES CLOSED

"If thine eyes be single then thy whole body shall be full of light."

The science of convex vision.

This is both a biblical truth and a truth shared by the mystics and saints of all ages. However, it raises the question, how is it possible for the eyes to be single? Adano Ley, answered this quite simply when he said, "In order for thine eyes to be single the two eyes in your head must first be closed. Now the single eye is the point between the two eyebrows." Adano expounded on this by differentiating between convex versus concave vision, seeing with your eyes closed versus seeing with your eyes open. It is also possible to employ convex vision with the eyes open, and this is called *Darshan*. Convex vision is the ability to look through objects while concave is looking at objects. The invisible and the visible are synchronized with each another. Normal seeing with open eyes (two eyes) is **looking out**, and uses a chemical process in the body. Monitoring one's own atomic mass like a microscope or telescope usually with the eyes closed (one eye) is **looking within**, and is an electrical process. This is possible since light is both photon emission and wave precipitation. Convex vision is the key to seeing what you are.

According to the classical medical model (which agrees with Adano), the lens of the eye in a newborn is naturally convex and as we "age" (before we learned about longevity lifestyles, that is), the lens becomes flattened, more concave. By the time we pass the age of three or four we have lost our natural convex vision. The lens is now held in a natural flattened position by intrinsic elastic tension under the control of the sympathetic nervous system or *the fight or light response*. This is why Adano advised mothers not to give table salt to newborn babies - salt accelerates the loss of convex vision by inducing the same sympathetic response by stimulating the adrenal glands to release

more epinephrine and norepinephrine, the flight or fight hormones (meditators also need to watch their salt intake). He also recommended that salt be avoided by people who meditate, except an occasional pinch of sea salt at night which is a good source of sea minerals. He argued that craving salt is a reflex due to toxicity of the body or from excessive meat consumption.

When we are panicked the same thing happens causing constriction and this is why we tend **not** to be able to see. Anger, fear and pain do the same thing on a lesser level, whereas the trick is to remain in the heart in the face of adversity to maintain a dilated state that forestalls the secretion of the negative (in this case) hormones that keep us from seeing, both inwardly as well as outwardly.

Convexity is achieved by the opposite parasympathetic nervous system also called the *rest and digest responses*. When the parasympathetic nervous system is activated it causes the ciliary muscle around the lens of the eye to contract - making it convex.

Focusing on 3-D photos is a good exercise for changing the shape of the lens from concave (looking at) to convex (looking through). One of the methods taught to people for seeing 3-D is to bring the picture as close to the tip of the nose as possible and still be able to focus (close-up/parasympathetic activation) and then when you're able to see through it, gently and gradually move the picture away, while maintaining your convex vision. There are several delightful books on the market that have hidden 3-D pictures in them that you can practise with.

For those who don't meditate this may seem pretty far-out! But try it and check it out! As we meditate we're deactivating the sympathetic system and activating the parasympathetic system. The sympathetic nervous system allows us to look at the world while the parasympathetic nervous system controls our ability to look through the world (whirl). Adano would often

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CALENDAR

September 22-23: the Fall Equinox. The Sun enters Libra on Tuesday night at 10:37 here on the Pacific coast, and just after midnight (1:37a.m.) on the 23rd on the east coast. 'Equinox' means equal days and nights, and nicely describes the potential of Libra which is to experience balance.

Sept. 24th: Mercury enters Libra bringing tact and diplomacy into our communications as well as the willingness to face issues by speaking one-on-one.

Sept. 30th: Venus joins the Libra crowd adding harmony in relationships, good taste and appreciation for art. (Who's he?)

OCTOBER

Oct 5th: Full Moon

Oct 7th: Mars enters Virgo. A good time to spend organizing your daily life; putting in the details on your projects, and working "hard." Critical!

Oct 9-12: Adano Family Reunion in San Francisco. See announcement on page 7.

Oct 11th: Neptune returns to forward motion at 29° Capricorn. The fog lifts, somewhat, and maybe the stock market will, too when Neptune moves into Aquarius. Mercury moves into Scorpio bringing a biting wit, words used as bullets. Since Mars is in Virgo acting critically, you might find yourself saying things you wish you hadn't...but maybe they needed to be said.

Oct. 18: Uranus goes forward at 8° Aquarius bringing unexpected change for the unsuspecting.

Oct. 23: Sun enters Scorpio the transforming, exposing, power energy. Need any of that?

Oct. 24: Venus moves into Scorpio. Harmony yields to intensity in anything you value.

Oct. 25: Saturn heads back into Aries still in retrograde (apparent backward motion).

Daylight saving time ends which is good news for Solar Nutritionists whose body time now matches commercial time.

Oct. 31: Hallowe'en (Hallowed Evening) Samhain, so appropriate for Scorpio energy: put your ghosts to rest!

NOVEMBER

Nov.1: Mercury enters Sagittarius communicating lofty ideas and/or inflated notions, testing our merit in keeping our word.

Nov. 3: VOTE! And it's a full Moon evening and the voters are restless.

Nov. 13: This is one Friday the 13th that's sure to be lucky: Jupiter goes direct at 18° Pisces. Time for expansion again and putting your opportunities to work.

Nov. 17: Venus goes into Sagittarius to lighten up and look around for greener pastures, after all that

intensity.

Nov. 21: Uh oh! Mercury the planet of communication and in-your-face timing goes retrograde in Sag. Don't make plans, don't sign on the dotted line 'cause you might change your mind. On the other hand, some people aren't bothered by this wobbly planet when he seems to go backward. That's why he's also known as the trickster, the con artist. Is he conning you?

Nov. 22: The Sun moves into Sagittarius. It's party time folks! Let the holidays begin!

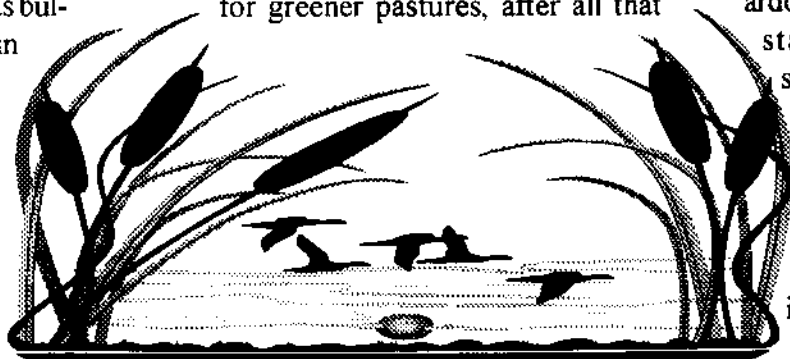
Nov 27th: Mars goes into Libra now and wants to make amends but all too often makes war instead of love. Good for teamwork, though. And Neptune moves into Aquarius to stay for the next 11 years or so. Practice conscious out-of-body experiences as spirituality merges with intuition. "On the other hand, we could be too easily influenced, too easily tempted," Eve added.

DECEMBER

Dec. 3: Full Moon

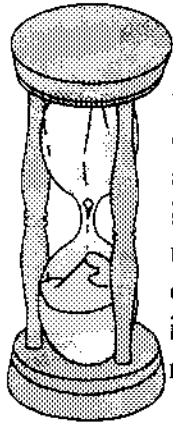
Dec. 10: Whew! Mercury goes direct again in Sag. Well, were you or weren't you? (See Nov. 21st above.) On this same day Venus enters Capricorn asking for some commitment after all that oat-sowing. Has your ardor cooled? Would you rather stay home and watch the stock-market fall on TV?

Dec. 21: The Sun stops! It's the Winter Solstice and time to enjoy the darkness. Or shed some light on that darkness by reading the new issue of *Longevity Circuit*.



Time vs. Timing

thest from the Sun has a wide ellipse for an orbit. A couple of years ago it reached perihelion (point closest to the Sun) in its path around the Solar system, bringing it *inside* the orbit of Neptune and catapulting it around the Sun like the tail of a whip, doubling its usual speed. When Pluto was in Taurus in the 1800s, it took 35 years to go through that constellation, yet it only took 12 years for Pluto to go through Scorpio (1983-95). Now Pluto is in Sagittarius where it will gradually begin to lose speed and return to its outermost position.



Out with the old, in with the new, you might say. If you live in the city or are people-centered probably you will have noticed the change in pace (time) more than people who are agrarian-centered. There is a certain protection that comes from isolation but even this is changing as the city comes to the country via the newspapers and TV, bringing all the Plutonian issues of change with it, and especially the journalism issues about accurate reporting, and what is the truth, anyway? Pluto has killed, once and for all, monastic consciousness and the Piscean age of denial. It is transforming us to experience the truth, or at least our own personal truth. If relativity of time is dependent on our emotional and psychological attitude, which is based on our world view and intellectual understanding, it's no wonder that Pluto makes us feel time is going by quicker. We *are* doing more, feeling more.

Time as Separateness

Maybe the consensus reality awareness of time is to allow us the illusion of separateness. When you believe in reincarnation you believe in time with a past, a present and a future; but when you experience multi-dimensional personality, there is only now. If you're reading a wonderful book, you want it to last forever; if you're at the dentist, you want it to be over yesterday. We want to live forever, yet the Great Ones tell us there is only Now. We equate immortality with endless time in the body, yet Enlightenment tells us the totality of all existence is in this very moment. Gangaji says, "You don't have to do anything; but realize That which you have now." Or Adano Ley, "We live in the Now and ask When we are going to know God."

Adano once mentioned to everyone in the room that all present could be Christ realized now. Yogananda chanted, "Will my days fly away with out seeing thee, My Lord?" So time is not only motion, it's also separateness. The heart stops, or time stops at the moment of seeing the beloved, of merging at least temporarily. Time also stops in suspended animation where being in the Delta brain level state the Ego surrenders to one's higher Self. Living in the now is conscious awareness, the place of no stress, the awareness that we all share the same common denominator, as C G Jung says.

What is Timing?

Clocks may be wrong, but good timing never is. Another favorite expression of Adano Ley's was to affirm when you were running late for an important meeting "I'll be on time, they'll be late!" And according to the eye witness report of a friend of mine, once when Adano was almost a day late starting a cross country trip to New York to meet an airplane, he still arrived on time because he made all the traffic lights! And how many times have you walked in the door just as the phone begins ringing? Good timing is a Xerox machine that copies, your car when it's running, being in the right place at the right time for the right experience, Solar nutrition, coincidences, Jung's idea of synchronicity.

Time is an illusion, timing is reality. In a learning research experiment conducted by Jean Houston, a control group was told they only had five minutes to draw a tree. The results were crude and hurried. Another

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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 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.

Eating is always an emotional issue. Years ago when I was defending my Master's Thesis which I had written on the orthomolecular treatment of behavior problems, meaning that food affects the way one behaves, one of the professors sarcastically challenged me by asking, "Who do you think this body of information will benefit?" I answered that it depended on who was asking, whereupon everybody in the room but he broke out in laughter. I further went on to explain that eating is always an emotional issue. Just look, I said, at how each culture has food preferences with which it identifies. So do individuals. How many wives can attest to the resistance of a husband who refuses to budge from his meat and potatoes, or children whose food list often never exceeds a few items. But its not just a man and child problem; women are the same and often justify their food addictions by saying they are more healthy. Healthy or not, anytime a person is fixated on any food there is an emotional cause behind it. The professor in question disgustedly left the room. To the university's credit I can say that the other professors gave me a standing ovation and my thesis was properly defended!

Today there would be no problem introducing such information since the chemistry of the brain and the body are much better understood in terms of the foods we eat, but back then the concept of food being a causative factor in mood and behavior represented a radical viewpoint.

Why am I telling you this? Because I understand as well as the next guy how hard it is to change one's eating habits. I understand the resistance, the denial, the fixations, the adher-

ence to one's traumas that food addictions represent. I've been there and probably no one has taken longer than I have to adopt the principles of Solar Nutrition. The sick stick forced me into compliance with my body's needs and maybe that's what we all need to come to some understanding of our traumas that locked us out of balance. But I hope not and that is why I include in each issue of L.C. a Solar Nutrition article.

So if you are just beginning your journey into eating your way to butterflyhood, don't be discouraged when you realize how difficult it is to eat on time all the time (except lunar, of course). Understand that the foods you are addicted to out of time cycle or hate to eat are your teachers. Recognize that they are foods you associate with some very difficult moment in your childhood: being yelled at the table while you're eating green beans, spanked and given a 'treat' to make you stop crying, or being rejected and assuaging your pain by eating a pizza, are examples. Monitor your eating habits without judgement, (i.e. don't play the guilt game) until finally the original memory exposes itself and thereby lessens its grip on your addiction. This process takes time and commitment. The reward is feeling better and better with each emotional release. And with each layer of discomfort that you recall and resolve, the closer you get to your butterflyhood, that indestructible part of your cells that cannot be rejected, abandoned or abused. Bon appetit!



Timing

group was put in a trance state and NOT told the time allotted to draw a tree but they were stopped after five minutes. They produced exceptionally detailed work. One of the Peter Principles is "the time it takes to complete a job is equal to the time available."

HOW CAN YOU IMPROVE YOUR TIMING?

Develop your intuition.
Observe your environment.
Eat Solar.
Live in the moment.
Relax, "go with the flow."
Heal your childhood traumas.
And Breathe.

Thanks, Paul

Convex Vision

say that in the process of God Realization, "you don't have to do a dog-gone thing except watch - and don't analyze, it's already set up for you."

Convex vision - the ability to see through things by closing your eyes- is a normally occurring electrical phenomenon in a healthy body. It happens naturally in children and can happen to us when, as we meditate, we discover again that childlike state. Since we are a body-mind, be aware that the uric acid in meat impedes the flow of convex vision, whereas the lithium in black-eye peas can enhance it. So happy trails. And remember, next time I see you it may be with my eyes closed!

Thanks, Vicki

(Vicki Fabres, L. Ac., D.O.M., C.T. is currently studying Chiropractic in the Chicago area. She can be reached for consultations at 630/293-3054)

Letters, we get letters

Dear Ginger,

Thank you for the copy of Longevity Circuit. Loved it!

Enclosed is a "Fabled Few" poem inspired by Chris Doyle's poem, "For the Birds" in the last issue. My poems are 'fabled' because of the remembering process and 'few' because I am seldom inspired!.

Love, Beti'

A Fabled Few Poem
For Chris
By Beti

Oh, child of the Geode
Within whose crystal heart there grows
A desire as precise as a laser
To walk along the edge of the razor.
For such would be
The destiny
Of he who would long
To be singer
AND song.

Once again, we have received this notice from Tom Lumpkin:

1998 Adano Family Reunion

October 9-11, 1998

San Francisco, California

A reunion of friends and family of Adano Ley has been planned for this October in San Francisco. Come join the fun! A group of about 25 met last year in Virginia Beach and we had a great time. There was good food, fascinating workshops and great meditations. So we're doing it again this year in San Francisco which is a wonderful place to visit.

It is a superb opportunity to see friends and share your latest news and ideas. Our aim is to partake of solar breakfasts together and meditate together everyday. We have invited Ed Bergstrom and Ginger Cornell will be there. Both are available for consultations and/or treatments. Although currently no workshops are planned, there will be many opportunities for information exchange and networking. And who knows... sometimes photo-finish, in-the-now workshops happen!

You need to make a room reservation as soon as *Possible*. Most folks can stay at the Lombard Motor Inn near famous Lombard Street in San Francisco. The phone number is 1-800-935-3639. This Inn is part of a group of 4 motels within a few blocks of each other so if the Lombard is full, ask them to refer you to one of their sister motels. The motel has good parking and is very reasonably priced (for San Francisco) at \$92 per night plus tax. They have double-bed rooms so you can share.

Most folks will arrive sometime Friday the 9th and stay until Monday the 12th — it is the Columbus Day holiday weekend. This a great time of year to visit San Francisco and, for example, take a ride on the ferry to Sausalito or meditate beneath the Buddha in Golden Gate Park. We are also on the lookout for special attractions that weekend. For meals other than breakfast, our plan is to sample the excellent restaurants around San Francisco, including those in Chinatown and at Fisherman's Wharf.

Last year, we had preregistration and all that. This year, there's no registration fee. But call soon for a room! For other questions, call Tom Lumpkin at 630-293-3054.

*Come enjoy these special times. . .
Remembering Adano and being with good friends!*

We're growing!

Longevity Circuit announces its domain name!

Now you can access us on the net much more easily:

just type in

www.longevitycircuit.com

and you can e-mail me at

ginger@longevitycircuit.com



Check out the great poetry on page 6 and the
Reunion notice on page 7



What time is it? See page 1. Time to see. Go to page 2



FIRST CLASS MAIL

LONGEVITY CIRCUIT
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Dear Friends,

This issue of L.C is all about illusion, or so we're told. Our perceptions just aren't reliable. Read on to find out more about your sense of timing and your sense of sight and things you can do to enhance them.

We're also proud to tell you that we now have our own domain name. That is internet talk meaning that *Longevity Circuit* is now registered around the world as a web site that belongs to this newsletter. Since Adano gave *Longevity Circuit* its name, I think he would like this recent development. Another great illusion! So now you can easily remember how to find us, just type in www.longevitycircuit.com and up we'll pop up on your screen. Remember we upgrade the page from time to time and we'll be expanding the Solar Nutrition part by adding recipes and other things.

Thanks to all the contributors this quarter. I really like your input and welcome all to have a say. As they say, put it in writing...

Since this issue carries us into the holidays, we wish all of you the very best of the season.

Love, Ginger

Ginger