

LONGEVITY CIRCUIT

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

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Neptune and Saturn

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Reconsider, if you will, your life in 1989. Saturn and Neptune were conjunct in the constellation of Capricorn beginning in February and remained in a close union until the end of the year. These two planets have a very bad reputation when they are in stress aspect with each other, whether by conjunct, square, or opposition. What happened to you that year? Historically the Loma Prieta earthquake occurred in San Francisco, several spiritual Masters left their bodies and Exxon's Valdez caused the worst oil spill in history-- to name but a few Saturn/Neptune events of the year.

Saturn and Neptune are currently in Square aspect to each other, that is, they are 90° apart. (See article on page six.) This tension of energies began in June this year as Saturn moved into Taurus and Neptune into Aquarius and will continue until April of next year when the two planets will begin to separate. If you have any planets between the very latest degrees of the cardinal signs (Aries, Cancer, Libra and Capricorn) or the earliest degrees of the fixed signs (Taurus, Leo, Scorpio and Aquarius) you will particularly "feel" the tension from these planets. What does their bad reputation derive from?

Saturn is often considered the Karma planet, meaning that this 'old man' of the zodiac teaches us important lessons that we tend to avoid learning. You could say he corrects misapplied decisions, makes us look at our mistakes and take responsibility for them. In the sense that Karma means equal and opposite reaction as in the 3rd Law of physics, then Saturn offers us the opportu-



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WHO GETS LONGEVITY CIRCUIT?

Longevity Circuit is only 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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Saturn & Neptune, cont.

nity to make things right. On the physical level Saturn rules structures, i.e. bones, teeth and skin. We even say someone is spineless when he doesn't take responsibility. It isn't hard to see that Saturn is considered to be the limiting factor in astrology, the one that controls, frustrates and delays seemingly by fate. In fact, Saturn was believed to be the limit of the solar system until Uranus was discovered in 1781. Just as we overcame the limitation of that so-called scientific belief so can we overcome the sense of limitation in our personal chart/life, but it requires immense conviction and tenacity, qualities that Saturn also rules. This discussion reminds me that every planetary energy has an "up" side as well as a "down" side so that every chart has a solution to the problem it poses. Saturn identifies for us the area (house) in our life that needs work!

But what about Neptune? This planetary energy is not considered nebulous for nothing! Ruling all those things sent down by the ego into the unconscious for avoidance, Neptune often makes himself known to us through our imagination. He also creates confusion, denial, martyrdom and addiction, particularly addiction to suffering by creating other addictions that make us suffer! As my astrology Teacher put it:

"We are addicted to our own imagination, through the craving patterns. Therefore as we become addicted, we have to repeat it over and over and over. Thus we become attached. From the addiction comes the attachment. We can't seem to let go and if we want to let go, we are afraid that we're going to lose ourselves, our identity. That's the big problem in this ego nature. Yet when you realize that by detaching yourself, breaking free from your imagination of what will happen to you, in the process you start the elimination of holding onto unfulfilled desires. The unfulfilled desires begin to shut off."

And it is the very nature of Saturn to be the instigator of detachment and breaking free of imagination. Not only are our own unrealistic imaginations within ourselves(cells) confronted, but also those we have towards others. In a word, Saturn and Neptune together create disillusionment. Also, Neptune carries high ideals which, when confronted by Saturn, forces the need to actualize those ideals into practical manifestation. Many people find their lives are out of balance between their spiritual quest and their material needs. It's not so hard to see how these two planetary energies have come to represent a factor to be reckoned with.

What have we encountered so far with the cur-

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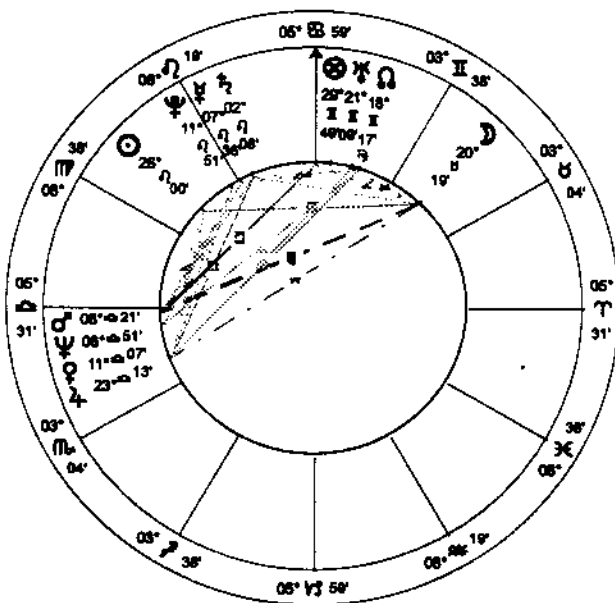


Figure 1 - President Clinton's natal chart.

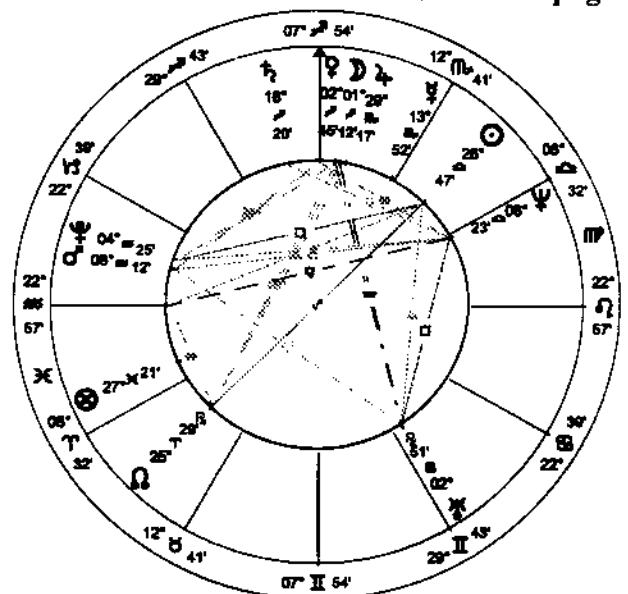


Figure 2 - Birth chart of the USA

rent Saturn/Neptune energy and what can we expect in the future? Well most notably is the loss of the reputation of President Clinton, whose chart you see as FIGURE 1 shows the Saturn/Neptune configuration to be transiting his own Saturn at 2° Leo. Kenneth Starr and Monica Lewinsky have also been similarly "touched" by this energy and all have lost any semblance of positive respect from the public. It reminds me of the old nursery rhyme:

*Rub-a-dub-dub,
Three men in a tub,
And who do you think they be?
The butcher, the baker,
The candlestick-maker;
Turn 'em out, knaves all three!*

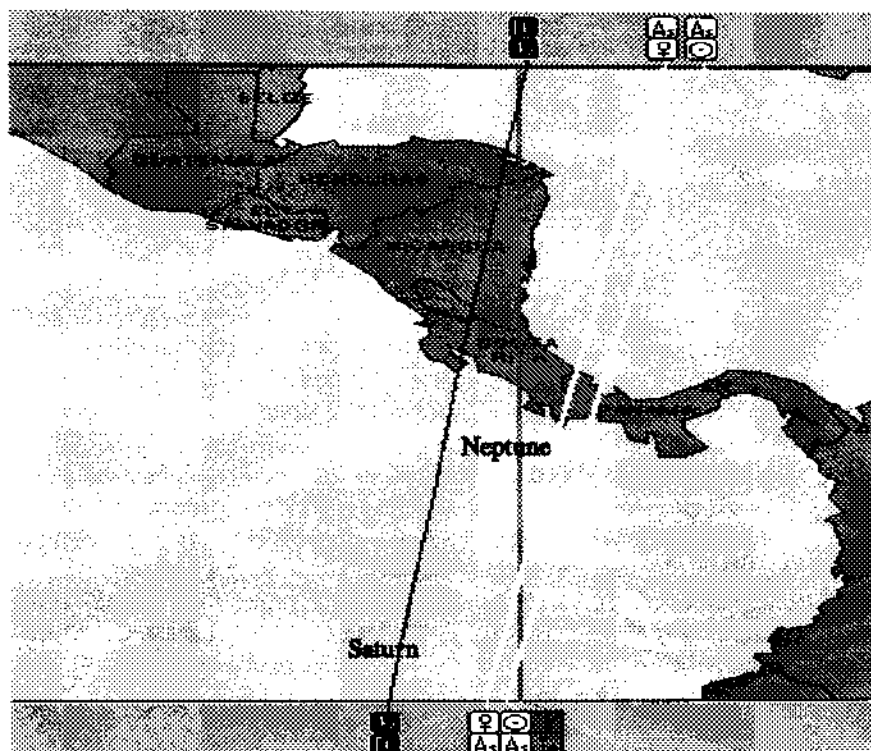
The turn toward the middle by the right-wing Republicans shows their disillusionment, and need to be more practical politically. A positive trend, however, is that the disillusionment of the voting public has forced it to be more practical by turning out at the polls. However, a lot of this whole Clinton/Lewinsky mess is also described by transiting Pluto conjuncting the "natal" chart of the United States. This country is in a deep metamorphosis as it comes to grips with issues it has left unexposed due to denial, but which now must be addressed. Transformation always comes with difficulty and this period is no exception.

Another unfortunate result of this difficult en-

ergy is the devastation in Nicaragua and Honduras by hurricane Mitch. (See map below for the location lines of Saturn and Neptune going through these two countries.) Both countries obtained their independence at the same time (as did most of Central America) so both have Jupiter at 29° Aries bringing a conjunct from Saturn and a Square from Neptune. Jupiter here would cause an excess of problems, as well as a curtailment of expansion, and until Mitch, these two countries were beginning to be more economically independent. Uranus and Neptune were also involved, adding to the already intense energy by creating crisis and dissolution and Pluto in their 2nd house creating economic destruction. Twenty-five inches of rain is a negative Neptune energy and causing mud-slides is a negative Saturn energy.

During the drug culture we learned that "Paranoia will destroy ya." But these two planets show us that we don't need drugs to experience that difficult and undermining emotion. Currently we find rampant paranoia (not only in the media, but also on the grass roots level) which is mainly localized on fear of the millennia (now called Y2K), Saddam Hussein, the Middle East crisis, Muslim terrorist, etc., but paranoia is a common indicator of a difficult Saturn/Neptune relationship. And the real problem with paranoia is that there is at least some modicum of truth that underlies it. Not easy to deal with!

Since Neptune and Saturn together are a major health indicator, this could be a difficult year for winter colds, flus and infections and one's teeth. Already there has been one very debilitating illness that has made the rounds of the country laying low for over a week those people whose charts are affected. This energy also can create fatigue, loss of immune function and stress in addition to problems due to misdiagnosis or misuse of medicants. Obviously the best bet is some prevention! Take plenty of Vitamin C to boost the immune function, get plenty of rest, make sure there is enough calcium in your diet, use homeopathic remedies, acupuncture, massage and reflexology as alternative healing techniques. And try meditation and the Solar Diet.



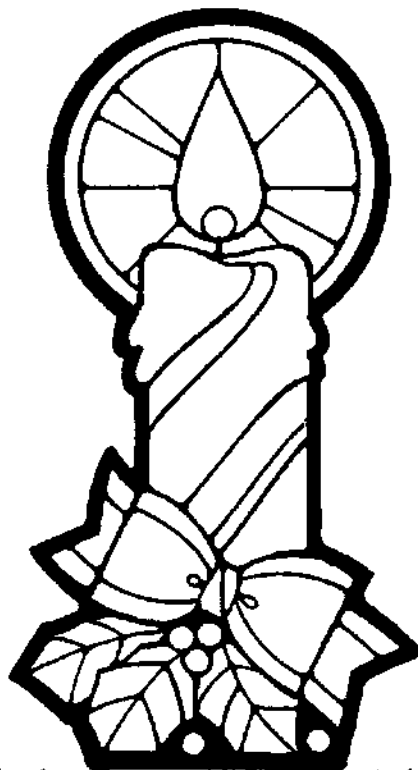
CALENDAR

There are a couple of really interesting things going on in the stars during this next quarter. The most dramatic is that there will be two months with blue moons. Usually there is only one full moon a month, since the full moon cycle is nearly 29 days. However, there are 13 full moons in a year so approximately every 2 years there is one month of the year in which 2 full moons occur. The second full moon in that month is called the blue moon. That's why the expression, "Once in a blue moon," means something is rare. Well, this year, and this quarter there are going to be not one, but two blue moons. The first will occur in Jan and the 2nd will occur in March. This is because the blue moons straddle the month of Feb. which is only 28 days. Now the odds for this I can't possibly predict but they must be huge, leading one to believe that this can only happen once in a blue moon - giving that expression a whole new meaning! Now does this have any astrological significance? Well, I've never heard of any, but once I was told that the Buddha reached samadhi during the blue moon in May, which is now called in India, the Buddha Moon.

Tied in with this, of course, are the 2 eclipses coming up, for eclipses only happen when the moon is full or new. The lunar eclipse happens on January 31st with the first of the two blue moons. In a lunar eclipse the earth blocks the light of the sun from shining on the moon, so the moon is "eclipsed," and the sun momentarily loses its reflection on the moon thereby symbolically giving one's mental function supremacy. If you have trouble separating your emotions from your thoughts as most of us do, then this can be a good time to access clear thinking in terms of discovering your true potential. Remember, it is in our sun sign that we find our true creative individualistic energy for living. Think of the sun, *your* sun, as a particularly colored spotlight that gives you recognition

and therefore meaning to your life. This full moon and eclipse occurs at 11° Leo. That means the sun is in Aquarius, the humanitarian, intuitive sign. It wouldn't be so surprising to enjoy a peak experience or two during this time. Enjoy!

In between the two blue moons there is a solar eclipse on Feb. 15th when the sun is at 27° Aquarius. Now the sun gets blocked or eclipsed



by the moon providing the matrix for strong feelings. Certainly solar eclipses, being more associated with Karma, have a bad reputation in history and *Longevity Circuit* has written about many of them in past issues, i.e. the winning of the Battle at Yorktown gaining independence for the U.S., the Mid East War, and the bombing in Oklahoma City all closely related to both the time and the path of the eclipse. In this case, the path moves across the continent of Australia so if there is going to be any trouble from it, it would occur there.

The trouble with astrology is the same as the trouble with our lives:

nothing is 100% predictable. Why? First, we're not automatons and second, there's always grace.

There's also another level to eclipses and that is that eclipses have cycles of their own that repeat like the various gears in a clock. There is the beginning cycle of approximately 500 years and the repetition cycle of 19 years bringing particular meanings within the eclipse. So look in your own horoscope to see where these two eclipses take place, especially the solar and pay particular attention to the matters associated with the house and the sign. If either of these eclipses shares the same number with any of your planets or the Nodes, then be prepared for a specific event bringing changes in those areas. In fact, if you have an ephemeris handy, do some research by finding the strong eclipses in your chart and seeing if they link up to the major events in your life. You might be surprised by what you find!

The last blue moon occurs on the last day of March. Within this time period Jupiter gets quite a bit of attention, too. Beginning mid-month in Feb, Jupiter goes into Aries and will whiz through that sign in a mere 4 1/2 months compared to the usual 12 months. Although Jupiter will return to the late degrees of Aries in October, those of you with fire signs (Aries, Leo, and Sagittarius) might feel "cheated" out of 4 months of Jupiter's expansion.

Luckily it happens in fire, for fire people are quick to make decisions and act so it's not that you won't get all you deserve, but that you'll be getting it all at once! That means we all have to be on the ready: know your priorities by February, then be prepared to act on them on a moment's notice and promise yourself you won't look back! Only those of you with planets in the late degrees between 25 and 29 will get a second chance. Go for it!

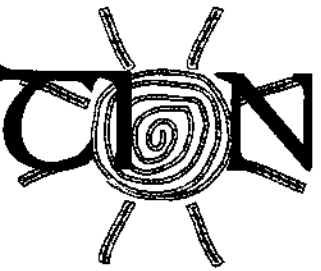
Look for the next issue of *Longevity Circuit* on March 21, 1999!





SOLAR NUTRITION

Back to Basics



Solar nutrition takes ancient archetypal principles and combines them with the ancient techniques of Traditional Chinese Medicine to produce a new approach to health that brings into focus modern principles of physics. Taking its roots from Ecclesiastes in the Bible, and the Biological Time Clock of the early Chinese acupuncturists, Swami Nityananda Saraswati developed a nutritional plan that recognizes that the body is a chemical factory and that we can regulate ourselves(ourcells) by adjusting the various minerals and nutrients *through timing their ingestion!* This lifestyle gives us control over our physical bodies and adds options to our physical expectations. We no longer need to be victims of ourcells as we develop a greater understanding of the body's needs and its timing requirements. Taking control of your body is part of the new Aquarian Age paradigm in which each of us is capable of achieving full optimum awareness, individuation and wholeness by being responsible for self.

Solar Nutrition is so named because the growth patterns of the foods you eat are correlated to the endocrine gland secretions of your body, with the Sun being the regulating force or energy. Hence: Solar Nutrition. It is a way of life because **WHEN** you eat something takes precedence over **WHAT** you eat. Timing is everything. "Timing is the evidence that Creative Intelligence is in charge of your existence."

In the morning, at breakfast time, when the Sun is low on the horizon it shines up on the trees activating the growth cycles of fruits and nuts. Similarly, when the Sun is overhead at midday or lunch time, it is activating the growth of foods growing on top of the ground, almost as if they were spotlighted! Most vegetables, all the grains, as well as any four or two legged creatures. Since it's natural to find the largest source of edibles to enjoy during midday, it is also natural to make that your heartiest meal of the day. When night falls because the Sun is below the horizon, there are foods that grow in darkness, underground or in the water. At this time we eat the root vegetables, mushrooms, watercress, fish and eggs.

What can you expect by eating Solar Nutrition?

If you try it for 30 days you will feel the effects on your body by a sense of reduced stress, greater immunity, and a better sense of timing. But to prove it to your self, go back to your old way of eating for 30 days so you can compare the two months. And since all emotions are chemically based, you will especially notice an improved emotional well-being. If these forthcoming holidays are not your best time of year, then now would be a good time to try eating in a healthier way.

A TYPICAL MENU

BREAKFAST: Almonds soaked in distilled water overnight (1 for each 10 lbs. of body weight); soaked dried prunes and apricots.

NOON: For vegetarians, brown rice, steamed vegetable and kidney bean salad. For propereatarians, roasted chicken with pasta and salad, and perhaps a glass of wine.

DINNER: Dover sole with asparagus and rice; or mushroom soup with a rice cracker.

BEFORE RETIRING enjoy a glass of pineapple juice with a little 100% tequila- both nighttime foods!

Ecclesiastes 3

To everything there is a season and a time to every purpose under the heaven:

A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted;

A time to kill, and a time to heal; a time to break-down, and a time to build up;

A time to weep, and a time to laugh; a time to mourn, and a time to dance;

A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing;

A time to get, and a time to lose; a time to keep, and a time to cast away;

A time to rend, and a time to sew; a time to keep silence, and a time to speak;

A time to love, and a time to hate; a time of war, and a time of peace.

Astro Insights

Pythagoras said, "God geometrizes." Astrology is simple geometry on the visible level. There are squares (90°), trines (120°), oppositions (180°), and sextiles (60°), among other angles. These geometrical relationships of the planets to the earth and each other describe easy or tense energy fields. For example, a square between two planets implies a block, a set pattern, something solid; thus moving through it creates tension and stress until the energy is integrated. The current Saturn/Neptune square that we are experiencing (See page one) is a prime example. Trines, on the other hand, tend to cause smoother transitions as the energies are less in conflict. See the chart below for geometric examples.

The Houses in Astrology are also geometrically formed when the circle (360 degrees) is divided by 12 into 30 degree segments. Each segment is said to relate to specific areas of life. How were the various areas of life assigned to particular houses? The definition of each House actually gets its intrinsic meaning from its number. You could say that all of Astrology is in some way mathematical since angles and numbers are at the base of everything.

Here is one interpretation approached from the point of view of the evolution of life. You can see how the house system and numerology were combined to arrive at the meanings for the houses.

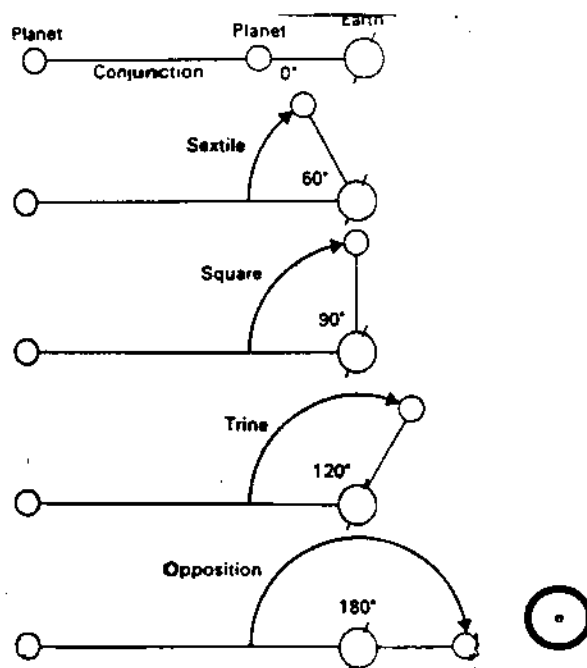
- 0- Out of the void came
- 1- heaven (Adam) and
- 2- earth (Eve) from which life sprang.
- 3- Where there are people there is the need to communicate and the need for
- 4- shelter and family (roots). They
- 5- had children for whom they
- 6- gathered food (harvest) from the earth. At the end of the day they
- 7- gathered by the fire to talk (relationships).
- 8- They considered the mysteries (transformation) of the night sky

- 9- and taught their clan what they had learned (higher knowledge). Man sought
- 10- respect (occupation) from his peers and desired to
- 11- fulfill (success) his hopes and wishes, after which
- 12- he withdrew (seclusion) into contemplation and service.

Notice the Zero. There is no Zero House or sphere of activity in astrology, and it is the very absence of that zero in the horoscope that indicates that Astrology impels, it DOES NOT compel. The Zero is the ability to get outside the chart, to overcome the energies of manifestation; the Zero implies individuation, wholeness, dissolving the ego in the Ego. Astrology and the 12 houses describe manifestation. The Zero is the reality beyond the archetypes of manifestation. All the great religions have the Zero concept: i.e. Zen, the Void, the Medicine Wheel of the American Indians. In Astrology sums this up very well with the glyph for the Sun:



It is a circle with a dot in it: when you take out the dot, manifestation, you get the Zero.



Poetry

THE AWESOME ELEMENT
(Another Fabled Few Poem by Beti')

MAN
THAT SANDY PEON
LAMPPOST SITTING ATOP
THE NEON-FLITTING SUPERIOR
VIEW.
DECLAIMING
PROCLAIMING
HIS OWN EQUALITY
WITH ALL OTHER MEN
OF QUALITY
IN QUANTITY SPOUTING
WORDS.
WHERE IS THE PROOF FOR THIS
ALDOOF
PARAGON OF
IDEAL SPEIL.

THE MIGHTY 'IS'
ATTENDING THE BUSI-NESS
DEAL OF FEELING.
OF BEING.
AN EVER
CLEVER
CANTILEVER
REACHING NEW HEIGHTS
AND FLIGHTS
OF SOUNDS
AND SIGHTS
UNBELIEVABLE
INCONCEIVABLE
THAT AN URN FULL
OF SAND
KNOWN AS A MAN
COULD KNOW.
COULD SEE.
COULD BE.

Thanks, Beti'

A-mazing Facts

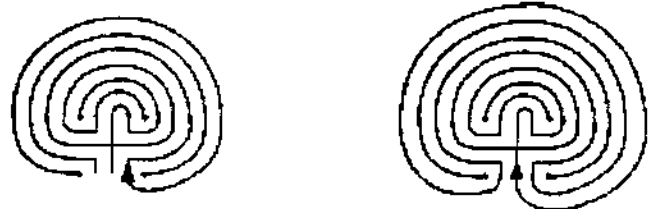
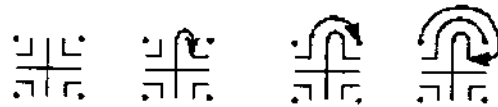
When is a maze a maze and when is a maze a labyrinth? Although Webster's would disagree, some say a maze offers both correct and incorrect choices- making a wrong decision can get you in trouble by getting lost! It's more of a puzzle with intricate pathways and blind alleys bordered in high hedges that prevent you from seeing your way out.

Although a labyrinth can be a maze when it confounds, it is always a labyrinth when it has no choices: you follow the only path into the center and return by the same path. You could say that a maze is confusion and a labyrinth is complexity and longevity. If you check the dictionary you'll find that the word 'amaze' originally meant to fill with bewilderment. Now it means to fill with wonder. A similar change has happened to the concept of the labyrinth which is currently enjoying a renaissance of sorts.

This ancient symbol has been found all over the world since the dawn of time, possibly because we carry around inside our bodies our own physical labyrinth in the form of the small intestine! Esoterically, the pathway going to the center and returning is probably symbolic of man's journey to the

center of his own consciousness, his Soul. The returning indicates that what is found in the center must be integrated into consciousness. A great master once said about his own journey inward, "I went to a sterile corner of the universe and found I had left myself behind so I decided I had to come back." He also said, it's okay to experience dying while in the body, "but don't throw away the maps!" Obviously the labyrinth

(Continued on back cover.)





Have you got the Christmas Blues? See page 1



Back to Basics. See page 5



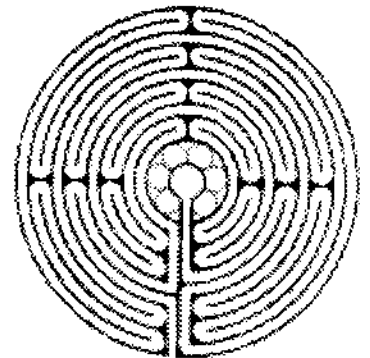
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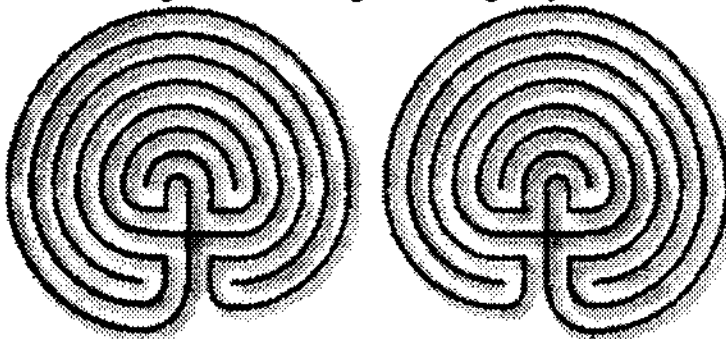
Amazing Facts, Continued from page 7

is a rich symbol of transformation and longevity. Here's some holiday help. Construct a labyrinth of your own (see below) and trace it with your finger to reactivate the memory banks of transformation and longevity. A 7-cycle labyrinth can energize the 7 chakras in your body. The example on page seven has 7-cycles so as you draw your finger through it visualize energy moving into the 7 centers of your body beginning with the base chakra and continuing up into the head. This is a great relaxation and focussing technique when you are caught up in the world(whirl). There are also 3, 11 and even 13 cycle labyrinths, each with its own significance. On page 8 you will find an example of an 11-cycle labyrinth. Of course it's better to walk a labyrinth. Find one in your area and try it out. You can use your web browser to locate one or to find out more about them in general. Here are two good sources:



www.geomancy.org/labyrinth and www.gracecathedral.org

Compare the labyrinth from Chartres Cathedral in France pictured here on the right with the logo for Longevity Circuit located on the front cover.



In the center of the logo is the Chinese character for 'longevity.' See how similar these two configurations are. Both have similar meanings. Compare them also to the astrological glyph for the sun: ☉. And here's one more technique: you can construct a left handed and a right handed labyrinth and trace both of them with your fingers to bring the left and right hemispheres of your brain into synchronous vibration!

And Have a Happy Holiday Season!
Love, Ginger