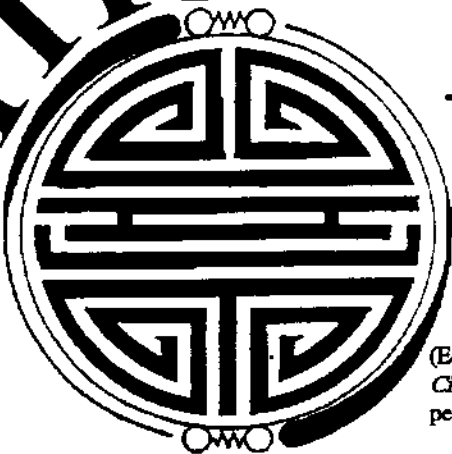


LONGEVITY CIRCUIT



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

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Perspectives

(Ed.s note: This article was suggested to me by a client and reader of *Longevity Circuit*. The more I thought about it, the more interested I became. What's your perspective?)

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per.spektiv - L. *perspicere*, to look through, look at. a. telescope that shows objects in the right position or in optical illusion. b. the aspect of an object of thought from a particular standpoint. c. a mental view or prospect. (Webster)

Why would anybody want to read about 'perspective' in a newsletter like *Longevity Circuit*, I thought. But when you stop to think about it, all of life is an attitude or perspective. In art, using perspective as a technique allows the artist to create a 3-dimensional illusion on the flat plane of a piece of paper. Even our physical eyes perceive objects upside down requiring the mind to turn them "right side up." Who can say that what we see is real, much less know that what we think is true. Here are some quotes from the book, *The Whispering Pond*, by Ervin Laszlo telling how scientists recognize the unreality of matter.

"...practically all scientists would now subscribe to the thesis that nothing that we observe in the world, including our own bodies, can be known with absolute certainty. Doubt as to what it is, and even *whether* it is, can never be fully excluded. Only the fact of our own mental processes, including the very act of doubting, is indubitably certain." He goes on to say that the 'T' which thinks "would be a material entity neither any philosopher or scientist could assert with complete assurance." Here are some other views: According to Arthur Eddington, the world of physics had become a world of shadows. "Nothing is real, not even one's wife. Quantum physics leads the scientist to the belief that his wife is a rather elaborate differential equation." Also, "The stuff of the world is mind-stuff." And Sir James Jean: "The universe seems to be nearer to a great thought than a great machine."

So it would seem then that how you perceive your

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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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Perspective

Continued from page 1

world is all you can hope for. Of course astrologers since ancient times have known this. The Ninth House or sphere of activity in your personal horoscope tells what your world view is, and consequently what kind of a world you live in. Remember, "*Cogito ergo sum?*" I think, therefore I am. How about, "I think, therefore I think I am." Or put another way, your perspective of the world is your world. If you don't like the world you live in, you might consider changing your perspective rather than trying to change the world...other people may like it the way it is!

Using astrology as a model we can readily locate 12 basically different perspectives one could have on the world. The fire signs might view reality through the positive lens of intuition, with Aries being in awe, Leo being spirited, and Sagittarius being challenged and optimistic. On the negative level, Aries might see war, Leo-domination and Sagittarius arrogance.

The Earth signs might positively advocate a world of security with Taurus seeing it rich in resources, Virgo abundant with service and Capricorn seeing the chance to build. Negatively Taurus might see greediness, Virgo criticism and Capricorn control.

Since the Air Signs might experience the world through thought, Gemini might see the world as an opportunity to understand, Libra might assess the world through relationships, and Aquarius discern the possibility of enlightenment. The opposite point of view could be that Gemini sees a world as a dilettante, Libra sees a world out of balance, and Aquarius is so detached (s)he can't bond with anything.

With the Water signs facing life through the glass of emotion, Cancer might regard the world as a mother, Scorpio as a mystery and Pisces as a spiritual illusion. On the other hand, Cancer might survey its domain through distrust, Scorpio with paranoia and Pisces though weakness.

To recap, the Ninth House in your horo-

scope which rules your world view, also rules higher education and major travel experiences. It's no accident that the framers of astrology grouped these various activities. Remember, in astrology every problem has a solution. This is why obtaining an education is one of the most useful methods for broadening and upgrading one's perspective. Another way to expand your consciousness is to travel to see "how the other half lives," which means significant long range travel. Both education and travel are activities that belong to the 9th house, the area in our chart where we define our world view, or perspective. Often people who live a provincial life-style or who have not had an education are the ones who complain the loudest about the world. Another newer technique is to change one's location because in so doing one also changes the energy associated with the 9th house. Only in relatively recent times has it been so available to people to relocate. There is even a branch of astrology easily accessible now on a computer called Location Analysis which can tell you where to go to change your observation and consequently your experience of the world (or to make more money or to find the love of your life, etc.)

There is still another very useful tool for realigning one's perspective found in the 9th house. This involves spiritual teaching and most particularly the regular practise of mediation. The spiritual observation of the world is quite different from the materialistic view. Please go to the article on meditation by Swami Nityananda on page 4.

Since everything is but an apparition
perfect in being what it is,
having nothing to do with good
or bad,
acceptance or rejection,
one may well burst out in laughter.

Longchenpa

(Taken from the Internet: www.vajrayana.org.)

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.

TRAVELLING WITH SOLAR NUTRITION

The Spring is the time when most people make their travel plans. One frequently hears how difficult it is to continue with Solar Nutrition while on the road or in a foreign country. It takes a little getting used to, but with some forethought it is possible. Consider this TRAVEL PACK:

ALMONDS set the hydrochloric acid level in the body. They are the number one essential in Solar Nutrition, providing all the basic 12 elements. They are best soaked overnight to sprout for morning consumption, but they can be packed in your suitcase dry and will keep their freshness for months. The soaking activates the life force within to increase their viticity. Remember: 1 almond each morning for every 10 lbs. of body weight you want.

APPLE CIDER VINEGAR. Fortunately in our country this essential is relatively easy to buy but not so easy in other countries. And these days it is important to read the label as many bottles are actually vinegar that is distilled from grain and colored to look natural. Grain vinegar lacks healing properties. Look for the word, "Flavored" and if you see it **don't buy it.** Real apple cider vinegar is malic acid,

a backup survival therapy for many problems. Its medicinal value has long been known by natural healers.

Together with **HONEY** and distilled water apple cider vinegar provides an excellent neutralizer for intestinal gas for those times when you think it is just not possible to find the right food at the right time of day. The proportions are: 2 tsps. honey, 2 tsps. Apple Cider Vinegar in a glass of warm distilled (preferred) water. Drink with or just after your non-solar meal. Honey is also excellent as a preservative and healing agent for cuts.

CAYENNE PEPPER is included in your travel pack as a remedy for both the stomach and skin lesions. If you have a deep cut from a knife, for example, sprinkle on cayenne pepper and put a band-aid over it. Surprisingly, it does not sting as you would expect. It does cause a throbbing sensation but this is due to the contracting effect the cayenne has on the cells stemming the blood flow and bringing about a swift healing without a scar. For those of you who have tried this it is an amazing thing to experience.

VITAMIN C The all-round essential vitamin good for such a wide range of complaints, but especially handy for colds and high stress periods that travel

often contains. It also beefs up immunity and is an antioxidant.

BREWERS YEAST is mighty handy, especially for vegetarians who are A or AB blood types. It's high in protein and the B vitamins including that hard to find B-12 often found lacking in the non-meat diet. The high-niacin, dark yellow type that Red Star produces is the most efficient, if you can find it.

And for those times when you feel your food choices didn't choose you, here's a list of **neutralizing FRUITS:** Prunes for the AM; Melons for the afternoon (and remember eat them alone or leave them alone) and pineapple for evening. Bon voyage, and send me a postcard!

More Adano Quotes

"We cannot break a law of nature, but we can break our cells against those laws by incorrect decisions. That is why there is no condemnation and no punishment--only self-correction."

"Every experience is neither good nor bad: it is only an opportunity to experience love."

(Thanks again to Swami Nityananda for sharing these ideas with us. As usual, he can be reached at 10 Delta Road, Alpha Centauri, 10010.)

CALENDAR

The key activity this quarter is the return of our old pal **RETROGRADE!** Retrogrades, if you remember, are the optical illusion created by the differing orbits of the planets around the sun. Since all the planets are constantly moving at different speeds they occasionally appear to move backward in relationship to each other from our vantage point giving us a chance to review or gain a new perspective. We call this condition a retrograde. See the figure below.

As of today, Mercury has been retrograde since March 10 and will remain so until April 2nd. This can be a time of botched communications, negotiations and travel plans. Some people are not affected by a backward moving Mercury and you may be one of them. But by being aware of its possible effect can protect you by virtue of your detachment from the outcome.

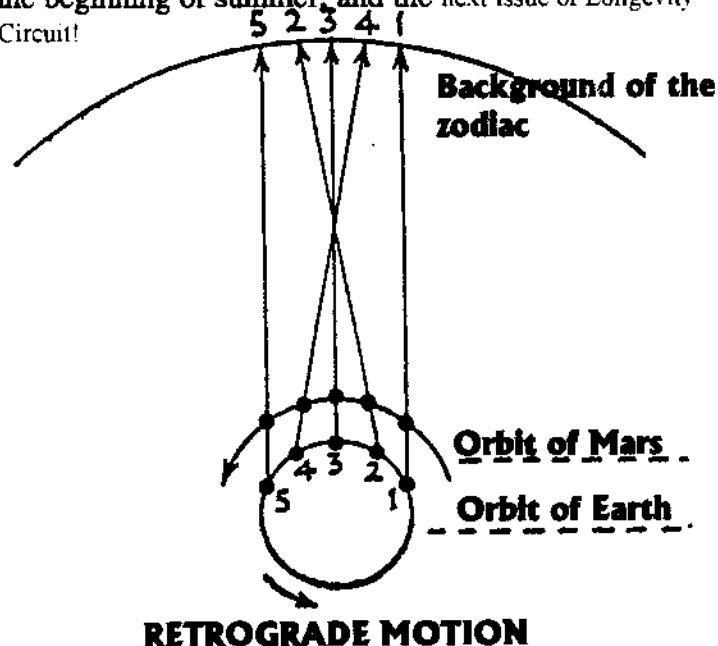
Mars went retrograde in Scorpio, his home (and where he has been very intense!) on March 18th and will go back to 24° Libra until moving forward again on June 4th. Mars only retrogrades 1 in 2 years, whereas Mercury retrogrades 3 times a year. This is because their orbits are different lengths. A retrograde Mars may affect your energy level or it may weaken your resolve to do something. You could say you are turning around and looking at your past actions, your current goals. Is this what you really want to do? Or maybe your anger goes underground, only to surface inappropriately or be mirrored by other people. For sure, it won't be full steam ahead until after June 4th.

Also, Pluto retrograded on March 13th. This is another high energy planet and when it appears to be moving backward our destiny seems to slow down. That intensity that drives us wanes and we are again asked to take a step backward to review our direction. Pluto rules the unchecked growth of the cells in our body, and just as that is not a healthy condition similarly an unchecked drive is also not in our best interest. Capping this off, like the cherry on an ice cream sundae, Venus goes into Taurus, her home. The message is, chill out, relax, take a breather from so much charged energy. Don't for-

get we have Jupiter recently moved into Aries and there isn't anything quiet about that since Jupiter is moving with breakneck speed. Jupiter is the good luck planet, the expander and inflater. He brings travel, education and prosperity and since he's now in Aries the constellation of fresh starts, daring, and energy, now's the time to look at expanding horizons, new ideas for growth, possible new projects and directions. Say yes and say it fast for Jupiter will be in Taurus by the end of June. Which brings us to March 20 the first day of Spring. Tra la!

Then in May we have two more retrogrades: Neptune on the 6th and Uranus on the 21st. Since Neptune involves us in illusions, spiritual matters, addictions, and photography, for example, you might find that these areas of your life demand more introspection and thoughtfulness and you might find you are reviewing your attitudes toward them. Uranus, on the other hand describes our need for independence and freedom. Consequently your perceived needs might undergo a change. You might ask yourself what freedom really is, or ask yourself how independent are you really. You may start your search for enlightenment, or develop a desire to bond. Many of these ruminations may take place on the unconscious level and not make their appearance until these planets go direct in late October.

The Sun enters Cancer on June 21st, signaling the beginning of summer, and the next issue of Longevity Circuit!



ADANO ON MEDITATION

Meditation, the word itself is an acronym and it involves many principles and until you understand the true definition of meditation you can't see where it ties in with the ethical life.

The first letter of the word meditation is "M" which means mind and that does not mean the 5 senses, it means cosmic mind, or cosmic awareness.

Now, the second letter is "E: energy. Which means the vital power of the universe. This cosmic awareness, this cosmic energy are the only 2 things that exist. They are called the word, "Us" in your bible. "Come let us make man." Consciousness and energy are the 2 vital forces that make a creation. There is no creation possible w/o consciousness and energy.

Now a third factor must come in and that is the power to distribute that energy. Just like in an automobile you have a distributor which distributes the energy from the generator to the engine. Now "D" is the next letter. So D is the distributor and you call it the Holy ghost or the Holy spirit. Mind you may call the Father, Energy you may call the Christ. You have your Trinity right back in the first 3 words again. So it's the consciousness, or the Creative Intelligence with the Creative Energy or power and the distributing force that is acting now as a creation.

But the creation, the next letter is "I" you notice? You're coming back to I. But this I is the individual I, me you everyone in this room. We are the little I. This is the first I that we realize, the first one that we open our eyes and look at it: This is our finger, this is our hand, foot. These are all the relationship of the I. And we're caught up now in this I. So meditation is individualistic. You can't meditate for me and I can't meditate for you. Its an individualistic experience. The experience that you must have is personal to you, and the experience is personal to me. So that keeps it on an even balance. All right.

But as an individual there's only one thing that is important in my whole makeup. The next letter tells me that. The next letter is "T" thinking, thoughts, "As a man thinketh that is what he is." As an individual thinks that is what he is. You see? So

your thoughts are responsible for your whole existence. But thoughts are not stagnant, they are in a state of flux.

Therefore the next is letter, "A" which means activity. There is an activity going on in your conscious mind in your fluctuating mind and that activity is called the time rhythm. So all thoughts in you or in myself are geared to time rhythm. Such as thoughts of tomorrow, or yesterday, or now. When you can find thoughts that go beyond tomorrow, yesterday or now, let me know! You see? You're involved with this rhythm as long as you are a human being. Your involved with thoughts of tomorrow which will create anxiety, you're involved with thoughts of yesterday which creates frustration, and you're involved with thoughts of now which creates release. And as long as we keep recycling in these 3 patterns of thoughts and in the rhythm of the time, we're involved in it in our selves. Therefore it creates now ethical or unethical conditions. This rhythm creates it. How to act out ethical or how not to act our ethical.

So the next letter is "T" again. And that is the motive to act out ethical or not to act out ethical. Or to act ethical or to act unethical. See what I mean? So T is the motive, meaning towards, you're moving towards something. You're not stagnant. As long as you are an individual and you think and you have this mental process, you're always moving towards something. There is a purpose for your existence. You're not a stagnant individual, you're motivated, your pushed forward all the time, you're propelled forward. But where are you propelled to?

It's the next letter that tells you where you're propelled to. "I" The real I. The I-amness in you. But that I-amness in you is intuitive. You can't know it by your 5 senses. There is no way to know the I-amness in you by your 5 senses no matter how you try, your 5 senses cannot relate to you your I-amness. It can only be experienced by intuitive nature. Intuitive Nature is a type of nature that acts independent of the 5 senses. Its acts like an extrasensory principle. That means its in another range of behavior,

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MEDITATION

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But in that intuitive nature or independent nature you're only going to do 2 things: you're going to observe which is the next letter, "O" M-E-D-I-T-A-T-I-O -You're going to observe creation as it is—for the first time. And that same observation involves oneness. So the "O" is first observation, and then oneness, identity. You first have to observe the creative principle in yourself and then you have to become one with the creative principle. You and your Father have to become one. "You see me, you see the father." "I and my Father are one." I am and the I-AM are the same. Two things equal to the same thing, are themselves equal to one another. This is divine mathematics at its highest point.

Now, the last letter is "N" and that is Noumena, not phenomena. Mediation is not involved with the phenomenal universe. It's not involved with psychic abilities. It's involved with a confrontation with Reality, Noumena. Which allows you to see yourself as God created it. Now, in that state you have the full conviction of the immortality of the Creator and the conviction of your own immortality within the Creator. Then you are free for the first time as an individual while living in the flesh. This is the term called, "Freed while living" or liberated: Salvation. That's the true meaning of it, not the one we say, "You're blessed in heaven and you're blessed and that's it."

It's the first time that this mechanism has actually lifted the veil from the phenomenal existence to a realistic existence that doesn't change no more. You know the reality of God is there as a force. It's a power, it's a consciousness. Then, there is an awe, that is what the church calls the fear of God. We don't advocate fear because you can't love anything from fear. And God doesn't want us to love him out of fear because that would be coercion, that would be dictatorship. We can only love by freedom. So it's the awe-ness of God, the magnitude of God that is so intense, so great that we cannot begin to relate to it with our 5 senses. We can only relate to it from an extrasensory level and the extrasensory level is what

puts us in a state of humility.

So when you sit down to meditate you are achieving a conscious humility within yourself with a magnitude of your nature and within that you begin to have what is known now as experiences occurring in an extrasensory nature, but you're not looking for them. They occur as by-products of that alignment. What your mind is centered on in the full focus of your divinity that you are soul. Now you are constantly reminded by the sayings of Jesus, "What does it profit a man to gain the whole world and lose his soul?" That means why should the man spend his time trying to exert his extrasensory nature to contain material objects or to impress people that his abilities when he doesn't even have the realization to know what he is? And once you can do some extra sensory ability you find that you suddenly seem to get panic in it. You want to go around doing it to everybody and there is no individual who can say they don't want to. They are all tempted to try and prove it to themselves. It's a strange phenomena. This is a stimulation, and within the stimulation is the trap. I'll try it out next time. And before you know it they'll start hunting up opportunities to try it out. Now a realized man doesn't do that. A realized man remains within himself with the natural process knowing that this is a by-product, having no desire would not generate it, yet within the same structure in creation, the same environmental behavior there is a commitment called the law of Karma or the law of cause and effect. "As you sow that you reap." There are human beings that are committed or by their own virtue of action lined up for you to help. They are called the "Lost Sheep of the house of Israel." This don't mean the Jews. The house of Israel means "Is Reality" within this is reality or this reality of ourselves there are many of us who are lost within the desire make up of their thought patterns. And they are craving now to express it or dominate others or to manipulate others or to get out from that frustration, so when the realized person comes back to his I-Amness or his true oneness he's assigned to

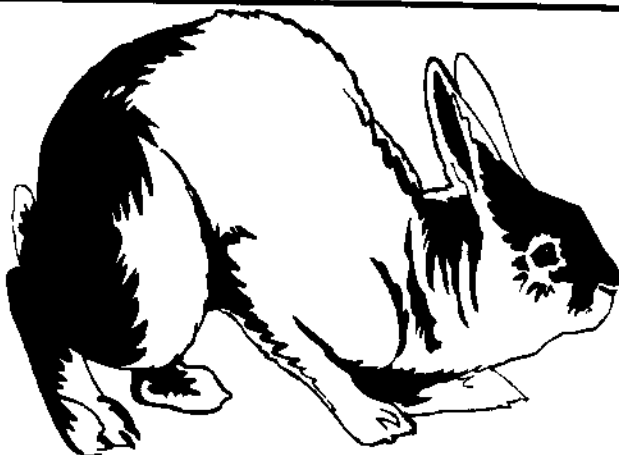
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**A FABLED FEW POEM
BY BETT**

For Bill Clinton

SINCE TIME
DID FIRST BEGIN
LUST HAS BEEN
THE THIRD
DEADLY SIN
WHICH MAN
WILL DECLARE
ISN'T THERE
AS HE SWEARS TO BARE
HIS OWN PURE SOUL.
HE WHO ADMITS TO SUCCUMB
TOSSES A
PLUM
TO SUCK AND NIBBLE
AS THE DRIBBLE
OF TALK
TITILLATES
THE PALATE
FOR VICARIOUS NEEDS
AND DEEDS
LYING WITHIN
THE SEEDS
OF EMOTIONS LONG UNUSED.
WE FORGET THAT
BY TELLING THE TALE
BY FANNING THE SPARK
WE TOO
COULD MISS THE MARK.

Thanks, Beti'!



Longevity Circuit

MEDITATION, Continued from page 6.

pull those out, go out to the lost sheep of the house of Israel go out to those individuals and try to draw them out of that particular thought pattern. "But as many as received Him" This comes back to a statement of consciousness. This creative principle is within you and you go out into the world to meet people, knowing fully well they are caught up in their problems, but you're not going to try to impress them. You're going to go where they have need and when they ask, you'll exert that power or that quality. If they don't ask, you don't impose it upon them. But even when they ask, they may not be willing to accept the remedy for the problem they have, because the remedy may seem so obscure, so bizarre, for what problems they got into. "But as many who accept the remedy, that you propose for their bizarre behavior and their so-called mental patterns, to them will be given the release or the power within themselves to be healed." So we see now what meditation is doing for us. It is aligning us from within to allow this creative intelligence to flow uninterrupted and to bring it into manifestation not by our wishing or by our desire, but strictly by the law of cause and effect.

(This is a transcription of a talk Swami Nityananda, aka Adano C. Ley, gave to the satsang group in Richmond, VA in January, 1973. Thank you, Adano!)

Happy Asian New Year of the Rabbit.

Since we are currently studying Tibetan Astrology at the Tibetan Buddhist Retreat Center in the Santa Cruz Mountains, I thought it might be appropriate to share with you how the Tibetans view this new year!

The hare, or rabbit is considered to be sweet and usually kind and popular, an opportunist but underneath it all he can be stingy and devious. It promises to be a year of independence, opportunity and inventiveness. It will also be a good year for art, haute couture and interior design. Look for social reforms for humanity, new approaches in technology, and new perspectives regarding denial and idealism.



MEDITATION--Transcription begins on Page 5



PERSPECTIVE--Story begins on Page 1



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The cranes are a traditional Asian symbol for longevity and are frequently found as symbols during the Asian New Year. We have just started the Year of the Rabbit on February 16th. Usually the New Year is the New Moon in February, although it can be different for particular Eastern Astrology systems. This year the new moon was also a solar eclipse, perhaps giving more energy to the possibilities of the New Year. See the article on page 7 for more on the Tibetan version of the Year of the Rabbit.