

LONGEVITY CIRCUIT

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



Vol. 11, No. 2, Autumn, 1999

THE GREAT MUTATION

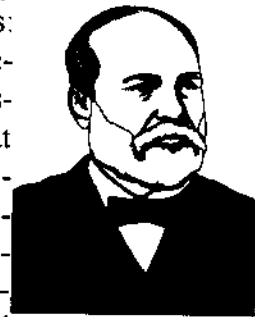
What These Presidents Have in Common



Every 20 years the two big giants of the solar system, Jupiter and Saturn, come together in what is called a conjunct as they appear to occupy the same place. This stellar phenomenon has intrigued star watchers for at least 2000 years and it is believed that the Magi (Astrologers) were following just such a configuration to find Jesus. Every 200 years the conjunction changes its element and when it does it is called the *Great Mutation*. It has been shown that the Great Mutation ushers in a major new global trend. However, this particular planetary conjoining of energies occurring in the year 2000 completes an old cycle and thus is called a *Lesser Mutation*.



Jupiter and Saturn symbolically describe two entirely opposite energies: Jupiter expands and Saturn constricts. Jupiter is warm, lucky, famous, and prosperous while Saturn refers to things that are cold, that limit, inhibit, require responsibility, and feel "karmic." Jupiter and Saturn are equally strong, hold the center position in the solar system, and share contiguous borders of the two most elevated houses in the horoscope.



A lesser mutation indicates the reversal of a trend and aptly describes how the combined energies of these diametrically opposing energies work. For even as Jupiter blindly expands and inflates, every 20 years it must irrevocably meet the iron gate of Saturn-- which causes **change**.



By now I'm sure most of my read-

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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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THE GREAT MUTATION, Cont.

ers know the names of the constellations. What you may not know is that constellations are divided up into the 4 elements of fire, earth, air and water. For 200 years or so, the 20 year mutations remain in one elemental sector, i.e. Taurus, Virgo and Capricorn are all earth signs. The current element is Earth which began in 1800 when Thomas Jefferson was elected President. In 1820, the element reverted back to Fire temporarily, but from 1840 to 1960 the Jupiter/Saturn conjunct has remained in Earth. Then in 1980 again as in 1820 there was another temporary elemental switch and the mutation occurred in an Air sign- the year Reagan was inaugurated President. Now we are approaching another mutation which will revert back into the element Earth and which will be the last Lesser Earth Mutation until the next *Great Mutation* when the 20-year conjunctions for the next 200 years will all be in Air.

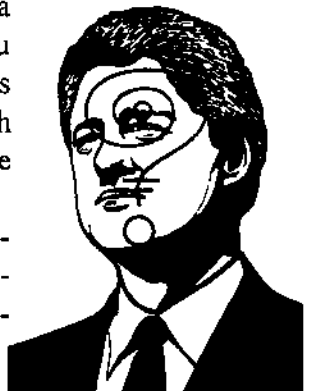
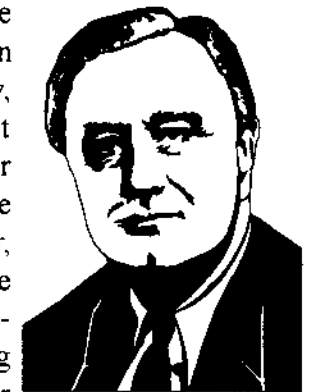
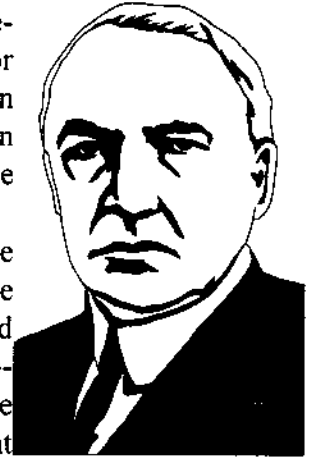
History shows that the Great Mutations signal new and long lasting cycles for the whole world as well as for individual countries. For the United States the Jupiter/Saturn conjunction has had a special significance for our presidents. Since 1840 with the Great Mutation in Earth a very apparent cycle has been the death-in-office of every president who has been in office during a mutation. It began with William Harrison who died of pneumonia a mere month after being inaugurated. (Since this was the first time that the conjunct took place with the U.S. government being in newly founded Washington D.C. it might be called the beginning of the cycle.) In 1860, as you all know, Lincoln was shot in office as were Garfield (1880) and McKinley (1900). Warren Harding also died in office for the mutation of 1920. Even F. D. Roosevelt who was elected for 4 terms also died in office from a

cerebral hemorrhage. And every one remembers the Kennedy assassination for the 1960 mutation. In 1980 there was an anomaly-- for the mutation occurred in an Air sign and though Reagan was the target for assassination he did not die.

Now we are preparing for the Y2K mutation in May which will be the last one to occur in an Earth sign and Clinton is our President. What will happen? If he does not die in office then we must look to the past to remember that Thomas Jefferson who was also in office during the first mutation in an Earth sign also did not die in office. Ironically, Clinton's middle name is Jefferson and it has been said that he was named after Thomas. Perhaps there is more to the coincidence than meets the eye. However, if you look at Clinton's natal horoscope you will find a major shift in energy coming. Live or die, Clinton will be going through a metamorphosis in the year 2000.

So you see how the mutation works, now, don't you? We could do a similar examination of how the conjunct has caused major changes in history. Beginning with 1781 we find the world in revolution including our own country gaining independence from Great Britain; in 1861 the War Between The States; in 1940, WWII beginning in Europe, etc. Do your own research by checking out a couple of history books as I have if you need more convincing. There is always an ebb and flow to this conjunction with an initial increase followed by a decline or entropy.

What's more, all the great religions are associated with the Jupiter/Saturn conjunction including Judaism, Bud-



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Longevity Circuit

CALENDAR

Beginning on September 23 the Sun enters the constellation Libra which signifies the beginning of Autumn. This is an equinox which means that the days are about as long as the nights. Equilibrium and equanimity are good definitions for positive Libra energy. As we enter this quarter the line up of the planets is as follows: Jupiter, Saturn, Uranus and Neptune are all retrograde. As I've pointed out before, this happens almost every fall for the last several years due to the relative positions of the planets around the zodiac. It causes a concentration of energy into reevaluation and introspection. It's excellent for studying and reviewing but often causes a slowdown in terms of completing projects.

OCTOBER

In October, both Uranus and Neptune will turn direct leaving Saturn and Jupiter in their backward motion. Also on this date, Mercury is in Libra providing the opportunity for balanced thinking and tactful communication; Venus has just turned direct in Leo bringing joy and enthusiasm to art and love; and Mars is in Sagittarius with Pluto offering either extreme ambitiousness and energy or its dark side of violence.

5th- Mercury moves into Scorpio exposing and probing.

7th- find Venus entering Virgo- an excellent position for arts and crafts, but can be difficult in relationships if there is criticism.

13th- Neptune goes direct bringing either more or less clarity, deeper compassion or greater denial!

16th- Mars enters Capricorn-the work ethic reigns, pace yourself, watch out for burn out.

22nd- Uranus moves direct offering more possibilities for change and the unexpected and Jupiter retrogrades back into Aries (eventually to 25°) laying the groundwork for more expansion.

23rd- Sun enters Scorpio. Enter intensity! And a

curiosity: In October, November and December the entrance of the Sun into a new sign is accompanied by a Full Moon. This could be a nice opportunity to feel the different energies of the Sun as it phases through the constellations.

30th- Mercury goes into Sagittarius. Think big, but keep your word!

31st - Hallowe'en, and daylight savings time ends. Clocks return back to biological time.

☉	- Sun
☾	- Moon
☿	- Mercury
♀	- Venus
♂	- Mars
♃	- Jupiter
♄	- Saturn
♅	- Uranus
♆	- Neptune
♇	- Pluto

NOVEMBER

5th- Mercury goes retrograde back into Scorpio until Nov 24th. This energy bothers some people more than others and some not at all. But to be on the safe side watch your communications and negotiations. The problems often stem from not being understood or getting additional information that causes you to change your mind.

8th- Venus enters Libra, her home, bringing opportunities for harmony and balance.

22nd- Sun enters Sagittarius offering the love for adventure to the front.

25th- Thanksgiving!

26th- Mars leaves Capricorn and lightens up in Aquarius, but air can make this active energy volatile and with the Uranus square to Saturn this situation might be explosive. See article on page 6 for more information.

DECEMBER

5th- Venus enters Scorpio and forsakes harmony for steamy sex and/or love of money!

10th- Mercury returns to Sagittarius.

20th- Jupiter offers us a holiday present by turning direct again! Wishes fulfilled??

21st. The Sun moves into Capricorn signaling the beginning of Winter and time to get out the Yule log. Yule, incidentally, means the month ending near the Winter Solstice. And another Full Moon! Look for the special Longevity Circuit Millennium Issue!

A FABLED FEW POEM BY BETI'

"REALITY CHECK"

INVOLVING
EVOLVING.
WHERE ARE WE NOW?
FORGET HIT OR MISS
TO ONLY THE IGNORANT
IS IGNORANCE BLISS.

GOOD-BYE! PISCES NICIES!
WATCH FACADES FIZZ
AS ONE IS IN THE HEART
IT IS TRUE
SO HE IS.
SALUTE! WELL DONE!
WITH GREAT ELATION
THE FOUNDATION LAID
IS
OUR OWN FOUNDATION.
DON'T CLOSE THE BOOK
JUST TURN THE PAGE
AQUARIAN AGE
IS NOW ALL THE RAGE.
SAGE RAGE
AND
RAGE RAGE.
JUST WHEN THEORIES
WERE STARTING TO PEAK
NOW TO CONFRONT THE WORDS
THAT WE SPEAK.

THE BEST THING TO DO—
THE BEST MESSAGE TO BRING
IS NEVER FORGET
TO
PRAISE
SHARE
AND SING.

A COMPARISON

Looking over my notes from Adano-days recently I came across a note to myself to compare the 5 Kubler-Ross stages of dying to Adano Ley's 5 stages of becoming conscious. It seemed to me that spiritual growth is much like dying as both address the steps a person goes through as he relinquishes his ego. What do you think?

The Five Stages of Man

1. PUPPET on a string; unconsciousness; birth.
2. CLOWN - you don't know who you are behind the mask. When the mask falls off you laugh at yourself and become the
3. JOKER who tries to impress everybody with his knowledge and psychic powers until he needs competition with himself and sets it up himself. Win some, lose some, get rained out some. As the
4. LOSER he learns to play the fool and master the art of losing by rolling with the punches and playing the game for the games sake, for the joy of it. Once he has mastered the art he becomes the
5. DEALER who works for the House, not himself, and knows the deck is stacked; that it's all in the script which, if you choose, you can act it with an Academy Award Performance.

Kubler-Ross 5 Stages of Dying

1. Shock and Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance

And then finally...

"Humility! The last trap that awaits the ego in search of absolute truth."

Lawrence Durrell, *Justine*

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.

Food as Medicine is finally catching on! Recently there was an article in a major magazine that identified 10 foods for longevity. These foods, science says (duh), can help you live longer and better. The foods are:

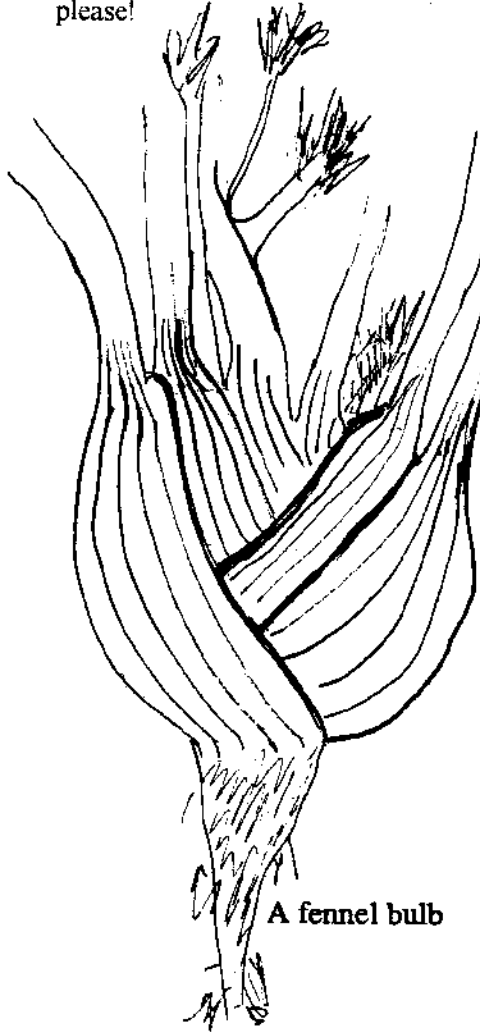
1. Tomatoes for their antioxidant lycopene which reduces the risk of some cancers and heart disease. Solar nutrition reminds us to eat only vine ripened or canned tomatoes.
2. Olive oil for its antioxidant activity and for reducing some cancers and heart disease.
3. Red grapes including red wine for its antioxidant capabilities.
4. Nuts. cut heart attack deaths, and lower blood cholesterol, also high in monounsaturated or omega-3 fat. Unsalted please!
5. Whole grains stabilize blood sugar and insulin and promote longevity statistically.
6. Salmon for its high amounts of omega-3 fighting almost every chronic disease known. Also sardines and tuna.
7. Blueberries for their antioxidants and bilberry.
8. Garlic has too many properties to name so here's a cooking tip: let crushed garlic 'rest' for 10 minutes before cooking it to preserve its healing properties.
9. Spinach for its antioxidant ability and folic acid. Solar nutritionists only eat it raw.
10. Tea! Both green and black have polyphenols which promote health when made from scratch (no instant).

Fennel is another food that has powerful

healing attributes and now that it's fall is readily available. Some of its health promoting qualities are its aromatic oils (similar to peppermint and catnip), its seeds that are a general tonic that act to stimulate the production of digestive juices and the whole bulb which alleviates intestinal gas and flatulence. Fennel is also known to calm muscle spasms including coughing and bronchitis and since its estrogenic action may promote menstruation, it shouldn't be used during pregnancy. Afterwards, it increases mother's milk and may carry over in the milk to help reduce colic in the baby. (Catnip and fennel may be used for colic.)

Here's how to prepare it: You can eat fennel raw, chopped, much like celery and together with or without watercress is a wonderful nighttime salad. Or cut it up in lengthwise chunks and cook in a little water for about 5 minutes until slightly softened, drain (save the water for your vegetable stock) add butter and tamari!

For the complete food list and other interesting tidbits of information, visit my web page at www.longevitycircuit.com



A fennel bulb

The Saturn/Uranus Square

Beginning in July of this year and lasting until June, 2000, Saturn and Uranus are in adverse relationship to each other. To best understand the natural enmity of these two opposing energies, let's look at what the ancient Greeks had to say. According to the Greek myth, Uranus, the sky god formed a union with Gaea the Earth goddess. From their union came their children known as the Titans, of whom Cronus (Saturn is the Roman name) was one. But Uranus hated his offspring and hid them in Gaea's body so she appealed to them to take vengeance on Uranus. Cronus (or Saturn), was the only one who responded. He used a scimitar to cut off the testicles of his father, Uranus, as he was approaching his mother, Gaea. The drops of Uranus' blood that fell on Gaea (the earth) formed the Furies while the severed genitals which floated on the sea produced a white foam from which sprang the goddess of love, Aphrodite (or Venus). Saturn (Cronus) by this action had separated Heaven and Earth. However, like father like son: though Uranus hid his children, Saturn ate his!

Psychologically this archetype can be interpreted to mean that Saturn is the part of us that resists change. Yet we also have a powerful Uranian part of us that seeks it out. Denying the creative intelligent part of ourselves can cause big-time negative energies to be born within us (the Furies)! And yet even as we feel frustration and anger, the dismembered idea (severed genitals) thrown into the unconscious (the sea) promotes creativity (Aphrodite) in another form which corrects imbalances. Conflict and frustration can lead to a cleansing, a catharsis. If we need to change something but hold back from fear or denial, then the energy is turned within into something destructive like depression, illness and projected anger.

"What ordinarily happens is that Uranus, disguised as chance, brings about an event which temporarily shatters the apparent safety and solidity of social values and ways of thinking based on tradition, the ways of Saturn. The individual who is

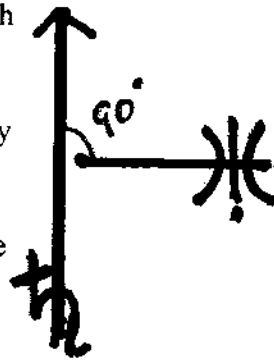
not able to express this urge in a conscious manner, who has simply never bothered to think for himself or to stretch his mind up into the heavens instead of rooting it in the earth, is usually at the mercy of eruptions from below which he has himself attracted unconsciously, in the form of external events. The collapse of the business, the sudden conflict with the law, the disruption of the marriage, the accident are all different masks through which Uranus, symbolizing the need to free oneself from identification with the outward trappings of life which are so often thought of as oneself, makes himself known." Liz Greene, Saturn

What we have in the Saturn archetype is the energy of conservation, structure, time delays, authority, etc. at odds with progressive innovation and freedom of Uranus. And these ancient enemies then create a break-down, a break-in, a break-up, or a break-through.

In mundane astrology you can see the effects of this global transit by all the sports injuries, plane and train wrecks, and of course the political scene if full of stress. The intensity of this transit, which may temporarily have gone underground as both Saturn and Uranus are retrograde, will increase after the first of the year as the final conjunction at 20° takes place in May, along with the Jupiter/Saturn conjunction.

This means that the inflated energy of Jupiter will come into play, probably magnifying even more the frustration and stress.

So what can you do about it? Well, how do you handle your anger? People who don't handle anger well tend to do one or more of the following: They turn it in on themselves and suffer depression; they act it out with explosion and aggression; or they project it on others denying that they themselves are angry. So dealing with your anger in a positive way at this time will probably keep you out of trouble! Use the energy to build (Saturn) something from your intuitive ideas (Uranus). Have a breakthrough in consciousness! If you're looking at your own chart, look for clues by finding planets or angles in a five degree spread that begins at 15° and end at 20°.



The Great Mutation, Cont

dhism, Muslims, and Christianity and their spiritual leaders Moses, Buddha, Mohammed and Jesus. As I said, the Magi were most likely aware of the Jupiter/Saturn conjunct that signaled the coming of a new Master.

"In mythology, Jupiter conquers his father Saturn and imprisons him. In time he himself is threatened by the same fate, through a prophecy, at the hands of one of his own sons; but this son is prophesied to be half-human. It appears that the prophecy has proven itself true; for in the last 2000 years of the Piscean Age, the archetype of the sky-god has developed into the half-human figure of Christ." (Liz Greene, *Saturn*).

Psychologically Jupiter and Saturn embody faith and cynicism, optimism and pessimism, hope and fear, intuition and identification with the senses. Today we have a name for such a psychological situation: bi-polar affect and we even have a drug for it! But ask anyone who has a natal Jupiter/Saturn conjunct and they will tell you they feel the same way! (Very often they *are* diagnosed as being "bi-polar.")

Which brings us to the personal manifestations of this interesting energy. From ancient times this conjunct found in a natal chart means a deep interest in the metaphysical as the opposing energies attempt to resolve. Remember that it often signals the advent of a new religion and new religions spring from solving problems or ameliorating conditions. So it also acts on the personal level causing a deep interest in pursu-

Here's an interesting tidbit from the news:

Russian scientists years ago discovered a muscle makes a small noise when it moves, like a musical note if amplified. And each muscle "makes" a different sound. If a person is wired up with electrodes on his muscles he can make music much like using his body as an instrument. The scientists found by composing special melodies the person while playing them would give extra exercise to muscles that needed it. What's also interesting is that this information has received no interest for its potential.

ing the mysteries of life. You have a Jupiter/Saturn conjunct if you were born in any even numbered year ending in a zero: 1920, 1940, 1960 etc. And you may feel more acutely than other people the Y2K conjunct as you have the ones preceding. Do a little personal history check and see what changes those years have brought to you.

But if you weren't born during the Jupiter/Saturn conjunct years you will still feel this powerful energy at least as it relates to your world. You will also find that some cycle in your life is winding down or winding up. A cycle is beginning just as one is ending. The issue involved will be predicated upon where the conjunction falls in your personal horoscope. But on a general level since the conjunct is in the constellation of Taurus, you can expect changes to occur in any area

involving tangible assets like money, minerals, land, or institutions that deal with them such as banks. You might want to consult your intuition or your stock broker if you are a market player. You might want to review your financial position and your spiritual values to determine if they are in synch. History shows that the expanding energy of Jupiter appears to go unchecked until it meets the solid wall of Saturn, the reality check. Don't get caught with Karma on your face! We'll talk more about this important energy as we get closer to it. The actual conjunction takes place at 22° Taurus in late May, 2000. In the meantime, this is a good time to evaluate what cycles in your life are finished and what you would like to replace them. That's the whole point of astrology, isn't it, to carry an umbrella for protection from the storm?

Check out the web page!
Completely updated!
Today!!

www.longevitycircuit.com

SIGNS OF THE ZODIAC

♈ - Aries	♎ - Libra
♉ - Taurus	♏ - Scorpio
♊ - Gemini	♐ - Sagittarius
♋ - Cancer	♑ - Capricorn
♌ - Leo	♒ - Aquarius
♍ - Virgo	♓ - Pisces



What foods can save your life? See page 5



Why do Presidents die in office? See page 1



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CHANGE

The theme of this newsletter is change. As Adano Ley put it, "The only thing that doesn't change is change itself." Here's what Itzhak Bentov said in *Stalking the Wild Pendulum*:

"Our senses translate to us the physical reality in a Morse code of *action and rest*. This is our *subjective reality*.

We can compare this action-and-rest language to the motion of a pendulum or an oscillator.

We have shown that when the pendulum reaches its point of rest, it has to become nonmaterial for a very short period of time and expand into space at an almost infinite velocity.

A quote from a Tibetan Buddhist book suggests the same: "Tangible world is movement."

Without change or movement there is no objective or subjective reality.