

LONGEVITY CIRCUIT

Perpetuating techniques which contribute to a longevity life-style.

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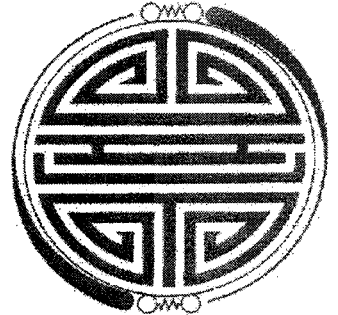
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HAPPY NEW YOU! AND US

You can't miss it! It's an all-new *Longevity Circuit* to celebrate the various New Years and the rollover to year 2000. So we got a face lift and a new approach in hopes it will serve you better as you develop the longevity life-style. According to numerologists, this is a "2" year since all the digits in the year 2000 ($2+0+0+0$) = 2. Two is a year of polarity. That is, the number one represents totality, the unmanifested whole. One is the yang, the masculine, the urge to express itself. True, it is the beginning but not the outward expression of the beginning. It is the idea before the thing. Last year was a "1" year and no doubt you had plenty of ideas of how the next millennium would be, and if you didn't, plenty of others did! So now we are in a "2" year and its time we expressed those ideas in concrete form. One of my ideas was how to make this newsletter more interesting and readable by everybody. Let me retell yet again the story of how this newsletter came into being. In 1989 it was started in response to a question asked by many of my clients about a very difficult astrological transit that was making people feel a loss of confidence; so rather than answer that question individually, I decided to write a newsletter expressing my take on the problem and some things one could do to alleviate it. That newsletter was called "Astrumbrella" and corny name it was! Shortly thereafter, my Teacher read that newsletter and though commenting favorably on the content insisted that I change the name to "Longevity Circuit" and remarked, "Keep writing it no matter what: you don't know what it will lead to." You can see for yourself I changed the name but I also constantly ask myself, where is this newsletter going? Is it encouraging the readers to live a longevity life-style?



WHAT IS A LONGEVITY LIFE STYLE?

What is a "longevity life-style" anyway? And whose idea is it anyway? We've come a long way since *L.C.* got started in 1989. No longer are we hooked on being healed as a primary focus. Most of us have processed *ad nauseum* and are more interested in what we can do with our lives now as more conscious humans. So the spiritual teacher, Adano C. Ley (aka Swami Nityananda Saraswati) coined the term to help his students refocus their lives on the premise of "Living to Live, not living to die." This became known as the Longevity Life-style. What it means is living a longer and healthier productive life in order to serve and to share. (As an aside, I'm not so sure that this applies to a larger percentage of the population, but certainly to people who were in the self-help generation beginning in the 60's.) Sales of Viagra have skyrocketed: we not only want longevity, we want sexual longevity! Once my Teacher quipped, "The worst thing that can happen to you is to wake up dead. The best thing that can happen to you is to wake up with an erection!" So a second indicator would be energy and enthusiasm. (Incidentally, enthusiasm comes from the Greek, *en theos*, to charge with God)

HOW DO YOU GET IT?

There are many other definitions but let's suppose you agree with these expectations and are now wondering how to develop them. Or you may also be wanting to know more about the originator, Adano Ley, and other life-style enhancements that he taught. That's the stuff that this new newsletter will address. We will also continue writing about Astrology but in a different way, and of course, the Solar Nutrition column which is a key to longevity will continue. We are always interested in your comments, letters, and contributions and will print them whenever possible. Hope you like the new format and that it makes your life more enjoyable.

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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WHO IS ADANO LEY?

Adano C. Ley
(Swami Nityananda)



Swami Nityananda Saraswati, the Rev. Adano Christopher Ley, N.D. was born the 7th child of 10 near Georgetown, British Guiana. His father was a Buddhist Mongolian and his mother was a Roman Catholic Spanish Carib Indian and Chinese. His parents were prosperous traders in raw materials and operated a general store in the village that his grandfather had helped to build out of the jungle when the British were opening that territory.

At first in training to become a Catholic priest, he was told that he was too much of a mystic to become a priest. So at the ripe old age of 7 (!) Adano was apprenticed to a tailor since his father insisted that if Adano did not want to go to school (Adano said, "They can't teach me what I need to learn"), then he would have to work! As luck would have it (Good Karma?) the tailor was from India and had an extensive library of the world's religions from which Adano was freely able to draw.

Adano's father had a guru who foretold Adano's life in America ("He will go to the Red Man's Land") so upon completion of his early studies, at the age of 15 he was given his father's inheritance and moved to the United States. He went to work as a technician with the RCA Company in New York City, making his home with relatives. Later he went to Canada to be on his own, eventually opening 2 restaurants in Montreal. While living in Canada, he served as director of the Self-Realization Meditation Center in Montreal. In this position he taught Yoga and meditation classes for a number of years, under the guidance of the great master, Paramahansa Yogananda.

In 1955 Adano fell off the roof of a building and as he was falling, he was given the opportunity to choose death and rebirth or to remain in the body in a life of service. Consequently he was hospitalized and in a body cast for a year and 9 months as a result of some 90 broken bones. During that time he went through many spiritual tests which culminated in his decision to travel for 7 years to follow the spiritual disciplines indicated in the first 10 Chapters of Matthew. This led to extensive on-site research on the prayer and healing techniques of the North American and Canadian Indians. He also spent time in Mexico with the Mayan and Aztec people, working in these areas of study. He was eventually made a blood brother of 2 American Indian tribes.

In 1969, Adano received the title of Swami Nityananda Saraswati. This event took place at Southern Methodist University in Dallas, Texas. Swami Ananda Saraswati, of New Delhi, India, who was one of Mahatma Gandhi's foremost aides in the movement for India's independence, performed the ceremony and ordained him Swami Nityananda of the Saraswati Order. The Saraswati is an ancient Yogic order, and the name indicates a spiritual path through knowledge and wisdom. Nityananda means spiritual attainment through mastery of the fundamentals of truth. (Adano had meditated 8 hours daily for 21 years and had spent 5 years in solitary yogic retreat in the Mojave Desert of California before receiving the honor.)

Also in 1969 Adano founded the All Faith Fellowship in Tyler, Texas. A non-profit, non-denominational group studying the laws of life and soul growth, the ashram attracted devotees from all over the country to study and meditate. Many of Adano's students were

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ASTROLOGY

The historical Jupiter/Saturn conjunction takes place during this quarter together with the big stellium of seven personal planets in Taurus. This is very big concentrated energy which typically can be used for positive and negative outcomes. To review, the "Big Conjunction" usually signifies a change in trend and has political as well as business and religious ramifications. Jupiter, if you remember rules expansion, religions, and foreign things while Saturn rules constriction, business, and authority. These are the two big giants of the solar system and the last two planets visible with the naked eye. Together their energies are formidable, especially if they connect with some natal energy in your chart. They will make their conjunction at 22 degrees Taurus so you will likely feel their influence if you have strong fixed energies in your chart: Leo, Scorpio, Aquarius as well as Taurus. Since fixed signs tend to be fixed (!), stubborn, inflexible and security oriented, there could be a lot of resistance to the changes that are coming. This energy calls for resilience, flexibility and security in *insecurity*. Obviously many lessons can be learned during this time. Since this energy occurs during a presidential election

year, don't be surprised to find the candidates changing their tune as they respond to voters requests, yet being driven by money sources. In this issue I will discuss the chart of the Republican candidate, John McCain, in order for you to get some insight as to who he really is as opposed to his campaign face. In the next issue I will delineate Gore and Bush.

The stellium in Taurus intensifies everything I have said above and especially will effect those fixed signs mentioned above. But since it involves the personal planets, those closest to the sun up to and including Jupiter and Saturn, the results of this stellium will probably be explored more on personal issues. For the chart of the United States, the stellium takes place in the nation's 2nd and 3rd houses and will most likely effect the economy, resources and the GNP. The rise in oil prices which is already taking place is a good example of how this energy works nationally. But as more of the Taurus planets move into the 3rd house with Saturn, which is already there as of this writing, expect to see more mudslinging, rumors and problems in communication. Saturn in the 3rd house will probably effect the electorate in terms of being cynical and negative about the choice of candidates and the voter turnout will be either larger or smaller than usual. This is a good time to hedge your bets, diversify and detach.

Celebrity Horoscope



Don't count this one out, readers. McCain has a Virgo Sun, a Capricorn Moon and Libra Rising. The Earth Moon in Capricorn is not a quitter and together with the Earth Sun is currently being flooded with positive Jupiter and Saturn energy by trine. His chart promises ex-

pansion with slow and steady advancement. He's researching, looking for ways to retain his power. His current transits are very beneficial and powerful showing great ambition and lucky breaks.

He's tenacious and patient, used to hardship and waiting things out. So why did he sabotage himself with his remarks about the religious right? With the Moon in Capricorn and a natal Uranus trine his Sun, he probably had a parent who was cold and manipulative, maybe abusive and placed great expectations on him as a child. With Pluto placed in the public sector of his chart he may have to

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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."

by those who know that there is a remedy under the sun for every ailment experienced by man. Fortunately we are in an era of many health food stores who bring these and many herbal miracle cures to our neighborhoods making the natural cure easier than ever to acquire. As many of you

The Five Laws of Solar Nutrition

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 not get sick.
5. Live to eat in order to live NOT to eat.

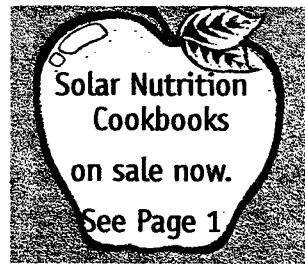
Herbs

Since the Spring is the time we usually think about Spring Cleaning, let's take advantage of this time to clean up the body. There are 3 herbs that can do the trick rather nicely. They are burdock, dandelion and milk thistle. Recognize them as unwanted weeds? Burdock is the lowly cocklebur that used to get caught in your socks when you were playing out in a field. Dandelion, well dandelion, how many hours have you spent digging his long root out of your house and garden lawn? Is it the shape of his leaves or the tenacious root that caused the French to name this plant *dente de lion*, the tooth of the lion? And milk thistle has a pretty flower in the summer but lots and lots of prickles that hurt when you touch them. To the eye, unwanted by those uninitiated to nature's healing plants but greatly desired

probably know already, pharmaceutical companies derive all or almost all of their "miracle cures" from plant sources, often synthesizing them, or isolating the components believed to effect the cure. Unfortunately altering the plants and their substances can cause common and exceedingly difficult side effects since the synergistic elements are lacking. Also unfortunately the drug companies can patent these processes and charge huge prices for their alterations. We now require instant cure, not realizing that to get it can cause more troubles than it helps. Using natural herbs may take a little longer, but not only is the symptom relieved but the whole body is able to come back into harmony.

Try taking a teaspoon of each herb and a couple of cups of water and bring to a boil. Turn off the heat, let steep for a while and drink during the

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DID YOU KNOW...
You can download the food list from the web page.
www.longevitycircuit.com

Why the ancients went away to the desert

The following is from a transcript by Adano-C. Ley

The reason the ancients went away to the desert or into the mountains and caves, it was to duplicate the womb where the ovum and the sperm bonded to become a human being and in that matrix, life in all its intricacies is organized so when we go back through our memory banks by looking inward, and if we go to an area where the environment is similar we can speed up the process and acquire the strength of peace, not the tranquillity of peace. Most people are looking for the tranquillity of peace, thinking that that is what is involved, so they sit down and look like this all day, (*Adano apes the meditation pose*) spending their time

doing like that. But that's not the realization. The realization is to get up on your two feet and function in the world with your fellow man in a state of peace. This is the strength of peace. Understanding how you're put together within yourself and there's nothing there to panic about. So from then on, the desert became, or the modern condominium, just as valid a place where you can adjust the temperature and make it a Siberia or a Tucson. And therefore you have this adaptability to yourself in the waking state, the moving state, living in the world, not afraid of it. But to come into this area, the desert, has a tremendous contribution to help you look at yourself more from within.

POETRY

A Fabled Few Poem
by Betty

Happy New You!!

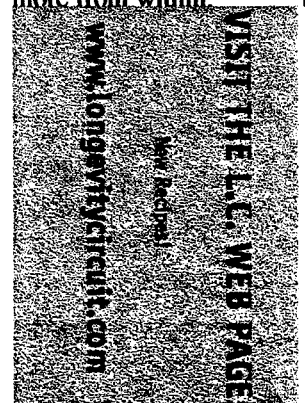
Recycling
by remembering
reliving
relieving
the anguished armor
of tender drama
seeded obscurely
by
Mama trauma.
Watching the colors
black
gray
brown
dissolving the mound
of pain beyond sound.
Redirecting the sign
of a time
when resolute mind
facing stalemate
bowed to fate.
Shedding magical tears
washing away years
finding again
the sweet child
within.
Wide-eyed, but wise
neither recluse, nor rover
but ready to say
I'm starting over!

Words to the Wise

From the Mahabharata:

Shakuni to Yudistira: Nothing is worse than to lose yourself, for when one loses everything, freedom is the only wealth that remains.

Krishna to Arjuna: Resist what resists in you--become your self.



Who is Adano Ley, cont.

trained as therapists during this time.

While teaching Yoga and metaphysics around the country, Adano was also a licensed naturopathic physician as well as an acupuncturist and acupressure therapist. He was the Teacher and director of the Adano Ley Clinic, a center in Houston, Texas devoted to disseminating holistic preventive health therapies and instruction in self-transformation techniques. It is here that so many who could not find help through traditional avenues found their way to health. Adano's motto was, "Live to Live, don't live to die." The clinic was open to anybody who needed help for many years until Adano made his Mahasamadhi on October 11, 1989.

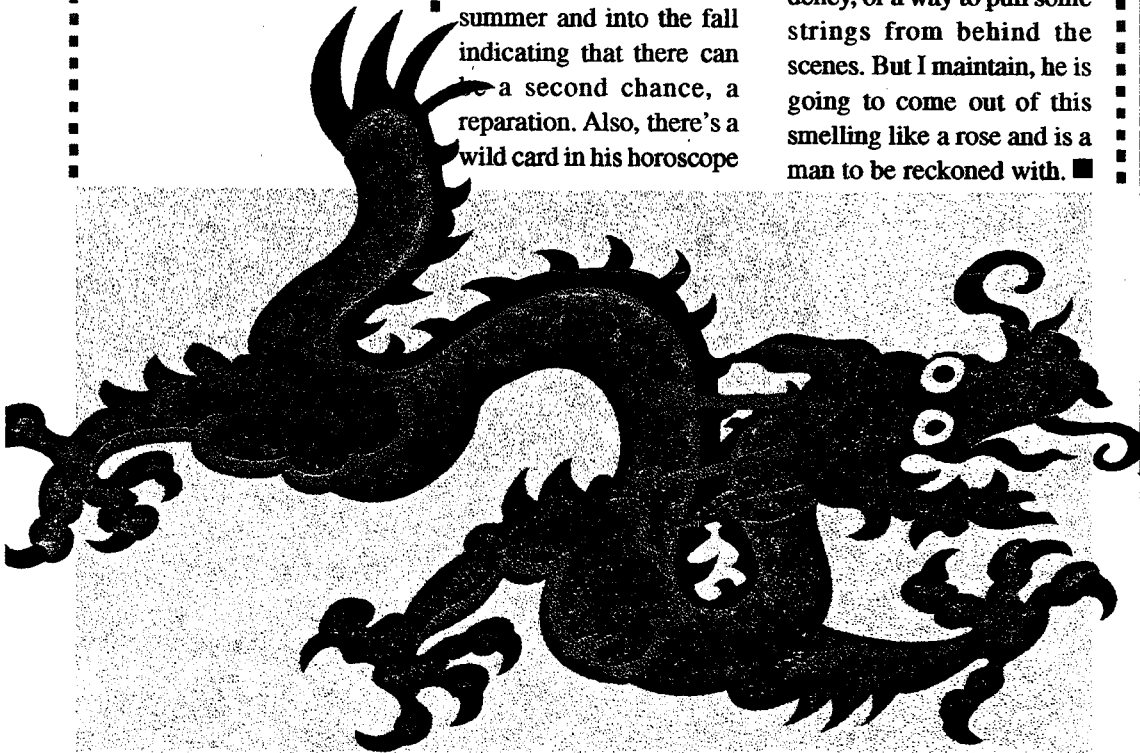
McCain, Cont

play these energies out publicly. It has been said that Pluto in the 10th house needs to purge itself in the public arena similarly to Clinton and that his outspoken remarks were a result of that. The difficulties he experienced in the war with the Prisoner of War Camp are one possible outcome for these natal energies. On the other hand, I think he is a genuine reformer with these aspects and transits and a perfect example is his using the web to get the money for his campaign. Perhaps he thought he was doing the right thing in speaking his mind. But his positive transits will repeat themselves throughout the summer and into the fall indicating that there can be a second chance, a reparation. Also, there's a wild card in his horoscope

indicating that something surprising could happen. Looking at the chart of the USA there is also the possibility of an unusual occurrence this year. If I understand the electoral college correctly, votes that are acquired from the primaries are binding only for one vote at the political conventions. Someone correct me if I am wrong. On the negative side, his chart may indicate, by the Pluto opposite Moon, the need to overpower women as in regulating their abortion rights. The Capricorn moon can indicate coldness and emotional dysfunction. The Virgo planets might mean criticalness and need for perfection. Maybe he feels lucky to have seemingly lost the primaries. Maybe he is looking at the Vice Presidency, or a way to pull some strings from behind the scenes. But I maintain, he is going to come out of this smelling like a rose and is a man to be reckoned with.

Solar Nutrition, cont.

middle of the day. Timing herbs according to the principles of solar nutrition will make them more efficacious and potent as they will be working directly with parts of the body being treated. In this case burdock, dandelion and milk thistle are general blood cleansers for the liver, gall bladder and kidney. Try this for a month, then stop it for a month to allow the natural substances in the body to carry on without help. Compare the two months. Always research your own body!



BRAIN FOOD

In this column we hope to bring you websites, books and questions that will give you pause. If you want to contribute or have suggestions, we invite your ideas.

Did you know that there is much political intrigue going on in the Tibetan Buddhist religion? It comes as a consequence of two contenders for the throne of the 17th Karmapa. It involves the Dalai Lama and his desire to unify under one group the entire Tibetan religion even though, historically, there have been at least 3 major sects within the entire group. If you are interested in learning more about this absorbing and possibly difficult situation, go to the web site at <http://www.diamondway.org/controversy.html>.

Did you know that Swami Nityananda Saraswati, aka Adano C. Ley, called his group the All Faith Fellowship so as to include all peoples from all faiths? His motto was, "Don't convert me, convert yourself." Even though Adano expounded many of the principles of Buddhism, he also drew equally upon the teachings of "Brother Jesus" and was entirely proficient in the teachings of the Old Testament.

Many kudos to our Thursday Night meditation group for helping to compile the newsletters. We meet every Thursday at 6:30 PST and welcome any and all to meditate with us wherever you are. We call what we do "Group Amplification" in the spirit of gratitude for having someone else to meditate with so as to amplify our energy. We have no teaching and no leader so that any and all may approach their higher self without guilt.

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FIRST CLASS

* If you see an asterisk by your name, it means you have not subscribed or had a reading in over 1 year and if you want to continue receiving L.C. you need to do one or the other to help defray expenses. Thanks!