

LONGEVITY CIRCUIT

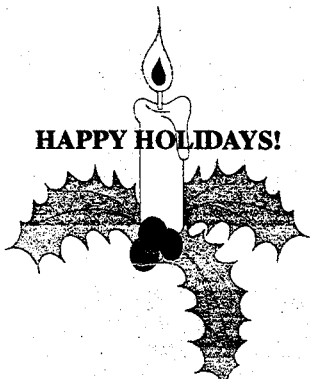
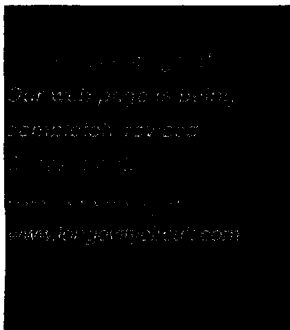
Perpetuating the longevity lifestyle.

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May the holiday season bring more light to us all.

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Dear Readers--a special Holiday treat in this issue with two guest writers. Enjoy!

This first article is by Bethany Brown who received her Masters Degree in Social Work from San Francisco State University in 1998. She is currently employed by UCSF, Dept. of Psychiatry- working on a grant from the California Department of Corrections to decrease jail recidivism with mentally ill offenders.

JUST A THOUGHT

Is it possible we are all a degree away from mental illness?

It's a random Thursday night in San Francisco, we've just completed meditation and we're sitting in the kitchen sipping a cocktail. Somehow the topic of conversation turns towards the notion that we are all a degree away from mental illness (cocktails do enhance the minds ability to explore topics that for some are taboo).

The epiphany begins by our realizing that together as a group we represent a sampling of middle to upper class society-- not a great model for study but there is some diversity in income and race. Each of us divulge our own adaptation to dealing with life's struggles--meaning that some of us have undergone psychotherapy, herbal remedies, acupuncture, meditation, etc. as tools for survival. As the conversation continues we come to realize that each of us has had moments of

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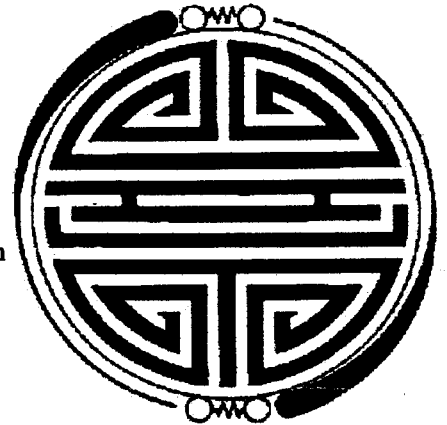
This second guest article is written by Nancy Dyal who has just completed her Master's degree in Creative Writing at Mills College. Nancy is currently working on a novel set in the deep south during the 60's which I wish she would hurry up and finish!

I've been Oprah-ed

I've been Oprah-ed. I admit it. But I haven't been Martha-ed, although I checked out her bed linens at K-Mart, and do own her nice white cotton-poly blend matelasse bed cover made in Portugal. Oprah is really the person Oprah; a genuine influence for every generation. I started catching Oprah's shows in the afternoons once in awhile during my graduate school period. The thing about watching Oprah is that I often end up in tears, touched by some angel's appearance. In fact, I've given up watching on Mondays because the angel segments make me cry too much.

No one else in media is trusted as much as we trust Oprah. She's the sister some of us never had, a best friend shared among millions, a person we can tell our

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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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363 10th Avenue
San Francisco, CA 94118

For any inquiries, suggestions or contributions you may also call (415) 231-1005

e-mail: gage@earthlink.com or gage@longevitycircuit.com

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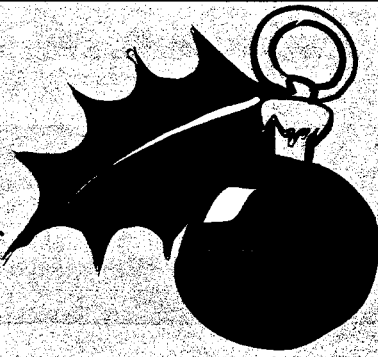
Check out the all-new web page!

www.lcweb.com or www.longevitycircuit.com

and don't forget: www.sagecity.com

Winter Calendar

As you all know, on December 21st, the Sun enters Capricorn signaling the beginning of Winter but this year the winter of the real new Millennium, despite all the celebration to the contrary last year, (since we never had a zero B.C.. or A.D...) In addition we find a stellar firecracker substantiating the correct math with a partial eclipse of the Sun happening on December 25, at 9:22 am PDT, thus visible in our country! See the map on the next page for the path of the eclipse and its maximum coverage. A fair entrance into the new era, wouldn't you say? And this eclipse is joined by Mercury- all at 4° Capricorn putting emphasis on communications and thought processes. You might find yourself overcommitted, worried, or, spacey, out of synch, scattered. You might have a serious discussion during the day. Since the coming year finds a long term stress relationship developing between Saturn and Pluto, and the



conclusion of a long term opposition of Jupiter to Pluto you might even want to take some time and reflect on how you could make your life more practical or less materialistic. Since Saturn is constrictive and tenacious, and Pluto is plutocratic and obsessive, these two planets most likely will be felt in politics as the equally divided Congress finds itself constantly locking horns. Accomplishments in the year ahead will be won by hard work. The danger is in being ruthless and cold-hearted. More on this in the issues to come.

Are you beginning to feel the effects of the conjunct of the two business planets Jupiter and Saturn? The economy is--as are the "dot commers." What

changes have you made in terms of career, life goals, location arrangements? Even though the exact conjunction is over, the effects of this transit are generally felt for about a year as the old fades away and the new emerges. These two planets are currently retrograde allowing reflection on what changes one wants to make. But they will both turn direct in motion on January 25th so get your homework done before!

A third interesting phenomenon involves Venus, the planet of love, and Mars, the planet of war. Both will retrograde this year. Venus looks backward once every 19 months for a time of reassessment of one's values whether they be about relationships or materialistic needs. Venus will retrograde in early March beginning at 17° Aries, a very Mars-like sign, adding extra energy to the unseen forces working in one's consciousness. Venus tends to be passive and receptive, but all that might change for you now as you consider other ways of getting what you want. The retrograde goes all the way back to the first degree of Aries on April 20th.

Not so uncommon is our 1 of 3/a year Mercury retrogrades. This one begins on Feb. 4th at 0° Pisces and moves all the way back to 15° Aquarius. Speaking of Mercury Retrograde, the presidential election was held during one and the ensuing confusion is an excellent, though drastic example of what this energy can produce. The November retrograde was associated with Neptune which is the planet of deception and confusion which is why the election has been so uncertain. Add to that the Jupiter/Saturn conjunction and it is not so surprising to see the mayhem. Mercury turns direct on Feb 26th and will reach 0° Pisces again on March 17th.

On March 21st, look for the next issue of *Longevity Circuit*.



Just a Thought, continued from page 1

mental illness- for example, delusional thinking, paranoid ideation, hearing voices, periods of depression, moments of anxiety, etc. And that these are the criteria used to define categories of mental illness such as schizophrenia or depression. Yet none of the four of us would even remotely consider ourselves mentally ill.

Is it possible that mental illness lies on a continuum and that everyone is somewhere on this line? Could our placement on the continuum be based on our ability or inability to adjust to life by society's standards? Do we move up and down the continuum depending on the degree of difficulty we have dealing with life's struggles? Or, is our ability to move up and down the continuum dependent on our ability to realize that our emotional / mental state is in constant flux?

I believe that not much separates me from individuals labeled mentally ill. I believe my interest in exploring and discussing mental illness comes from the belief that our experiences are not unique, that we're all just trying to live life day by day and that our ability to survive drives us to connect with all of mankind. This is all just a thought....

Thanks, Bethany!

SOLAR NUTRITION

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

BLACK EYED PEAS

Personally I don't like black-eyed peas. They taste like cardboard to me and I could easily do without them. But I lived in Texas for quite a number of years, and more to the point, not far from the Black-Eyed Pea Capitol of the World, Athens, Texas. It's just down the road "fer a piece" from Tyler where I lived and I was quickly assimilated into the ways of the New Year's tradition of eating black-eyed peas while you watched the big football game. Maybe that's why I never liked football--because it seemed to come with black-eyed peas. Whatever.

But good luck is hard to come by and if I had to eat black-eyed peas to get it, is that a sacrifice I was unwilling to make? As they say in Texas, "I

may be stupid but I ain't ignorant!" So I ate 'em with the rest.

But could it be that eating all those New Year's Day peas in dips, casseroles, soups and salads actually did bring me good luck? I answer with a resounding YES, for it was in Tyler, Texas itself that I met my spiritual teacher, Adano Ley, who put me on the road to awareness.

Naturally I would eventually ask him how it came to be that black-eyed peas bring good luck, but even as the myth eluded him, the truth did not and I was quickly informed that this ugly little cowpea actually has a hard to find trace mineral, radium, in it, a mineral that feeds the pituitary gland and aids in developing convex vision, the "third eye," the ability to see inward.

It is only just recently, thanks to the

Athens, Texas web page (www.athensvip.org/blackeyed_pea_capitol.htm) that I have found an explanation for the good luck image. Apparently it comes from the pharaohs of Egypt who ate this pigmented legume to protect them from the "Evil Eye." (They had it right, alright!) But it could also be a marketing ploy of an Athens cannery to sell more peas, or, Neiman Marcus pickled black-eyes sold as "Texas Caviar." Or even Rip Torn's father who revived the idea. Your choice.

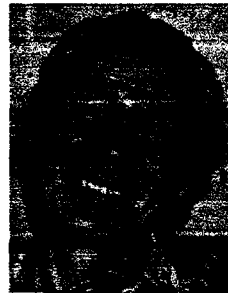
But it's the radium that gets my attention and enables me to overcome my distaste for them.

RECIPES

Over the years I have experimented with many recipes. The most important thing to remember

when you're cooking black-eyed peas is not to make too much! A second rule is to hide them as best you can and eat them with something else that masks the cardboard taste.

Here's a salad idea that you might enjoy: Together in a bowl put some cooked peas, corn, green onion tops, celery and red bell pepper. Make a dressing with olive oil and apple cider vinegar, dijon mustard, and cayenne pepper. Toss. Eat. (To get the major positive effect, eat black-eyed peas between 3 and 6 PM) Meditate. Enjoy your good luck!



Swami Saraswati Nityananda

generator of Solar Nutrition

POETRY

The unplayed deck for
solitaire
The waiting shoes
The empty chair
Speak of a soul
unmanifest
Of flesh and bones
All laid to rest.
Dust to dust
And earth to earth
In tree or flower
Will find rebirth.
And thus the soul
Dark death does spurn
Choosing life
It will return.



most serious haunting to over a latte or glass of pinot noir. I'd confess that I've had a brassiere problem for a few years. Somewhere between 1990 and 1995, I grew out of the perfect size 34B. I bought what I thought was the next size up and it didn't seem to fit right either. So, I tried the next size. Most of the time I bra shop at outlet stores or Nordstrom's Rack. Frankly, I consider bras to be in the same category of nuisance necessities as tampons. The marketing folks know we have to use them so prices are never a bargain, buy 6, and get one free. And price is one of Victoria's secrets, too. The bra: my small, quiet, personal tragedy, until recently.

If anyone has a finger on our pulse today, it's Oprah. I flip through Oprah's "O" October issue, because she's part of my life now, and discover an article written for me: "The ABC's of BRAS." There are bra types for at least five different functions; I should get fitted once a year to make sure I'm still a perfect fit; I really need a basic bra wardrobe; and, there's a convertible bra which crosses your back instead of your heart if you want one. Who knew? The bra angel.

Armed with "the perfect fit" tips in mind, I go shopping with my astrologer. I figure Oprah's angels and an expert on universal connection will be helpful in my case. We end up in a San Francisco Macy's lingerie department. The sales person behind the register looks about twelve years old, although I think she's older. I spot a gray haired woman standing beside a rack and scan above her chest area for a store name tag. I approach her; my eyes riveted on a yellow fabric tape measure draped around her neck. I am, by this time, bra-struck.

"Excuse me, do you know how to measure and fit bras?" I ask.

"It's my job." Margaret dangles one end of the tape measure in my face.

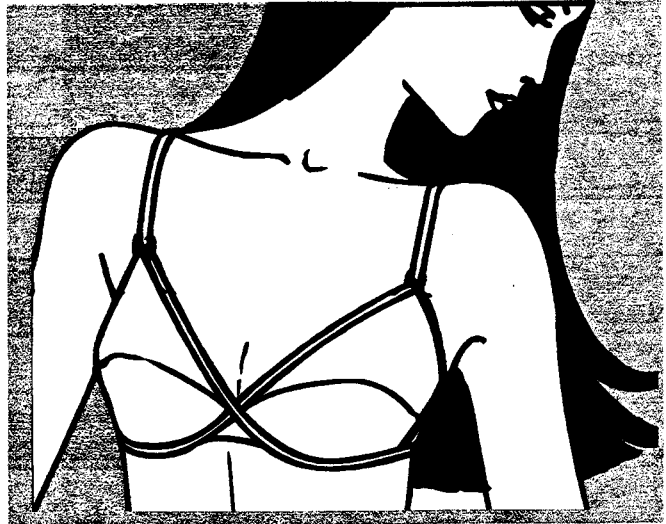
"Thank God." A sigh of relief and I follow her into the dressing room.

"What size do you have on?" She asks, measuring around my chest exactly the way Oprah's bra angel said we should.

I'm wearing an under wire, its band is riding up around my shoulder blades; a pitiful sight.

"This is too big, look." She snaps the band in back.

I shrug at us in the mirror; it's not Olga's fault she can't contain me. I walk with Margaret through a maze of bra racks, my fingers feeling cups along our way, too thin, too padded, a maybe this one and that. Surrounded by too many choices, I face the most important decision of my morning. I try on several brands and styles, settling on a single new style because I still plan to wear one style for every function instead of five different ones. I buy assorted colors and as many as I can find in my new



perfect fit: 36C.

My astrologer browses a sale rack, she holds three or four lacy ones in rich wine and slate blue colors. She doesn't bother to try them on; they're marked down to bargain prices of \$5 and \$6. She'll try them on at home for her de facto husband. "He'll love it," she laughs. When we leave Macy's, I depart as a card-carrying member of the store's Bra Club. My eyes lift toward San Francisco's foggy heaven, I give thanks to the universe, the bra angel, and to being Oprah-ed.



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joining the family of longevity circuit web pages. Elephant Tech provides graphics, technical writing and other web related needs. Check it out. Other pages are:

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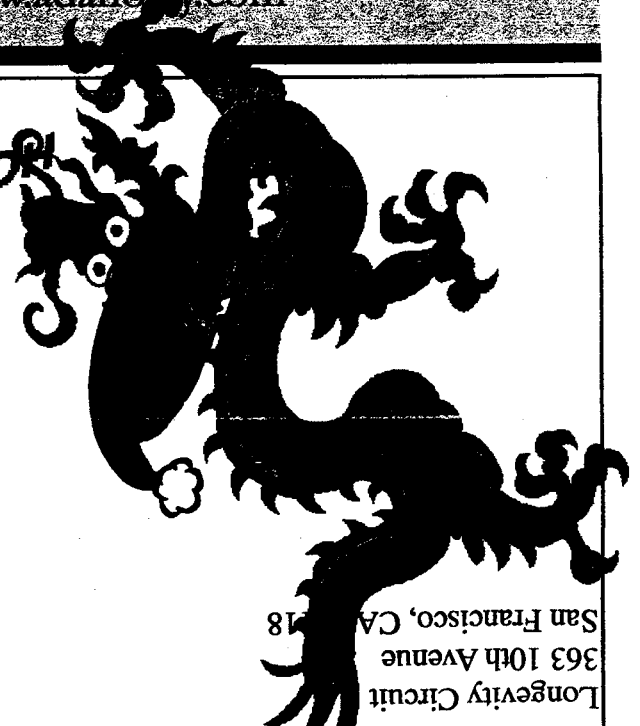
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HO-HO-HOI HAPPY HOLIDAYS!



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