

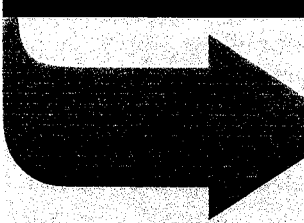
LONGEVITY CIRCUIT

Perpetuating techniques which contribute to a longevity lifestyle.

VOL. 13 • No. 1

Summer, 2001

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Many thanks to
Paul Zakian

Paul is archiving all the Adano Ley tapes by putting them on CDs. He is also in the laborious process of transcribing the tapes. If you have any Adano tapes you would like put on CD Paul says he will be glad to do so for you, but please send a copy of your tape for safety purposes as the US mail is not always reliable. He'll send you back your copy.

Also, if the technology gods (and the masters) allow it, look for Adano Ley on-line video clips at www.adanoley.com.

Publisher/Editor
Virginia Cornell
Editorial Assistant/
Web Master
Paul Zakian
Contributors
Adano C. Ley
Beti Monk

It's nearly impossible to believe, given who I am, that this marks the beginning of the 13th year of Longevity Circuit, but it's true. So I wanted to do something special that would celebrate the occasion. I started the newsletter with Jupiter, the planet of publishing and good luck (among other things) conjoining my Mars, the planet of action—as it does every 12 years. And now Jupiter will again meet Mars in July as it makes its entrance into Cancer. Jupiter conjunct Mars is considered to be one of the best transits for a successful beginning of a project. It's worth taking a look at your chart to see when this energy is applied to you and time new events accordingly. Anyway, at the suggestion of a friend I started writing as a service to my clients and now here we are around the circle once again and where do we go from here?

Being clueless in San Francisco, I decided to surrender the decision to "The Great Director in the Sky" which in turn led me to the book, Autobiography of a Yogi by Paramahansa Yogananda. Yogananda was the teacher of my teacher, Adano Ley. So I consider his teachings to be fundamental. There is a chapter in his book called, "Outwitting the Stars" which to me is the last word about Astrology. I recommend to all who are dedicated to spiritual growth and who are interested in astrology to read this chapter. It is excellent! Here are some of the excerpts.

"It is never a question of *belief*; the only scientific attitude one can take on any subject is whether it is true. The law of gravitation worked as efficiently before Newton as after him. The cosmos would be fairly chaotic if its laws could not operate without the sanction of human belief."

"All parts of creation are linked together and interchange their influences. The balanced rhythm of the universe is rooted in reciprocity... So long as man struggles with his mortality, he is affected by the myriad mutations of heaven and earth."

"Astrology is the study of man's response to planetary stimuli. The stars have no conscious benevolence or animosity; they merely send forth positive and negative radiations. Of themselves, these do not help or harm humanity, but offer a lawful channel for the outward operation of cause-effect equilibriums which each man has set into motion in the past."

A child is born on that day and at that hour when the celestial rays are in mathematical harmony with his individual karma... meant to arouse man's will to escape from his universal thralldom. What he has done, he can undo... He

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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:

Virginia Cornell
363 10th Avenue
San Francisco, CA 94118

For any inquiries, suggestions or contributions also call

(415) 221-1005

e-mail: ginger@lcircuit.com
ginger@longevitycircuit.com

Fax: (415) 933-7897

Web: www.longevitycircuit.com

www.lcircuit.com

www.longevitycircuit.com

www.adanoley.com

calendar

I'm sending this newsletter out early so I can tell you about the Summer Solstice eclipse. It occurs shortly after the Sun goes into Cancer on June 21st marking the beginning of shorter days and longer nights in the Northern Hemisphere, so it occurs at 0° Cancer. Since these two events are occurring simultaneously both are increased in intensity.

An eclipse marks a period of concentrated energy. Wherever the eclipse occurs in your chart is an area that comes into focus and needs attention, transformation or growth. When we have a solstice, meaning the sun stops, we experience a new trend changing from expansion (longer days, more light) to contraction (shorter days, less light) from the outward to the inward, male to female. Both events take place in Cancer and in fact, Cancer energy is watery, negative or feminine, ruling the nurturing mother, home and family roots. (Gemini, the constellation before, is airy, positive or masculine, intellectual.) So the shift is into sustenance and in fact, in agricultural language, crops are maturing, the larder is being refilled and the body is being fed. In modern times this is not so apparent what with canned foods, frozen foods, not to mention foods being flown in from all over the world! So in our time, nurturing might mean something more psychological or spiritual.

The planet that rules Cancer is the Moon, one of the symbols for the

soul. According to Adano Ley, "CONSCIOUSNESS PLUS ENERGY = SOUL. Using that as the central principle, what strategies might we use to give extra growth to the soul? Some ideas I might have would be increasing our energy through right nutrition, exercise and adequate rest; increasing our openness to consciousness by meditation and contemplation. But you may have ideas of your own and making the commitment to prioritize these themes in the weeks prior to the eclipse will enhance the availability of the positive feedback from both events especially since Jupiter is closely linked to the eclipse.

Since eclipses come in 19 year cycles, called the Saros cycle, you could research what happened to you in June, 1982. If you have a planet at 0° you will most definitely remember something that happened that month. If not then you will remember a trend that began around that time. What further work is necessary, needing your care and attention and bringing about your own further soul growth?

Another interesting phenomenon this quarter centers around Mars. Approximately every 2 years Mars takes a backward stroll, a fact which occurred on May 11th and will last until July 19th. This is taking place in Sagittarius and may partially account for the change in political mood in the US Senate since Sagittarius energy focuses on philosophies and world views.

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Astrology

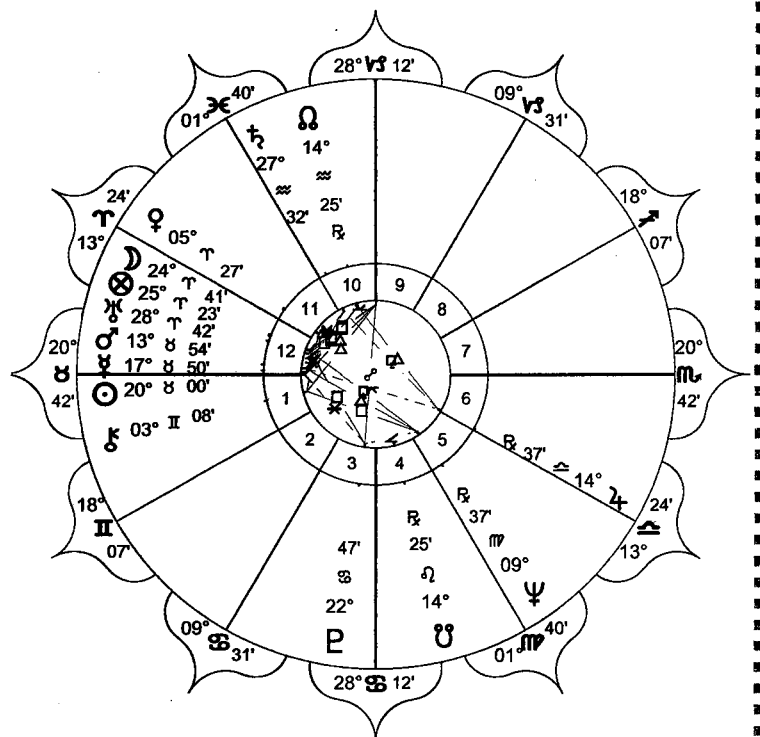
As you no doubt remember, the presidential election was held during a Mercury Retrograde the trickster energy from which may be said to have caused all the voting ruckus, especially in Florida. Now true to form, that same quixotic energy may still be felt in the changing political scene in Washington due to the party switch from Republican to Independent by Jim Jeffords.

The following information is from his website: Born in Rutland, Vermont, on May 11, 1934, James Merrill Jeffords is the son of... a former Chief Justice of the Vermont Supreme Court. His father's family settled in northwestern Vermont in 1794. After attending public schools in Rutland, Jeffords received his undergraduate degree from Yale University in 1956 and his law degree from Harvard Law School in 1962. Jeffords served active duty with the U.S. Navy from 1956 to 1959, and retired from the U.S. Naval Reserve as a Captain in 1990. He is married to Elizabeth Daley and has two children." Jeffords is a black belt in Tae Kwon Do and enjoys cross country and downhill skiing; he also a member of the Singing Senators. Jeffords is a Congregationist.

Pretty predictable stuff for a Taurean: steadfast, conservative, old family, musical talent, dependable and stalwart. Besides the Sun, he also has Mercury and

Mars in Taurus: slow and plodding thinker, slow to anger, but when done, the bull charges and big changes occur: in this case the balance of power from Republican to Democratic in the Senate, affecting all the politicians. Taureans are usually loyal to a fault, so it takes big hurts to make them defect. But where does this act of rebellion come from in a man whose family has been Republican for at least 3 generations? He has his Moon in Aries, the fighter, the promotor, the pioneer (and remember he has a Black Belt in a martial art) closely associated with Uranus, the humanitarian, the rebel, the environmentalist. The Moon conjunct Uranus also indicates possibility of genius and Jeffords has used it, to position himself to chair the important environmental committee. So the tendencies for change were there, all that was needed was Uranus to transit his Moon, and Pluto to form a Yod with his natal Jupiter and Mars in the same degree as his Node. All very fated. The time was now, fulfilling the expectation of the November Mercury Retrograde. How does this aspect Bush? It brings his Saturn aspects into focus: he will be facing formidable obstacles to accomplish his agenda. In the chart of the USA, Uranus is conjuncting the Ascendant and Saturn moving into the 4th house, accounting for an unexpected shift in awareness together with trouble at home.

Celebrity Horoscope



JAMES JEFFORDS, SENATOR FROM VERMONT

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 butterfly-hood." The 5 basic principles are:

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

KIWI FRUIT

The issue of the right time to eat kiwi comes up from time to time in solar nutrition classes because many people are growing it now. Yes kiwi IS a vine, but needs to grow on a permanent trellis. The rule for morning fruits is that they must grow up 4 ft from the ground which accounts for kiwi being a morning fruit.

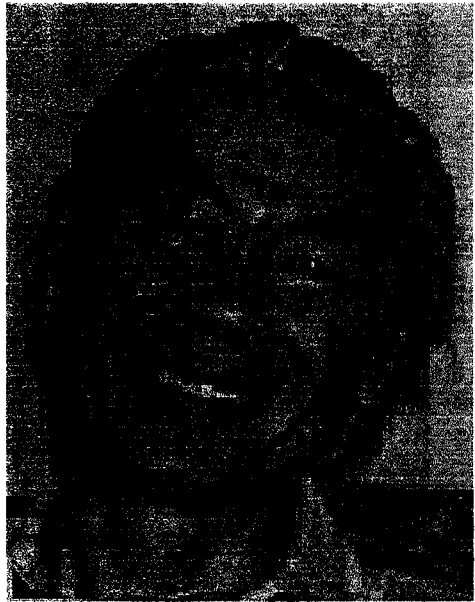
Kiwi is an exotic and tasty fruit that is quickly catching on in the United States, although it is far from a new discovery. Two types of Kiwi fruit are known: *Actinidia arguta* and *Actinidia chinensis*, the latter of which are the fruits sold in the markets and grown in warmer areas, such as California and Australia. *Actinidia arguta* is known as bower actinidia, tara vine, and yangtao, and is definitely not a new landscape plant. The cut portions of the fruit in this variety resemble those of *A. chinensis*, but are about the size of, or slightly larger than, strawberries. *A. arguta* is a good vine to grow and has long been recommended for planting as an ornamental vine. Growing kiwifruit is no simple task. It takes from three to five years for a newly planted vine to bear fruit. The vines must be regularly pruned to allow

sufficient light to reach the fruit. The vines must also be supported with permanent trellises

A. arguta fruit is considerably smaller than that of *A. chinensis* - *A. arguta* fruits are about 1 1/4 inches long, 3/4 inches diameter, have a circumference of about 2 1/2 inches. A pound would contain about 57 fruits. A typical kiwi fruit found in a grocery store is about 2 5/8 inches long, 2 1/8 inches wide, 6 1/4 inches in circumference, and weighs 4 ounces. Therefore, fruits of *A. arguta* are about 1/15 the weight of a typical kiwi fruit (*A. chinensis*). The skin on *A. arguta* is smooth so they should not have to be peeled.

Kiwi is a relatively convenient to grow, its plants can be propagated by seeds or cuttings. Today, more and more seed catalogs and nurseries are promoting this hardy kiwi as a "new exotic fruit that has 20 times more vitamin C than citrus fruit, and will produce up to 100 pounds of fruit per vine". And in 1987, Kiwi cultivation was made easier by a named cultivar introduced by Stark Brothers Nurseries: 'Issa'. This variety is self-fruitful, making only a single plant necessary for fruit production.

WHO IS ADANO LEY?



"... That's what Carl Jung calls synchronicity, you got to synchronize with your environment and if you don't synchronize with it, you are out of time with it and therefore you are gonna feel hurt, you're gonna feel upset, you're gonna bring on more problems in yourself. If you synchronize with it then you flow in the time cycle with it then you learn to pace your energy, you don't squander your energy. Now they always ask the question, "How come we work so hard and looked so fresh, they work so little and look so tired, where you get your energy?" I don't have any energy because I don't own no energy. I only know one simple law, that energy is determined by my mechanism's ability to accept the flow of it according to its own timecycle. So I pace my body to the time cycle, I learn to relax the body to accept the time cycle to allow the energy to flow without being interrupted. The body physically if it is exhausted, that's out of time cycle, it will produce lactic acid and the lactic acid will make the body dry up and burn. If I pace my body and I don't get uptight and tired or force myself into that strenuous heat, then the body will start a recycling and will start flushing its own cells

then it will clean out the lactic acid. So it's a matter of adjusting. Meditation is a form of pacing your energy, it's a form of conservation of your energy..."

POETRY

What hoopla!
Such bally hoo!
Hail the millenium!
This brand new
age dawning!
Yet already
The new dawn
is aging!
The media
The hype
The tripe
The political gripe
ill flavored
not eagerly
savored
like a triple flavored
ripple
from dairy queen!
What an eager pace!
For just a look
at that brand new book
called new age
yet should a page
or more than a page
of this balderdash
fall into the trash,
it would be such grace!

Thanks Beti'

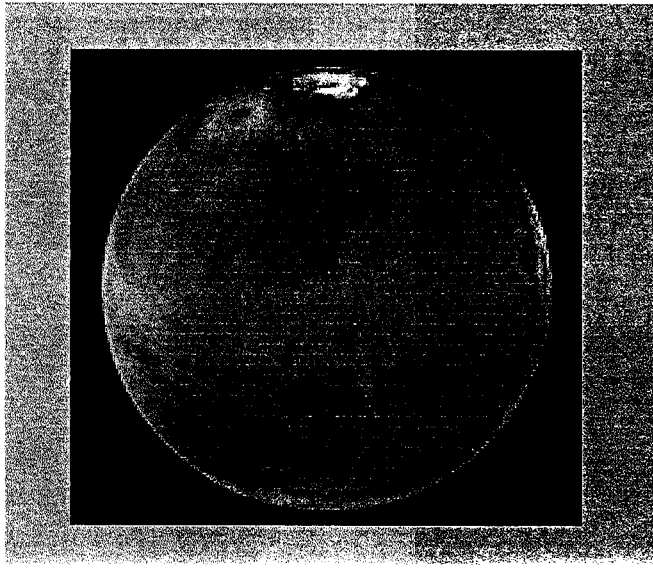
YOGANANDA, cont.

can overcome any limitation...because he has spiritual resources which are not subject to planetary pressure... The more man realizes his unity with Spirit, the less he can be dominated by matter."

"Man is a soul, and has a body. When he properly places his sense of identity, he leaves behind all compulsive patterns."

"By a number of means—by prayer, by will power, by yoga meditation, by consultation with saints, by use of astrological bangles—the adverse effects of past wrongs can be minimized or nullified."

Yoganda: "Occasionally I told astrologers to select my worst periods, according to planetary indications, and I would still accomplish whatever task I set myself. It is true that my success at such times has been accompanied by extraordinary difficulties...I came to understand that the very heavens seek to arouse man's determination to be free from every limitation.



The red planet, Mars, showing a polar ice cap.

CALENDAR, Cont.

What is particularly interesting about this retrograde Mars is its proximity to our planet, being the closest since 1988 and possibly adding to its intensity. You will actually be able to see Mars appearing like a red star low on the horizon and with the aid of a small telescope you could also even see its polar icecaps. However, Mars will be the closest in 6000 years in August of 2003. A retrograde Mars usually calls for retracing one's steps, repeating an action already done. Or, you might find yourself acting prematurely, having low energy or needing work on your car...that is if Mars makes adverse transits in your chart. Oth-

erwise, look to the house it is in for what needs to be gone over again. Mars joins Uranus, Neptune and Pluto which are already retrograde, slowing things down and giving us time to regroup and reevaluate. Mercury will also be retrograding on June 4th until June 28th in Gemini, opposing the retrograde Mars, may be being the cause for retracing one's steps due to hasty action without all the info needed. Energies will also be scattered, and it's not a good time to think on your feet. In other words you could say, at least until the end of July stay focussed in the moment and don't attach to expectations.

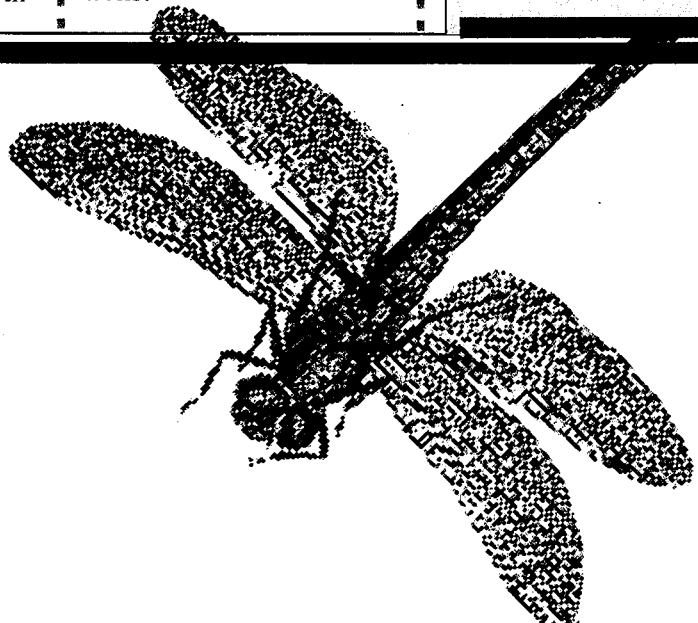
BRAIN FOOD

As some of you may know, I've been studying painting and drawing and have now assembled a body of work to show. Consequently I will be participating in the annual San Francisco Open Studios in October and have revamped my web site to reflect my not-so-new interest in art. Please check it out at:

www.lcircuit.com

Thanks for your interest!

Everywhere in the world people elicit 6 basic facial expressions: surprise, anger, happiness, fear, sadness and disgust. But there is not one for love. It is believed that love is so complex an emotion that expressing it facially requires combinations of expressions, perhaps because what we consider love really isn't. How many have witnessed the spiritual love of a Teacher? It seems to me that that expression from the eyes could be called the universal look of love.



FIRST CLASS

Longevity Circuit
363 10th Avenue
San Francisco, CA 94118

Longevity Circuit