

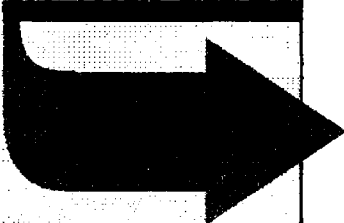
LONGEVITY CIRCUIT

Perpetuating techniques which contribute to a longevity lifestyle.

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NEWS ALERT!

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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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MONEY

“Money is the root of all evil.”

“Filthy lucre.”

“Money burns a whole in my pocket.”

“A fool and his money are soon parted.”

Money is something we all have a personal experience with, except maybe Elizabeth, the Queen of England whose purse is never dirtied with a coin. For the rest of us, however, we have much to say about this subject, no matter who we are. And what we have to say about it largely is described by our personal astrological chart. Even the chart of the birth of the United States describes a materialistic society known for its riches: the Moon (the public) conjoins Venus (money) and Jupiter (good fortune) in the God House (9th of religion). Money is our god and we're proud of it! It is no wonder that the U.S. is considered to be the land where the streets are paved in gold. Since all of our inhabitants save the original Amerinds descend from countries outside of the U.S. there is in my mind no doubt that those of us reincarnating here are working out money issues of one sort or another.

So now you know: Venus rules money and there again we see how wise were the ancient writers of the Zodiac. We think of Venus as love, beauty, woman, and art, if we look at Venus in a could say this planetary personal resources and value. Now Venus as sense. More positively, Jupiter combo in the mean we are a very for-so many resources available that allows for rected toward a mean- Hence we are inhabited from around the world whose philosophical viewpoints and intelligence add to the resources of an already rich land. Idealistic? Yes, but only partly. Consider Maslov's 'Hierarchy of Needs-' all basic life needs must be met before one can 'need' God.

Don't go around saying the world owes you a living. The world owes you nothing. It was here first. —
Mark Twain

but money? Perhaps broader way we symbol defines our identifies what we money makes more the Venus/Moon/ U.S. chart could tunate land to have able for use by its energy to be di- ingful world view. by ethnic cultures

On the personal chart level Venus can easily mean love AND money. All too often children are loved conditionally and good behavior is rewarded with money. Love is quid pro quo and the child quickly learns! Then as an adult the spouse must show his/her love with gifts and the cycle is repeated. Where Venus is located in your chart will begin the story. For example, if Venus is in the first house of self, then one can expect to see some narcissism. W. Bush has Venus in his 1st house so we shouldn't be surprised that he took a month's vacation: that's what he values. And we wouldn't complain if it weren't for the fact that he's our president and presidents are a 10th house matter of working hard and caring what the public thinks! If Venus is in the 4th house, you'd probably value your home or



FALL CALENDAR

SEPTEMBER 22nd - The autumnal equinox—when the Sun shines directly on the Equator causing days and nights to be equal. At this time, Venus has just entered Virgo, and only Uranus and Neptune are retrograde. These are transpersonal planets which contribute enlightened information and vision, respectively. In retrograde they are currently “underground” so to speak hopefully preparing a fertile ground from which their gifts can spring.

26th- Saturn turns retrograde at 14° Gemini returning to 8° in February before turning forward again. Saturn is the business planet and rules the bear market; is cold and pessimistic. A backward motion could indicate that the economy will stop its downturn trend especially if it had been based on negative attitudes as many experts say. Saturn is currently in the U.S. chart's 4th house and could continue to bring down real estate values.

OCTOBER 1st- Mercury turns retrograde at 12:23 pm pdt on the last degree of Libra, going back to 14° on the 22nd when it turns direct again. Not everyone feels adverse effects from Mercury's turn around, but it doesn't hurt to check details in written and spoken communications and travel.

2nd- For those of us in the West, we'll have a blue moon this month which means 2 full moons in one month. The first occurs today in Aries, traditionally called the Harvest Moon since it was often necessary to work all night long to bring in the fall crops before the first frost. (Boy have times changed!) The second full moon is on Halloween night. Ooo-eee them witches and goblins are goin' to be out for sure!

15th- Venus moves into Libra the sign of harmony and balance, a good time to patch up hurt feelings.

17th- Neptune turns direct at 6° Aquarius-- a very visionary position for Neptune who shows us how innocuous borders are. There is such potential from Neptune now in terms of helping us improve how we relate to other people, especially indigents and tribal cultures.

22nd- Mercury goes direct at 5:23 pm pdt.

27th- Mars enters Aquarius. Previously in Capricorn, Mars was slow and plodding, even oppressive, but in Aquarius there is a lightness not felt before. Attempt to stay focussed; there is some danger of accident proneness with this position.

28th- Daylight savings time ends. This is good news for Solar Nutritionists as the clock will be back on biological time for another 6 months.

30th- Uranus begins a forward motion again opening up innovative and individualized attitudes.

31st- Boo! Full moon in Taurus.

NOVEMBER - 2nd- Now it's Jupiter's turn to turn backward. Remember that retrograde motion isn't bad. It's a good time for review as we look back at what we've done so far and evaluate that progress. Jupiter is optimistic, sometimes a bit over the top and needs to slow down so as not to overlook necessary requirements to the success of a venture.

7th- Mercury finally makes it into Scorpio, having spent longer than usual in Libra. Scorpio brings depth and penetration to one's communications and thinking, but can also go for the jugular.

8th- Venus joins Mercury in Scorpio: intense sexual conversations, anyone?

21st- Sun enters Sagittarius at 10:01 PM pst, and in the East at 1:01 am on the 22nd: Thanksgiving Day.

26th- Mercury moves into Sag: wagging tongues will talk!

30th- BOO! Full Moon in Gemini.

DECEMBER - 2nd- Venus enters Sagittarius; this is a fun loving, adventuresome Venus- good for the holidays.

8th- Mars goes into Pisces. Remember water may be transparent but it also creates illusions. Mars' actions can be stifled, or slowed down by Pisces: think molasses!

14th- Solar Eclipse at 22°Sag at 12:47 pm pst.

21st- Winter Solstice; Sun enters Capricorn. Look for the next issue of LC!

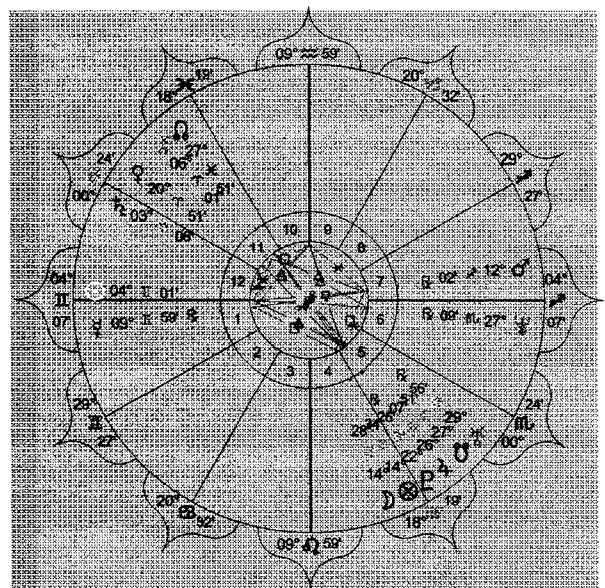
Celebrity Horoscope

ANNE HECHÉ

This morning's Yahoo news had an article about Anne Heche and her admission in an upcoming interview on TV of a split personality. What better fodder for an astrologer! It shouldn't come as any surprise that Anne is a Gemini. (see her chart below) since this air sign is well known as the dual sign and often admits of some kind of craziness (as labeled by society). What is actually happening is that Gemini has a better than most ability to access both sides of the brain and can switch from side to side. On the positive this trait would indicate that “the twins” can develop both the masculine and feminine sides of their nature. For instance, ambidexterity is a Gemini gift, which Da Vinci used in such a creative way. It also signifies bi-sexuality and schizophrenia if the early childhood traumas force such use.

According to Heche, she had such abuses in her early childhood being both sexually abused by her father and religiously abused by her enabling mother. Where do you go when there is no help from either parent while you're growing up? Survivors will find a way and the Gemini way is to split off from reality and make up something that IS tolerable. So Heche says she became Celestia, spoke a special language that only she and God could understand and eventually fell in love with Ellen DeGeneres! And now she has just married a man and has written an autobiography and says she is completely recovered from her mental illness. Heche is an excellent example of the full scope of Gemini capabilities.

In the solar chart below (we don't have her birth time) we find Heche has the Moon in Virgo along with 3 planets and the South Node. Virgo and Gemini are both ruled by Mercury adding to the duality of this chart. A Virgo Moon very often signifies a hard to please mother, who looking for perfection, constantly criticizes. Since the Moon makes a square to Mars, indicating anger and even violence, this could actually also indicate her father since a Virgo Moon is the virgin and Heche says she was abused until age 12, perhaps the onset of her menses. The Gemini Sun also opposes Neptune, the sign of alcoholism, avoidance, denial and weakness. Then the Sun would indicate her perfectionist mother who loved Jesus (perhaps as an escape mechanism). Well, that fits! The Moon is in adverse relationship to the Sun indicating parents that never should have married. Luckily, or as Fate would have it (Karma?) the other 3 planets in Virgo- Pluto, Jupiter and Uranus- make a midpoint that indicates huge successes.



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 developed by Swami Nityananda Saraswati, who said, "Eat your way to butterflyhood."

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

For the food list, visit

www.lentent.com/foodlist.htm

Community Supported Agriculture

Here's a great idea: join an organic food coop! Paul and I recently read an article in *Saveur Magazine* that got us interested. So we found a farm in our area and once a week we receive at our door a half bushel of freshly picked organic locally grown food. One of the many big pluses for us is that we get to try food we would never select on our own: lemon cucumbers and Asain pears are two of our new favorites. But the real plus is that we help the farm by supporting them financially while they support us with really good nutritious food that has no wax, oil and other disgusting things added to prolong shelf-life. We're all happy. *Saveur* recommends that to get more information on community supported agriculture and to locate a CSA farm near you, contact the Robyn Van En Center for CSA Resources at the Wilson College for Sustainable Living. Call 717/261-2880 or www.csacenter.org. They mention another great resource for CSA information at www.localharvest.org which apparently lists hundreds of CSAs and tips for connecting with local farmers across the country.

Flower Butter

About 18 nasturtium flowers or about 10 chive blossoms

4 nasturtium leaves or a few springs parsley.

8 oz clarified butter (ghee) at room temperature.

Remove petals from base of nasturtium or chive blossoms. If using chive blossoms, select only those that have just opened. Blossoms that are too mature can be papery and tough. Wash petals and leaves well; examine for bugs. Gently pat dry with paper towel or dry in salad spinner. Using very sharp knife, mince flowers and leaves. Cut butter into 6 or 8 pieces and mash with fork to soften. When fairly soft, slowly incorporate minced flowers and leaves. If serving over poultry or vegetables, place spoonfuls of flower butter on top just before serving. Makes 1 cup.

Thanks Phyllis Wurscher!



ADANO LEY SPEAKS

A flower is not a petal and no one petal is a flower. A flower is a composition of many petals. Yet which petal smells more sweet than the other? You take them apart and smell

them. Is one petal sweeter than the other? It's not. Yet they all draw fragrance from the one Scent. Equally true all Masters, meaning all expressions of creation that are here, you, I, and everyone has gone on or to come, are in the process of giving off this fragrance. Now the fragrance of a flower is not perceived when it's closed up like a bud doing nothing. It's best perceived or experienced when the bud is opened up and blooming, doing some action, then there is fragrance. Do we see now why Seva or devotional service is the highest expression of God because there the fragrance is, there the living experience is? So in the initiate life, the highest Spirituality is the tangible experience of living moment to moment, not the illusionary spirituality that one craves to be in some remote region possessing all the knowledge of the world in mathematical detail and not knowing what to do with it and not knowing if he's more confused or she's more confused with it. Yet if you can live moment to moment immersed in the joyous action of devotional service feeling the radiant presence around you in all activities and you're getting through life by the skin of your nose and you're making it by photofinish and it's very hair raising and razor like when you walk that way, then you are on the spiritual path.

The spiritual path is not a path of agony and tribulation, it is the delicate ballerina dance on the razor. It is the art of doing a pirouette on a razor blade. That's what the spiritual life is. If you can do a pirouette on a razor blade you're pretty good. That's why they say the path of the Masters is like the razor's edge.

Truth is one-- the paths are many. It's like a big wheel, there are many spokes, these are the paths. Each end of the spoke is anchored into the rim and the hub. One end is anchored into the rim and one end is anchored into the hub and it makes the wheel. The spoke is that particular path you accept or particular connection you accept. The rim is birth and death. The hub is your ideal or your destination, but, you know, a wheel is absolutely useless without the axle, yet the axle is not part of the wheel and yet the axle is necessary for the wheel. They may be made of the same substance but there is no way that the axle is gonna be connected to the wheel. The only way that wheel can be of any service by contact with that axle is a little grease and that grease is called Love. Otherwise there is friction and heat and it'll grind up and it'll stick and it won't turn. So love makes the world go 'round.

Thanks, Adano!

Continued from page 1

benefit from real estate. Venus in the 8th would indicate inheritances, in the 12th, karmic debt being repaid. I have a friend who told me that people are constantly betting him a "million bucks" and he always wins, but never collects! He says he's going to be mighty rich in the next life! (Or he may have lots of animals like male deer....) Actually every house in the birth chart can be a money house. It all depends on how you earn your living.

Another thing to consider is what other planets relate to your Venus. George W.'s makes sextiles to Uranus and the North Node and another to Jupiter bringing him good fortune and the unexpected windfall or two or seven and the opportunity to find his potential in terms of success and

failure. It might indicate his presidency was bought, but will it satisfy him? Say your Venus is connected to Saturn: then you might expect delays in achieving financial success, or you might be miserly and hoard your money or you might have a wise attitude toward material things. Venus and Mercury could identify the easy come, easy go experience with money; Venus and Pluto, inherited money or money you didn't earn yourself. (George W. has Venus next to Pluto.)

A third indicator is the sign on the cusp of the 2nd house, the so-called money or Taurus house. Bush has Leo on the cusp indicating that his ego is wrapped up in money: the more money, the greater the ego and if money goes away the life force also goes. Leo's are big spenders so long as other's can see, so of course Bush's first move was to give everyone a tax

refund! Scorpio on the 2nd house cusp tells of the Plutocrat; Gemini indicates the attitude that money is a medium of exchange or a computer is more valuable than the greenbacks; Cancer here indicates money is emotional security.

However no matter where your money interests lie, remember the wise words of Swami Nityananda:

"Lord Health before Lord Dollar."



JUST STUFF

Everyone is invited to come to my
OPEN STUDIO
on
October 13-14 at
363 10th Avenue
here in San Francisco.

SF Open Studio is San Francisco's largest free visual arts event. Each weekend during the month of October, local artists will open their studios to the public. Now in its 26th year, Open Studios provides art lovers—from the novice collector to the aficionado—with the opportunity to meet artists, browse through their studios and purchase original artwork.

Astronomer Alert! A giant space rock has entered the record books as the largest known asteroid. Larger than Ceres, it circles the Sun near Pluto. This puts more stress on Pluto to remain classified as a planet. As a member of the Kuiper Belt, it must be given a mythological name associated with creation.

FIRST CLASS

Longevity Circuit
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