

# Longevity Circuit

Perpetuating techniques which contribute to a longevity life-style.

Longevity Circuit

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"In 50 years we'll all go to sleep like Rip Van Winkle, and when we awake and return to the cities, we'll find they are run by the nine-years young."  
Adano Ley prediction, 1976

## PLEASE NOTE

Paul and I have been away for over a month. By the time you get this newsletter we will be on our way home. If you've been trying to reach me, I'll be available on December 27th.

*"The mediocre man is always at his best."*

Charles Lloyd  
Jazz musician

**Have you visited our web sites?**

[www.lcircuit.com](http://www.lcircuit.com)

[www.adanoley.com](http://www.adanoley.com)

[www.elephanttech.com](http://www.elephanttech.com)

[www.aaartdirect.com](http://www.aaartdirect.com)

[www.thescienceofthesoul.com](http://www.thescienceofthesoul.com)

## ODD and ENDS

To wind up the year I thought it might be fun to write a potpourri of items that aren't long enough to fill a single issue. Some of the things that have intrigued me are looking at an oft repeated prediction of Adano Ley, creativity, and identifying what I do.

One of the pressing thoughts I've had this year concerns a prediction that my teacher, Adano Ley, often iterated. He said, "In 50 years we'll all go to sleep like Rip Van Winkle and when we awake and return to the cities we will find they are run by the nine-years young." He began saying this in the late 70's and by the early 80's had changed the time frame to 25 years, rather than 50. So we are there now! Recently, I reread the saga of Rip Van Winkle which was written by Washington Irving around the time of the War for Independence from England. Rip, in case you haven't read the story in a while, was a slothful, unhappy, henpecked fellow who managed to avoid any kind of productive work. One of his favorite pastimes was to walk with his dog into the woods. On this occasion he somehow ends up on one of the highest peaks in the Catskill mountains. There he encounters the strange old man with the keg of liquor who beckons Rip to follow him to the place where his cohorts are playing ninepins. After much drinking, Rip falls into a deep sleep.

Some scholars believe that Irving meant for Rip to represent those who resist change. They fall asleep, ( in RVW's case he slept for 20 years) but at some point must wake up to the shock of change, never fully integrating themselves into the new society. When Rip woke up he found an independent country holding elections. Shocking indeed! So I've been asking myself. Whose asleep and how. If we want clues from Irving, then we could say we think we are above it all, drunk with avoidance and denial, diehard traditionalists. Many have managed to isolate themselves: look at our suburbs with gated communities and masses of McMansions. One can go from an air-conditioned house to an air conditioned car to an air-conditioned office or mall without ever meeting a neighbor.

And, who are the "9 years-young?" Nine year olds are alert, intelligent, energetic, prepubescent and therefore still cute, but also amoral and egocentric. In astrology, responsibility for moral action doesn't come until around the 13th-15th year and is notated by Saturn opposing Saturn. It's at this point that the Catholic church has catechism, the Episcopalians have confirmation, and the Jews have bar and bas mitsvahs. One becomes

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# WINTER CALENDAR

It's been a very emotional year for a lot of us and it seems to have intensified in the last 6 weeks or so. No doubt this is partly due to the action of the Moon which this year has reached its highest declination in 18 years. In Astrology it is called being Out-of-Bounds and (since 2005 and into 2007) can cause big emotional swings. We will experience the most dramatic extreme on December 20th, coinciding with the Winter Solstice which could cause strong weather or geological patterns.

Another factor for emotional upheavals is the planetary weightedness in Scorpio, the most emotional constellation of them all. This will change when all the planets move into Sagittarius for the holidays, helping to lighten up the emotional load. Another interesting phenomenon is that the planet Pluto, controversial as he may be, is currently conjuncting the Galactic Center of the Milky Way Galaxy. The Galactic center is like the magnetic Sun of our Sun in the solar system which astronomers have identified as possibly being a black hole with a mass millions of times that of the Sun. But unlike the mundane Sun of our Solar System, the GC is thought to govern our energies on a higher level, indicating our higher purpose and service for mankind. Those of us who wear the Adano bracelets already know that they are focussed on this energy.

The center of our Milky Way Galaxy cannot be seen in visible light because it is hidden behind a thick veil of dust and gas. In order to study the center of our Galaxy, astronomers have turned to other kinds of light, like gamma-rays, X-rays, infrared, and radio. Go to <http://rsd-www.nrl.navy.mil/7213/lazio/GC/> to see a marvelous map of the Galactic Center that was produced by the Naval Research Laboratory.

Perhaps Pluto has become so controversial due to this conjoining of energies. Located at 26° Sagittarius, the GC is probably the second strongest spot in any astrology chart, following the Sun, being a great source of energy, motivation, and aspiration, based on observations from other astrologers. Historically, the liberation of the U.S. from England took place when we experienced the last conjunction. In the Chart of the United States, the

natal Sun is in the same degree as the Galactic Center but in Libra. It is currently being sextiled by this powerful position of Pluto. We have already experienced some big changes in our governmental system and more remains to be seen. On a more mundane level, some astrologers have found increased stock market and financial activity during a planet aspect to the GC.

By January, 2007, only Saturn is retrograde and remains so throughout this quarter. There will be a retrograde Mercury beginning on Feb. 14 at 10° Pisces and ending on March 8<sup>th</sup> at 25° Aquarius.

Here's the update on the new planet from the International Astronomical Union. The name Eris has been chosen for the dwarf planet provisionally named Xena (2003 UB 313), and Dysnomia for its moon. Eris, pronounced ee'-ris, is currently located at 4° Aries and is the second dwarf planet in a sub category of objects of which Pluto is the prototype. Eris is the Greek goddess of discord and strife. She stirs up jealousy and envy to cause fighting and anger among men. At the wedding of Peleus and Thetis, the parents of the Greek hero Achilles, all the gods with the exception of Eris were invited. Enraged at her exclusion, she spitefully caused a quarrel among the goddesses that led to the Trojan war. Eris' moon, has been named Dysnomia, pronounced dis-NOH-mee-uh according to the Merriam-Webster Unabridged Dictionary. Dysnomia is the Daimon spirit of lawlessness. She is the daughter of Eris, goddess of chaos and strife, and the counterpart to Eunomia who puts an end to the anger of grievous strife. The names were proposed by Mike Brown (Caltech, USA) on behalf of the discovery team and were accepted unanimously by the members of the WGPSN. **Could it have been otherwise!!!**

For those who would like a copy of the list of solar nutrition foods, please visit

<http://www.lcircuit.com/foodlist.htm>

## LONGEVITY CIRCUIT

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

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## Odd and Ends, continued

beholden before God. Childhood in that sense is gone. The concept of the 9 years- young is also very Aquarian. Aquarius as a pure energy holds no emotional attraction. There is no moral code in Aquarius, and no attachment. The mind rules as does intuition and enlightenment. Fortunately Aquarians are interested in the environment and humanity, unlike the typical 9 year old. Certainly we have all read dozens of newsworthy items that perfectly describe the "9 years- young." This is where Irving's story and Adano's prediction differ, for Rip returned to a city run by responsible and moral individuals.

And what does it mean to return to the 'cities?'" Actually a city is any grouping of houses and people, and in Rip's case he returned to his own home. Is it possible that Adano knew that 'cities' sounds like 'siddhis' which are man's extrasensory potential abilities. So waking up could mean realizing one's potential and extraordinary abilities, or it could mean reconnecting with what's going on. Here's what Rip himself says when he returns to his town and is questioned by the townsfolk. "God knows, I'm not myself--I'm somebody else--that's me yonder--no--that's somebody else, got into my shoes--I was myself last night but I fell asleep on the mountain, and they've changed my gun, and everything's changed and I'm changed, and I can't tell what's my name or who I am." Although Rip didn't seem to learn very much, must we do the same?

CREATIVITY-It shouldn't be surprising to know that many of my clients are outstanding creative artists. Astrology is itself a creative art form in terms of interpretations and intuitive insights so it's no wonder it attracts people who think for themselves. Consequently I've had the chance to look at various kinds of creativity found in lots of these charts. The word 'creative' conjures up many definitions: originality, imagination, ingenuity, invention and resourcefulness are a few, but also, musical, rhythmic, visual art and computer brilliance come to mind. One of my discoveries based on researching musically proficient artists revealed that Uranus rules rhythm, (walking to a different drummer), as well a certain detachment that allows for the requisite being on the road. Most famous musicians have a conjunct, square or trine to either their Sun or Moon. Surprisingly I have found many creative engineers to have Leo rather

than Aquarius, it's opposite sign. The plastic arts appear to involve both Mercury and Venus and Taurus. Actually I believe that everybody has an intrinsic creative quality, but that early childhood experience or lack of it precludes its development.

JOB DESCRIPTION-You might be interested to know what I do. I've never had an answer for this before, but due to a recent audit request I wrote this for the IRS. I think it's pretty accurate. "Longevity Lifestyles is a business whose intent is to help people live a more productive and fulfilling life. It specializes in techniques that contribute to an optimum lifestyle. Based on the work of Abraham Maslow and his hierarchy of needs, my work is threefold: engaging the body, mind and spirit of the individual seeking an optimal lifestyle. Therefore I am primarily a teacher of methods involving self-help through psychological self-awareness, utilizing principles of nutrition that promote a healthy body and systems of meditation and art that promote spiritual awareness and self-actualization.

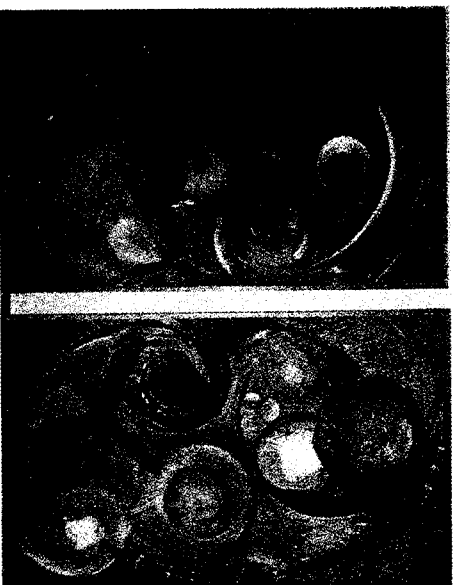
Through consultation I connect the individual to his inner sense of individuality so that he can identify and redeem his childhood dysfunctions and problems. To enhance his growth and reduce his tension I teach various methods of nutrition that will obtain that end. Due to his reduced stress, both psychological and physical, the more relaxed individual is better able to heal himself. Because the practice of art making is inherently beneficial to the human psyche as demonstrated by the Swiss psychiatrist, Carl Jung, I also instruct the client to use painting, drawing or other techniques to help him uncover unconscious feelings and memories that he might not be able to articulate. It is often useful to work together in my studio in order to discuss colors chosen, images used and areas of the canvas selected. Working in art also aides the client to experience the alpha brain level state promoting creativity and joy. Because life is a process, I continue to coach my clients over the years."

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Paul is still working on getting a good biorhythm program up on the web site. It isn't as easy a project as he had expected. Please be patient and we'll let you know when we get it up on the web.



GINGER CORNELL  
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SAN FRANCISCO, CA 94118



Dyptych, 2006 Oil on canvas 80" w x 50" h Virginia Cornell

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first class mail

Paul and I love to dance and  
came across this foxtrot tune,  
"In a Mellow Tone" written by  
Duke Ellington and Milt  
Gabler. The lyrics are so  
beautiful that I offer them as  
my Happy Holiday wish to all!

In a mellow tone  
Feelin fancy free  
And I'm not alone  
I've got company  
Everything's ok  
The live-long day  
With this mellow song  
I can't go wrong

In a mellow tone  
That's the way to live

If you mope and groan  
Something's gotta give  
Just go your way  
And laugh and play  
You know there's joy unknown  
In a mellow tone

In a mellow tone  
That's the way to live  
If you mope and groan  
Something's got to give  
Just go your way  
And laugh and play  
You know theres joy unknown  
In a mellow tone  
Just go your way  
And laugh and play  
You know there's joy unknown  
In a mellow tone