

Longevity circuit

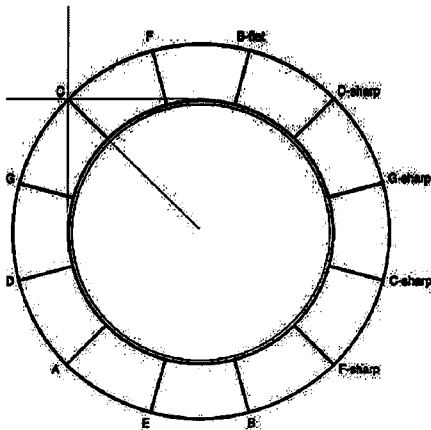
Perpetuating techniques which contribute to a longevity lifestyle.

Longevity Circuit

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MUSIC OF THE SPHERES

The origins of astrology lie in the agrarian observations of the ancient Sumarian/Babylonian complex. I have previously written how these ancient people observed the moon and sun, the stars and the planets (the wanderers), moving through the zodiac. It was the Sumerians who discovered that the order of the universe can be understood mathematically. As some of you may already know, there is an astronomical phenomenon called “the precession of the equinoxes,” a term denoting the backward or retrograde movement of the spring equinox passing through the signs of the zodiac. This cycle takes 25,920 years to complete. The Egyptians calculated the length of the day and divided it into hours, minutes and seconds, revealing the importance of the number 60. If one divided 25,920 by 60, the answer is 432 and extremely important number that continually shows up in all the esoteric writings of all people. Another example: a healthy man has a heartbeat of 1 beat per second and in one day his heart will beat 86,400 times. Divided by 2, the number 43200 is revealed. In other words, a man’s heart beat coincides with the beat of the universe. The microcosm is the macrocosm, or “As above, so below.” This awareness was not limited to the Sumarians. The same mathematical concept is found in the Hindu sacred texts, in the Icelandic Eddas and in Babylonian and Jewish writings. Here is what Joseph Campbell has to say:

“The mysterious procession of the night sky then, with the soundless movement of planetary lights through fixed stars had provided the fundamental revelation, when mathematically charted, of a cosmic order. The human imagination reacted from its core, and a vast concept took form: The universe as a living being in the image of a great mother, within whose womb all the worlds, both of life and death, had their existence. The human body is a duplicate, in miniature, of that macrocosmic form. Throughout the whole a secret harmony holds sway. It is the function of mythology and relevant rites to make this macro-microcosmic insight known to us just as it is the function of medicine (recall the 43,200 beats of the heart every 12 hours) to keep us in harmony with the natural order.”

Have you visited our web sites?

www.lcircuit.com

www.adanoley.com

www.elephanttech.com

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SUMMER CALENDAR

We all agree these are troubled times. Looking at the astrology it's no wonder. We've had some pretty difficult transits in the last few years and with Pluto hovering around 0° Capricorn we're on edge, sensing change and not really sure how to do it. Not until the end of November will Pluto move into Capricorn to stay until 2023. Pluto is moving much slower now so we will have 15 years to accommodate this energy of consolidation, constriction and reorganization. We've already seen some of the more sordid elements of this energy, i.e. secret dealings in government, public affairs kept private and changes in the ordinary political checks and balances. All of this engenders fear which breeds panic and then common sense and use of intuition are repressed. This is why my teacher encouraged us to listen everyday to Mercury, the messenger to the gods, in order to prevent unnecessary influence from Pluto. Of course most people won't do this and especially those in power. Fortunately there is individual karma within the group karma and one can do a lot to protect oneself by staying in control of one's thoughts. This is the more positive side of Pluto in Capricorn: developing more realistic attitudes, using discipline and hard work as tools for accomplishment. And of course, being willing to change.

One of the positive changes we've already seen is the increased public interest in the current election, the lessening of political influence by religious groups and the awareness of the disparity in wealth accumulation. Such awareness brings about turmoil and change in rigid older structures.

Look at the Summer Ingress chart. With Pluto opposing both the Sun and Venus during this quarter we

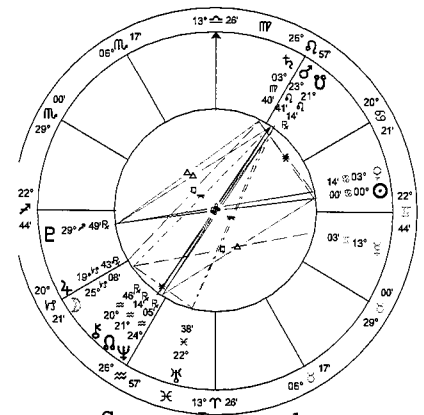
can expect power struggles, changes in finances, and the need for more creative approaches to their solutions. Neptune conjuncting the North Node in the 2nd house of money can be benign for the general public in financial affairs. There is also a very helpful Sun conjunct Venus and the Moon conjoins Jupiter. It looks like a very nice summer for us ordinary folk, but it may get too hot for the leadership.

In early July we may hit a bump in the road with Mars conjuncting Saturn: the urgency to act prohibited by some authority. Rage can result. But in August there will be a stellium, or grouping, of personal planets in Leo, the constellation of fun, taking risks and being creative. Could be just the emotional high we need unless egos get out of control. Watch out for excessive behavior. I wonder how much of these energies could affect the Summer Olympics in China, especially in the political arena.

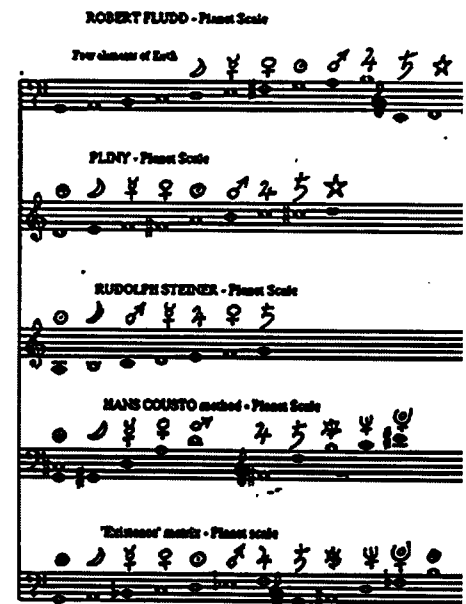
Toward the end of August, Aquarius and Virgo will be prominent, bringing some tension and diverse energies. The one is creative and freedom loving, the other critical and discerning. Hard to blend these energies. Think differently. As we approach the Fall equinox, Saturn and Uranus will be closing in on their opposition causing ever greater disparity between the conservative and innovative elements culminating around the election in November.

BTW: there will be no Mercury retrograde until the end of September (the 24th) so travel plans made this quarter should be easy. Jupiter, Uranus, Neptune and Pluto are all retrograde for most of this period giving us time to reorganize ourselves and enjoy the summer. On Sept. 22, look for the next issue of Longevity Circuit.

Longevity Circuit



Summer Ingress chart



A list of planets and their association with the musical scale, interpreted by various historical figures.

LONGEVITY CIRCUIT

is a quarterly newsletter dedicated to perpetuating techniques which contribute to a longevity lifestyle.

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Music, Cont.

And in music we find that same order: The ancient Greek philosopher Pythagoras (?580 - ?500 B.C.) is generally credited with having discovered the musical intervals which it is believed he acquired from Babylon. He used a single stringed instrument with a moveable bridge by means of which the string can be divided into two parts of variable proportion creating various intervals present between strings with relative lengths 2, 3 and 4. Thus the most harmonious of intervals are contained in the number progression 1 : 2 : 3 : 4. This reinforced the concept of spatial and musical harmony being related and the belief that the harmony of the entire universe was inherent in the mystical power of numbers.

Based on other physical and scientific observances, the tone for A = 108 Hz* was established and labeled the "Solar Tone" by the Pythagoreans, (which in the third octave of A = 432 Hz!).** They considered the knowledge behind it empowering and necessary to take control over one's self and one's community. In fact, until recently (WWII) the masters of all the world's great music tuned their instruments to A=432.

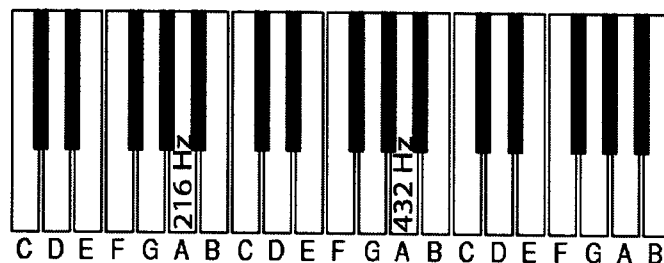
Why am I writing about the astrophysical basis of A=432, you might ask. Astrology is all about numbers, sacred numbers, and these numbers, as you have seen, are considered profound everywhere by all religions and are based on the natural observance of the universe. They compose the basis of our modern technology. You might think we have come so far in our modern world, yet though we use the natural laws of physics in our TV's and cell phones, for example, so much of the ancient wisdom has been lost to our daily awareness, wisdom that provides us with the tools with which to move in a healthy manner through our environment in order to access our true selves.

The astrophysical basis of A=432 is a good example, for we no longer tune our musical instruments

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**There are many other examples of the sacred quality of 108. It is the number of the beads on a rosary and on the mala. There are 108 perfect Kriyas, and even 1080 ft/sec of the speed of sound!*

** When A=432, middle C=256Hz. Then when you go down each octave you get 64, then 32, 16 etc to 1. If A=440 or more, that even progression of multiples cannot happen and how would you tune an instrument 'off' like that?? See the diagram to the right.

to the natural order. The accepted tuning for A is now 440Hz and there are even those who want to tune A to 442 to 446. This trend was begun during WWII by Joseph Goebbels the Nazi propaganda minister. No one is quite sure why he promulgated the change but one can guess that controlling the environment might have been behind it, since 440Hz would put one out of synch with the natural universe. Some feel that by removing this knowledge from the public disempowers and obscures the smartest encoding system combining physics and cosmic numbers. Music is, after all, the art form that bridges heaven and earth and was originally considered a sacred science.



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ALMONDS - FYI

Just in case you haven't heard, it is nearly impossible now to get genuine raw organic almonds. Ever since the salmonella problem with almonds from Costco in 2004, almonds are now gassed or pasteurized. Maybe that's not a problem unless you want to soak them overnight to bring them into life form for easier digestibility and use of nutrients. That's the way solar nutritionists use them: 1 almond for every 10 pounds of body weight you desire.

However, according to the new law as I understand it, you can only obtain truly raw almonds from a roadside stand! Thus obtaining raw almonds is easy in California. But for those who live elsewhere there is a problem.

Luckily I have found a ranch in California who will sell organic raw almonds by mail to your location. I have spoken personally with John and he offers a very good price if you buy in bulk. Here is his information:

John Lagier
 Lagier Ranches.
www.lagier ranches.com

He now has a commercial site such that you can order them over the net. I asked John if it was all right for me to let all you solar nutritionists out there know about him and he said it was okay.

Bon Appetit!

ADANO LEY REVISITED.

The following is an excerpt from a talk that Swami Nityananda Saraswati gave in Virginia Beach to the Edgar Cayce group in June 1971.

Question: Would you please comment on what Jesus meant when he said, "Let the dead bury the dead."

Adano: Yes. His disciple came and asked Jesus to allow him to go home because he had a commitment with his relatives. A master cannot let the disciple get too over involved with past ideas because those people are still living with dead ideas that are not changing them, they're living with the feeling of death and the tragedy of death. They do not see the need to change and look upon life. So the disciple is admonished not to go back, not to look back into that level. "Let the dead bury the dead." The physical dead person is there, he didn't make an attempt to realize himself. Those around him are not making any attempt either, they're going to moan and go through all the ritualistic expressions of a dead body and build a beautiful stone shelter for it. They might as well continue to do the things they're going to do because they will fall asleep in the pattern and repeat it. Here is a new life, here is a new understanding being told to the disciple. The disciple must make the decision if he wants to go back to the old ways of life or if he wants to take up the new life, the new yoke, "Take your cross upon your back and follow me." In other words, do you really want to move forward in life or do you just want to remain and tread water in darkness or death. You see Lot's wife did the same thing. She was told not to look back and that became the death of her. Turning back on our past experiences and trying to relive them as a means to bolster our mistakes is not making for new life. We have to make a break. That's why he puts it on our shoulder and says, "You can't be for me and for mammon. If you're not for me you're against me. Take this step." So you have to take the step: "Am I for life, am I for this personal confrontation with the divinity in myself or am I still going to hang on with my lackadaisical way of behavior, my old undisciplined life." And that is what leads to self destruction. Anytime we pollute the senses, degenerate the senses, they only lead us to self destruction. And it leads us back to the death in which he has come to rise out from. A Christ-realized man tries to raise the level of consciousness of each individual above the tortures and torments that death seems to present to him. Even what ideas in society tend to imprison him, this teacher must try to lift them up. He must show them an abundant life flow, he must have the way to come out of the frustration of the death principle. So he told them let them bury their own dead you know. Today we see that we have elaborate ways to bury the dead.

Question: You stated that Jesus faced his karma by willingly going to the cross. Please explain.

Adano: Ah ha. This is very interesting. For every action there is an equal reaction. Now, he came to lift up man and set into action certain waves of thought activity on a group of people who were not willing to accept that wave of thinking. Now, it's not his karma, from Jesus' standpoint as personality, it's the cosmic karma, the Karmic law, that demands that he must set into action some type of condition to bring on a confrontation in order to resolve and absolve him as a Master. He must set the stage for his own deliverance. So we call it a Karmic debt. See he's not doing something that is bad, it's not some-

thing that he set into motion that he's going to reap as a bad action. The people could not accept him. When he was brought before Pilate, Pilate wanted to release him, between the choice of Jesus and Barrabas. But the people did not want Jesus, they wanted Barrabas. Barrabas in their mind was a sort of a Castro, somebody who would liberate them from the Romans. Jesus having no such designs does not fit into the plan of their needs. Now one of the truths in the eastern writings goes like this, "The karma of the disciples determine the fate of the teacher." What is the karma of the disciples? Hence comes the term in Christian writings: "He died to save the sins of the world." Their wrong thinking is going to determine how he has to exit from this physical realm. Now if he took off and never faced their wrong thinking, are they going to make any change? If they were all thinking right, then the stage for his death in such a horrible manner would not come up. Not possible. Because they're not thinking right, they're setting the stage of a Karmic condition that would force him to exit that way. So it's not his Karma personally, in a physical sense, it's their Karma thrown upon him to face.

Question: Is the second coming of Jesus part of his karma? Or will his return be a karmic return?

Adano: It's a cosmic Karmic law, not his karma...He is constantly sent into the world to face the wrong thought patterns generated by the world which will determine his exit all the time... If he comes down into the frame as a manifested master and we may not accept him-- whatever death pattern we determine in our mind will be more horrible than the one prior, but he has to be able to face that. We may think we're going to be less horrible in our decision to destroy, but we're not going to be. If we did not do it in the time of crucifixion, here, now, in our atomic awareness, are we going to be more humane? Our wrong thinking is going to determine his exit again, in whatever body form he takes, because our wrong thinking will outweigh our right thinking. When there is right thinking in the world, there is no need for law, there is no need for a manifested master. When there is wrong thinking outweighing right thinking then the Master consciousness must manifest and face it and it's the confrontation of facing that, that will equalize the forces. Every exit he makes in whatever form he takes would set the balance back so that unrighteousness would not surpass righteousness... Now we don't know in this present stage who is the most right thinking or wrong thinking on the earth. We're going to consider ourselves to be the most right thinking ... Yet we may be the most wrong thinking. When we're faced with the situation ...but we can't accept that being in the form he is in, and the disciplines he may impose upon us to make these changes-- then our wrong thinking is going to suddenly set the stage for his exit. There is just no way we can avoid it.

