

# LONGEVITY CIRCUIT

## Abiding by Nature

*Are we in a mess, or is the mess in us?*



The Stones of Callanish, Outer Hebrides. Photo by Ginger

### *A NEW LOOK FOR LONGEVITY CIRCUIT*

I've been doing this newsletter for a long time, and times have changed. I have a new computer, finally, a new word processing program and some new ways of doing things.

One major change I'd like to make is sending this newsletter via email. This not only saves trees but money, too and practically insures that you will receive this humble letter. Snail mail is not always reliable. If you are willing to go with an e newsletter, please email me at : [ginger@lcircuit.com](mailto:ginger@lcircuit.com) and put "subscribe" in the subject heading.

Also I want to thank Chris Doyle for the design of the Longevity Circuit logo which combines the Atomic Principle in the sperm and ovum with longevity.



**I just don't know how people move through this world without astrology. I mean, we're living in such a complex, new world, none of the old paradigms work anymore. We're like geese, waking up in a new location everyday. Of course if you've been reading this newsletter you know these feelings come from Pluto being in the new sign of Capricorn. In fact, every time Pluto changes signs due to its movement through the zodiac, we feel a sense of major change. That**

**knowledge alone should give us some sense of peace and continuity. "The only thing that doesn't change is change itself."**

**And we can be more specific, where is Pluto bringing the change for you personally? If you've had your chart erected, and you probably have if you're receiving this newsletter, then you can surrender to the changes that are taking place in that sector and work with them without fighting.**

**Remember what Joseph Campbell said, (to paraphrase) freefall into future causes stress and tension, but if you embrace it with joy, then everything changes.**

**All the great mystics agree: life is a dream and we're as much asleep when we're "awake" as when we are asleep. This concept explains how astrology works. All the planets, zodiac, and constellations are symbols. "As above, so below" is another helpful directive from the Great Ones. Astrological configurations reveal pretty much how the dream is going and will go. I say, "pretty much" because so much depends on one's maturity and attitude. We're not automatons, we do have some choice within our destiny. We may not know how many hairs are on our head, but we can choose the color of that hair! The template is in the DNA and is expressed through our astrology energies.**

**Of all the planets, Pluto is felt more strongly than any other as destiny. No wonder he is called "The Fascist" of the zodiac. It takes real maturity and wisdom to work with this controversial energy. It's so typical that the status of this planet is questioned. Does giving Pluto a new label change**

**the energy? Hardly! Coming from the Khyber Belt, where planets seem to be made (consider Eris) Pluto probably is our symbol for that very belt of energy, the jumping off spot of the solar system, maybe even the link between the body and the no-body, life and death, reincarnation. And those are the very issues that Pluto recommends us to look at in our daily life.**

**Less we forget, this planet Earth came before humans did. Both religion and science agree on this one. And coming before us, it must nurture and protect us, if we would let it. It means considering nature. I'm not getting into the politics of global warming here, I'm rather suggesting that our dream world is focussed on "Mother Nature" as beneficent. It is not a new idea: beginning in 3200 B.C. in Mesopotamia, the priestly watchers of the sky observed the precession of the equinoxes and the cycle of 60 that we use to this day. BTW I've written before about the music of the spheres that is based on the number 432 that these same ancients discovered. But we've changed that to 440, a pretty good example of NOT considering nature. It is within these very numbers that the**

**harmonious meaning of the universe is hidden. Astrology is a perfect example. We have the 4 x 3 x 2: the elements, the humors and the neg/pos. We have the 360 degree circle, and of course, all the geometry and numerology that were developed over 5000 years ago. The organism of the human being and the organism of the universe are essentially the same, the micro and the macrocosm, or again, as above, so below. By putting yourself in tune with nature, you put yourself in tune with your own nature, and the planet protects you. Looking outward or inward takes us to the same place.**

**So who do you think you are? If we are not in tune with our true nature then we are out of harmony with Nature our protector. Here is where astrology can come in handy. What is the path, the direction as it is called, one must take to obtain that true identity? No two are alike, each person must come to his own path alone through the darkness. But astrology gives us "directions," enabling us to arrive at the awareness that we are not our body, not our thoughts, not our astrology!**

**Astrology is the map out of itself!**

## CALENDAR FOR SPRING

Happy Springtime to all!

As we have mentioned before, Pluto is firmly established in Capricorn. It will remain direct until April 4th at which time it reaches 3 degrees 18. Its effects are obvious now: consolidation, downsizing, hardship for many, and the need to rebuild.

The vernal equinox begins with a retrograde Venus in Aries, ultimately going back into Pisces. Venus is not happy in Aries, the sign ruled by Mars. It's a feminine energy in a masculine body, causing stress, tension, arguments with the opposite sex. It's good for women's lib, giving the impetus for self action. The overly shy may feel emboldened now. With the retrograde motion, which is apparent only and not factual, it behooves one to review. That could be one's finances, one's relationship, one's desires. Sometimes a person from the past reappears offering the chance for reassessment. Venus is an interesting planet and confused the ancients into thinking it was actually two planets! I wrote about this several years ago. It only retrogrades every 20 months or so and changes from a morning star to an evening star. Ah, the many facets of love! On April 12, Venus backs up into Pisces where the energy is more sympathetic, spiritual and idealistic, but by the 25th it is returned to Aries.

Mars has recently moved into Pisces. Yes, you guessed it, Mars is not happy here! This is distorted energy, self-undoing, martyred, and neurotic. On the positive side its great for dancing, swimming,

making pictures, and photography. Mars moves into its own sign of Aries on April 23rd and the energy will become more direct and straightforward. While a caveat would be watch the anger, goals will be easier to reach.

Jupiter, everybody's favorite planet because it symbolizes prosperity, confidence, travel, and wish fulfillment, remains in Aquarius until January next year. Fire and Air are not a bad combination if you keep it under control. The problem can be unrealistic expectations, hyperactivity and lack of focus. The up side, however, is creative thinking, humanitarian attitudes and the confidence to obtain. Jupiter turns retrograde just at 27 degrees, just as we move into summer.

Saturn which is currently retrograde turns direct at nearly 15 degrees Virgo, on May 17th. Like all retrograde planets, Saturn is no different, using its backward motion to review projects, reassess responsibilities, take stock. You can see that frequently in the news as various interest groups accept or reject current procedures. This energy is best used to research, study and learn. When Saturn turns direct we will see a more concerted effort to move forward in business and the economy.

Uranus and Neptune remain in each other's sign. That is, Uranus is in Pisces, Neptune's home, and Neptune is in Aquarius, Uranus home. What that does is to combine these two very different symbols into some sort of useful energy which is enhanced by the fact that the two planet symbols

are traveling through the same numbers right now. Uranus is at 23 degrees Pisces and Neptune is at 25 degrees Aquarius. By the summer solstice, June 21, they will both be at 26 degrees. Neptune is the most ambiguous and complex planet in the solar system. Striving for universality, selflessness and unity, it can also be dysfunctional bringing out personal traits of guilt, confusion, escapism and self-destruction. Uranus, however, seeks out individuality, eccentricity, change and freedom. Whereas Neptune is very difficult to predict due to its complexity, Uranus is difficult to predict due to its unexpectedness and insightfulness. These two energies are capable of bringing about revolutionary thinking, allowing us as a society to change the way we look at our problems. How are they blending? It would seem that it is becoming less and less viable to argue over religious views. The enlightened approach would be to honor every pathway knowing that each person has his own. That may be wishful thinking, however. When we find these two planets favorably placed in an individual's chart we usually find a subtle combination of vision and enlightenment. By transit they bring an exciting forward movement in awareness. They may be partly responsible for the public's willingness to accept a black president with mixed parentage and the apparent hopefulness that so many currently express.

June 20-21 marks the Summer Solstice. Be looking for the next addition of Longevity Circuit.

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## ODDS AND ENDS

### THE SPRING INGRESS CHART

Erected for Washington, D.C. as the place of the government, the Spring Ingress chart marks the point at which the Sun enters 0 degrees of Aries, signifying the energy that will be associated with the coming year. All the energies are bunched together in the upper left with Saturn opposing. The expectations of the people are high and hopeful, the president is seen as being in charge. But can It be done? With Venus retrograde on the rise it looks like more financial disappointment and economic difficulty. Pluto at the Midheaven reminds us we're in a big period of transformation and upheaval.

### THE SOLAR NUTRITION CHART

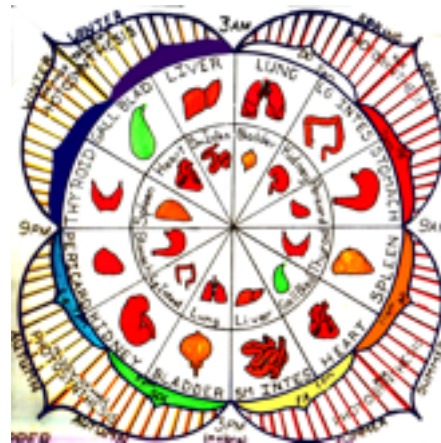
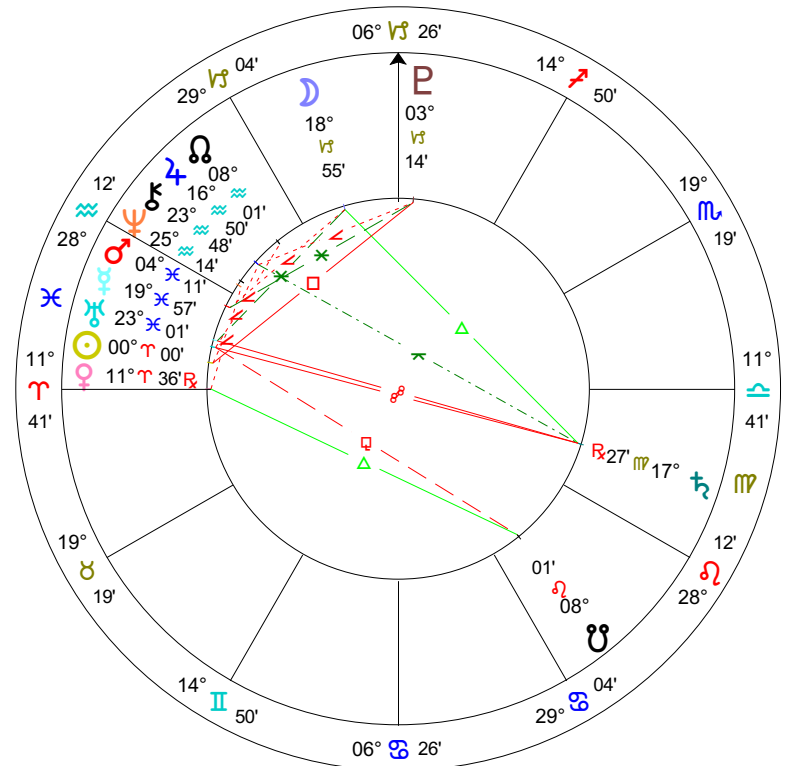
Solar Nutrition is a system of eating based on timing. What this accomplishes is to be in tune with nature, consequently lowering tension and stress and increasing the likelihood of positive life flow. Of all the people I know who have been regularly following this eating plan, none are financially in trouble. Yes, we may be forced to economize, but none are threatened by the current situation. It's all about timing and being in tune with nature. How is this possible? The basic Solar Nutrition principle is to eat the food in its growth cycle that nourishes the part of the body in it's growth cycle, harmonizing both. For example, one eats fruits and nuts in the morning to energize and feed the brain and get the body system going. Fruits and nuts, similarly, are energized by the Sun as it shines up into the trees in the morning. Solar Nutritionists are synchronizing with Nature, and as mentioned earlier in this newsletter, the planet is here to protect us if we will let it.

The complete food list is available to download in pdf format free to anyone at;

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

### ADDITION

We are addicted to our own imagination, through the craving patterns. Therefore as we become addicted, we have to repeat it over and over and over. Thus we become attached. From the addiction comes the attachment. We can't seem to let go and if we want to let go, we are afraid that we're going to lose ourselves, our identity. That's the big problem in this ego nature. Yet when you realize that by detaching yourself, breaking free from your imagination of what will happen to you, in the process you start the elimination of holding onto unfulfilled desires. The unfulfilled desires begin to shut off.



I am happy to report that sprouted soy bean tofu is now available in natural food stores. This is the recommended tofu by the founder of Solar Nutrition, Adano Ley, because it has more calcium, nutrients, and quite frankly just tastes better. The brand name is: WildWood Organics, Sproutofu.

Adano Ley

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