

LONGEVITY CIRCUIT



Uranus in Aries

Believe nothing that you hear, and only half of what you see.

Very Very Very Old Proverb...

If you look at the alignment of the planets from the Sun outward, you can discover a lot about yourself. The Solar System is a reflection of our cells (ourselves). The Sun is the atomic principle within us, the creative energy that brings the sperm and ovum into bonding. (For those of us whose parents did not want us, luckily atomic principle did not agree!) Out of the Sun comes Mercury, a diabolical little planet upon which we project our sense of communication, speaking, writing AND listening, hearing. Mercury is the messenger to the gods, and the messenger from our cells to our atomic principle. At its highest Mercury allows for true intuition (not the wishful thinking stuff or the neurotic fears stuff that are often confused with the real thing). This planet is diabolical because it appears to go backward and forward, in front of and behind the Sun, speeding up and slowing down, mostly illusionary, but it accounts for the difference between hearing and listening. I may hear you, but am I listening to what you are saying? It also accounts for changing one's mind, misinterpretation and lies. Thus the old wives' tale, "Don't believe anything you hear." Even my teacher, Adano Ley (Swami Nityananda Saraswati) cautioned his students to check out everything he taught. I have been in a roomful of

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Getting Lost in the Projection Sogyal Rinpoche

What is it that makes us cling so strongly to our assumptions and beliefs, so strongly that we miss the truth and ignore reality altogether, like the father in the Buddha's story? In the Buddhist teachings, we speak of 'One Ground, and Two Paths'. By this, we mean that, even though the 'ground' of our original nature is the same, the buddhas recognize their true nature, become enlightened and take one 'path'; we do not recognize, become confused, and take another. In that failure to recognize, that wasteland of unawareness, we invent and construct a reality all of our own. We make what is in fact a wrong view into our view, the view that shapes our whole lives, and colours our entire perception of everything.

Wrong views, according to the Buddha, are the worst, and the source of all those harmful actions of our body, speech and mind that trap us endlessly in the cycle of suffering known as 'samsara'.





WINTER CALENDAR

An interesting thing about this year's Winter Solstice is that it occurs on a full moon with a Lunar eclipse. At this time of year the Moon is high in the sky and the eclipse can be readily seen in North America after midnight. If you've never seen one, it is quite dramatic and exciting and worth the effort to get outdoors and view. An eclipse is an alignment of the Earth, Sun and Moon, a powerful conjunction! Ancient astrologers/astronomers used them as predictors for rulers and their countries. They were often considered evil. Today we see them as indicators of change. This current eclipse occurs at 29 degrees Gemini and conjuncts the Solstice Sun and the Spring Equinox chart giving it more power than would ordinarily be expected. It is paired with the Solar eclipse on January 4 at 13 degrees Capricorn and together their effects can last as long as 6 months. Generally the issues will concern home vs. career, but the placement in your chart will be very relevant and will show where a crisis in consciousness can occur (solar) and the everyday effects (lunar). My experience with eclipses is that there must be a partile (exact) conjunction to a planet or angle in your chart for the effect to be drastic.

Today, as I write this Mercury is retrograde. This apparent motion is our signal to review and correct our thoughts, plans (especially travel plans) and to check facts, conversations and particularly any documentation we may need to sign. Mercury will appear to move in a direct manner on December 30 at 19 degrees Sagittarius. But often there is a delay in ease of communication until Mercury reaches its retrograde station which was 5 degrees Capricorn which occurs again on January 19th. Otherwise, for a change, all the planets are moving in a direct fashion, mitigating somewhat frustration and blockage, unless you're getting a "hit" from one of the other planetary energies.

Saturn is in Libra until October 2012 and in its place of exaltation. Saturn is the teacher and shows us where we are ignorant (ignoring the truth). This is why this energy gets a bad rap: we are not eager to change our minds and thus

our lives. Saturn forces us to do so even if we don't volunteer! Saturn in Libra also focusses on relationships (both personal and business), ageing and the elderly, the process of time passing, style, and balance/equality issues. Look at the Treaty chart on page 4. You will see Saturn is on the Midheaven and will be so until mid September. This is just 1 degree away from the solar eclipse coming in Jan. The Lunar Eclipse is very near Uranus in the 7th house. These energies seem to have made their appearance already: problems with partners, in this case political alliances, problems with prestige and success in business. But since some of these transits have not been realized yet, it would appear the situation will get worse before it gets better. It doesn't look good for Obama to have a 2nd term.

The Jupiter/Uranus conjunction is still in place. This gives some relief from all the stress and tension the population is experiencing (Pluto in the 1st house of the U.S. chart). These 2 energies can be very exciting, expansive and lucky. See where they fall in your chart. In the U.S. chart they're in the 3rd house of communications and negotiations. Maybe Obama can pull the rabbit out of the hat with his loquaciousness. On the other hand, I think this combination is what gives the "Tea Party" its energy as the down side is that it engenders one-sided views about religion and philosophy. And in the third house, their voice is certainly heard. The best use of this energy is for optimism simply because how you view your world is what you will experience.

Uranus enters Aries on March 12th coinciding with the Spring Equinox. See main article. Jupiter moves into Aries on January 23rd and is in its fast phase, whizzing into Taurus before it retrogrades back into Aries. Jupiter in Aries is fire + fire and will produce a very energetic phase. It will be possible to accomplish a lot, yet the inclination may be to do too much too quickly or to want too much too fast. Jupiter will be squaring Saturn which will put the brakes on the ride from time to time. Be glad!

March 21- time to look for the next issue of Longevity Circuit. Happy Holy-days!



Uranus, continued

people who were listening to one speaker, and afterwards many heard completely different things. Is this atomic principle guiding us to what we need to hear, or the problem of not listening? Most of us listen with our emotions, not our ears which Mercury rules.

Next in line, after Mercury is Venus, the ruler of the eyes. The intrinsic difference between the two is that one receives (Mercury) while the other grabs (Venus). Our eyes look: backward, forward, all around, at, on, and for. We have a condition called “selective seeing,” in which we see only what we want, or don’t want, or are too preoccupied to identify. I, for one, have looked and looked everywhere to find a missing object only to have someone say, “O, there it is” and it is right in front of me. And then there is hyper viewing, in which an object is vibrating with energy and gets your attention no matter what. I’m not thinking of sexual attraction here, but rather something as mundane as a can of tomatoes at the grocery store, beckoning you to buy it, for unknown reasons at the time, but which become apparent when your neighbor is at your doorway hoping desperately that you have a can of tomatoes so she can be ready for her guests! And there are many well known cases of several people viewing the same auto accident and each seeing something different. Sherlock Holmes to the rescue! We usually don’t see with our eyes, but with our minds. Since Venus comes AFTER Mercury, we are taught what an object is, we are told that red is red. But how do I know that what I call red is the same color you see as red? You get the idea. And I haven’t even mentioned optical illusions, poor eyesight, hypnosis, or illness.

But why, when this article is about the movement of Uranus into Aries would I bother to give an astrology lesson on Mercury and Venus? Uranus leaves Pisces, the last sign in the zodiac and moves into Aries, the first sign of the zodiac during the Vernal (Spring) Equinox. What this means is that Uranus will be affecting all corners of the Spring Equinox Chart. Uranus is the planet

of sudden unexpected change and making a conjunction, two squares and an opposition all at the same time in a chart that is well known to be a template for the coming year indicates powerful sweeping changes and events in the year to come. Or, perhaps it is better to say it is a wake-up call. So I ask myself, and you can, too, what needs to be awakened? I also like cutting to the chase, so rather than fool around with philosophy, education, cultures, religion, psychology, I like to get to the heart of the matter. In this present moment, what do you really hear? Are you a who or a what? And what is what? Are you atomic principle or a who? Who are you listening to, or are you just hearing what you want to hear. Can you hear without judgement? Is there a place in your muddled mind for intuition, real intuition and can you respond to it? I remember having 3 California clients who came to Santa Fe because they followed their intuition avoiding the big earthquake hit in 1989. When we become in tune (!) attuned to our intuition (atomic principle) we are always protected.

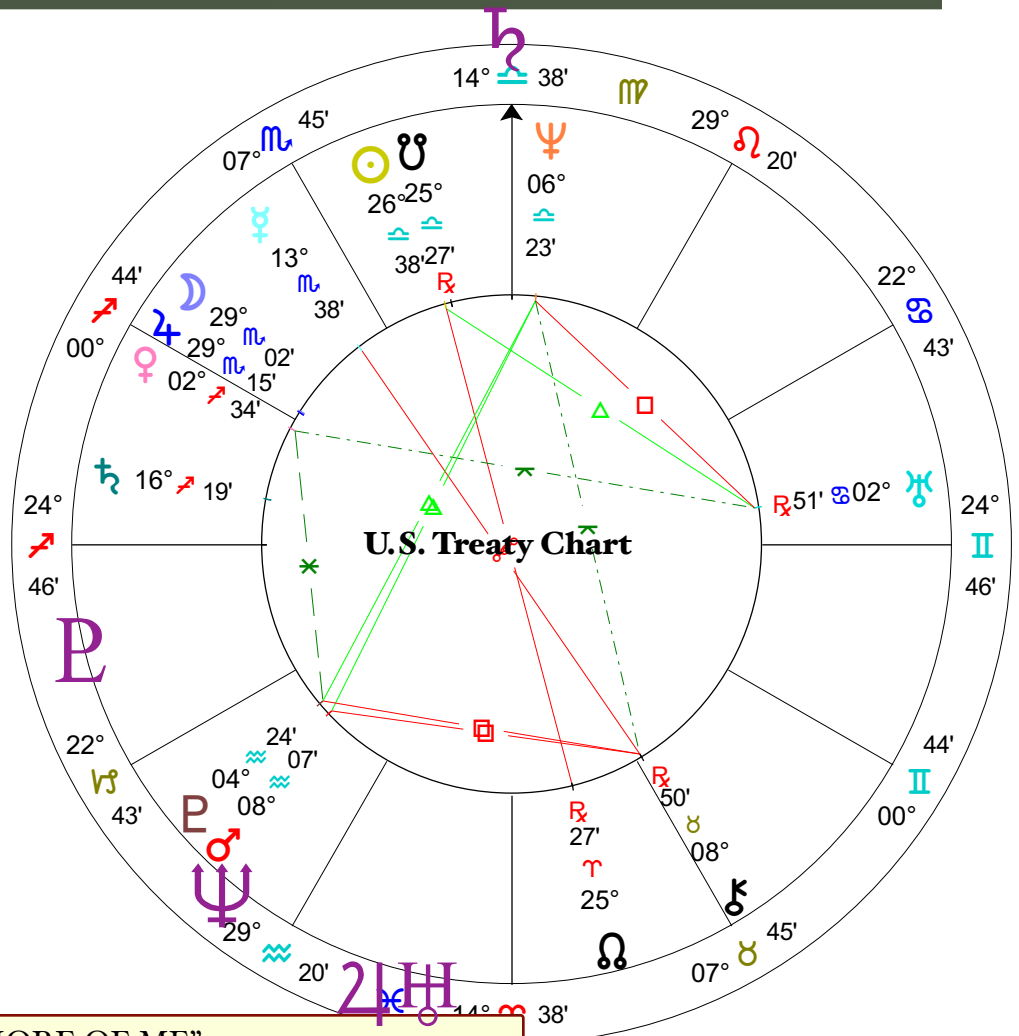
Let me mention again, Uranus, the ruler of Aquarius, is one of the indicators of intuition. It’s main focus is enlightenment and basically all its gifts are altruistic. It is misunderstood because it lacks emotionality. Aquarians, by nature are detached--from people and things. And if they aren’t naturally that way then nature makes them be that way! Aquarian women, for instance, are often attracted to unavailable men and don’t understand why. Since there is emotional detachment toward people, there is a balancing attachment to the environment. Since we are now, more or less, in the Age of Aquarius, it is not surprising that there is a global interest in preserving the environment and emotional attitudes about weather change. Aquarius cares about groups, not individuals. Aquarian energy also acts instantly, unexpectedly and I think the reason for that is to evoke an intuitive response. There is no time to “think” it through, to rationalize, to escape. You quickly learn if your instinct was in your best interests. This is why my teacher taught, “Supreme obedience to the obvious in the environment.” The planet came before you and is here to support you if you will but listen to it.

ODDS AND ENDS

ADDICTION

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.

Adano Ley



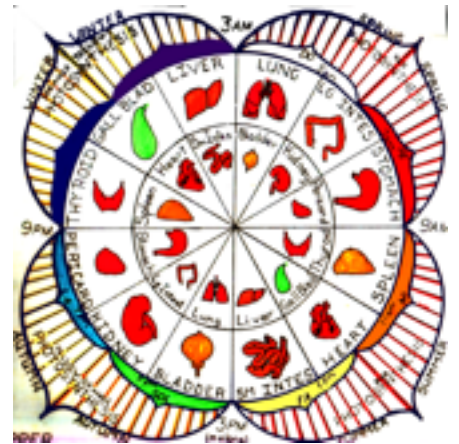
ADANO, "MORE OF ME"

The Adano archives has nearly doubled in size thanks to the gracious gift of Veda Nevin's cassette tape collection. Many of the boxes were broken and the tapes twisted but Paul was able to restore them. It's an amazing body of work in Adano's own voice.

If you have already sent Paul your Ipod to be filled, feel free to send it back to Paul so that he can add the new material. If you haven't done so yet, now's the time to purchase an IPod with a minimum of 16 gb. There is NO CHARGE for filling it with Adano's great teachings. In this format, his lectures are readily available in a small pocket size player. If you're standing in line, in the car, waiting for your teapot to boil, Adano is right there on the ready! For more info, call 505/310-4268.

Don't forget to check in with the Adano web page and youtube. Here you will find video clips and sound bytes of Adano plus his bio. Of course, if you send your Ipod, you will also get all the videos. Go to adanoley.com

Paul wants to encourage everyone to send their cassette material of Adano as soon as possible since the tapes and boxes are quickly deteriorating and need to be restored and archived. He has copied all the material onto two hard drives and sent them to reliable sources in different parts of the country for safe keeping so that none of the Adano material will ever be lost.



I am happy to report that sprouted brown rice is now available in natural food stores. Anything that is sprouted has come to life and therefore has more available nutrients and quite frankly just tastes better. The brand name is: truRoots organic germinated whole grain rice.