

LONGEVITY CIRCUIT



Getting Lost in the Projection

1. 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'.

2. Adano Ley (Swami Nityananda)

The feeling of separateness occurs only in the mind. Man feels separated in God only by his mind. It's torture to be separated from the Lord and to live in that nightmare of the mind.

13 CONSTELLATIONS? Oh, never mind...

All the brouhaha about there being 13 constellations and what astrology really is got me thinking about how to explain. The idea of 13 constellations is not new: it's been "discovered" 3 times since I've been doing astrology! As you know from previous newsletters, I like to use astrology to explain astrology. In this case, suppose we accept the awareness that we are Soul, Ground, God, Beingness, Atomic Principle (or whatever word you are comfortable with). Then we could say that the all consuming, fiery ball called the Sun (and without which there would be no life at all) represents Soul, our Origin. The next planet from the Sun is Mercury. This planet represents mind, early childhood mental activity and learning. Astrologers attribute to it the concept of "I think." Now we are separated from the Sun, our Origin because we think we are a separate entity: we think "I am Ginger," "I am a girl," etc. "Cogito ergo sum." This is where astrology begins and is born out of the desire to be one with the Soul/Sun again. Venus which is the second planet outward from the Sun rules desire, "I have." Now comes Earth, so the sequence is: we think, we desire and we have a body. The nightmare has begun, the Samsara and our separateness complete. Astrology is the science of

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Spring Calendar

More change! I wrote about Uranus moving into Aries in the last newsletter. We can already see its effects in Egypt and Libya. Now let's look at Neptune moving into its home sign of Pisces beginning on April 5th. It will remain at 0 degrees until August. Neptune is a relatively new planet for us humans, being recently discovered in 1846. It takes this 8th planet 165 years to orbit around the Sun so being in its home constellation has only occurred once before. And it spends approximately 11 years in one sign.

We can gain some insight by reviewing its effects then. Some of the historical events that took place in the mid 19th century are:

The communist Manifesto was written in protest of common inhumanities of the times; Dickens wrote books about social realism; painters were discovering a new technique called impressionism that rocked the art world; Darwin published his theory of evolution; photography was invented; anesthetics were used for the first time; and opium was legal and socially acceptable. In other words the accepted reality of the times was dissolved and new 'realities' took its place.

Neptune wants us either to lose our own identity into the whole, like a school of fish, or identification with a religion that teaches loss of ego, or it wants us to find the lies and discover the truth, relative though it may be. The home constellation of Neptune is Pisces and is represented by two fish swimming in opposite directions, yet connected by a silver cord. It's the 'yes' equals the 'no' in astrology and for that reason is impossible to describe in a few words. It rules illusion, addiction, sleep, meditation, being impressionable, compassion, avoidance, taking the path of least resistance, daydreaming and night dreaming, fantasy, glamour and charm, and entropy. You get the idea?

In the U.S. chart Neptune is moving into the 3rd house and its effects will be felt

most prominently in the area of the media, post office, newspapers, and neighboring countries. Neptune will retrograde in June for 6 months at which time we will internalize our (mis)conceptions, our spiritual values, face or not face our addictions, feel less energy, daydream more or develop our talents. Do some yoga or photography. Swim.

As for the other planets, Pluto will turn retrograde at 7 degrees on April 10 giving us 5 months to review conflicts that have arisen and learn the lessons they have brought to our attention. "Take a good look at yourself!"

On June 5th, Jupiter moves into Taurus which could be excellent for the financial world, and even your fanancial world. Taurus is practical and stabilizing. Jupiter is progressive, expanding, adventuresome so combining these 2 energies could yield excellent results. I think real estate values will rise and that market in general will improve.

On March 30th Mercury will retrograde until April 22. It will not reach its original number of 24 degrees Aries again until May 12th. Mercury, the winged messenger to the gods, rules thinking. Consequently, its apparent backward motion skews our thinking. We tend to review what we are thinking, or mishear or misread such that conversations, negotiations, and documentations are misunderstood. This is why the recommendation for this period is to not make serious decisions that could go awry. Better to research, review, question and repeat what you think you have heard or read. Mercury also rules short trips and the accouterments that make them work. So always have a carry-on bag of essentials with you. Some people find that things don't get straightened out until Mercury is back at its original number at the onset of retrograde. And yes, retrograde is an apparent motion, but since we are all living in a movie, and hopefully acting out an academy award performance, the projection allows for appearances to seem real!!

On June 21st, look for the next issue of Longevity Circuit!

The Mind, continued

rediscovering our Soul nature and has been around since man lost his connection with his Soul. Astrology says, "If we must lose our way, then there must be a way to find ourselves again." The early astrologers who were also the holy men and magi used the word "direction" to describe interactions between planet energies. These were the directions for the lost pilgrim returning home, directions for getting out of the nightmare. Today we use the term "transits" which is not so obvious but then again, Papaji, a known realized man who lived in our time used to say, "Don't set up residence in the transit lounge." Energies ARE transitory, and Adano Ley, my teacher often said, "Astrology energies come to pass, they don't come to stay." The rest of the planets or planetoids describe our path to enlightenment, to resurrection or to reincarnation. So Astrology really has nothing to do with astronomy. There are only 12 constellations in Astrology just as there will always be 12 inches in a ruler, 12 tribes of Israel, 12 months in a year even though we can describe those factors in other ways.

Astrology only works because of the mind, with its the sense of separateness and its own downfall. The power of the mind is seductive, awesome and compelling. It creates a projection so enticing we refuse to withdraw it voluntarily. Yet it is thoroughly unreliable. Now Neptune is entering into its own sign of Pisces revealing the illusion of generally accepted truths. Neptune shows us that what we think of as truth is actually a relative concept. Whatever personal truth you choose to hang onto as a buffer against reality, Neptune is quite happy to dissolve it. Being in its own sign now gives it clear power to dissolve.

Recently the *New Yorker Magazine* had a compelling article called "The Truth Wears Off" about the fact that the results of scientific experiment do not hold up over the years. Called the 'decline effect' it shows us that we really can't prove anything.

"We like to pretend that our experiments define the truth for us. But that's often not the case. Just because an idea is true doesn't mean it can be proved. And just because an idea can be proved doesn't mean it's true. When the experiments are done, we still have to choose what to believe." (Dec. 13, 2010)

The New Yorker also mentions that although the experiments generate conflicting results, they continue to get cited because they seem to be true and make sense and because we can't bear to let them go. If the scientific community has this problem you can imagine what the rest of us have to confront about our own views and attitudes. It's mind boggling!! (For more about Neptune, see The Calendar on page 2.)

For those of you who want a more intellectual and less spiritual explanation for the 12 signs of the zodiac, let me quote: "Western astrologers became dissatisfied with the sidereal zodiac of the constellations by the 5th century CE, and switched to the tropical zodiac that astrologers in the West have used ever since. The tropical zodiac coincided with the constellations in the year 221 CE. It took a couple of centuries, but astrologers did figure out that planets, signs, and charts should be measured from the equinox, not from a particular star. Western astrology starts the signs from the north or ascending node of intersection between the ecliptic and the celestial equator, the zero Aries or equinox point. Nodes are the intersections between planes and have always been important points in astrology. The resulting ecliptic hemispheres are then divided into the four quadrants and each quadrant has a beginning space, a middle space, and an end space, just like life. These are the signs of Western astrology. They are mathematically and geometrically elegant, as opposed to the irregular groupings of stars known as the constellations, which is what the Minnesota astronomer and media talking heads are ultimately referring to." (Halloran)

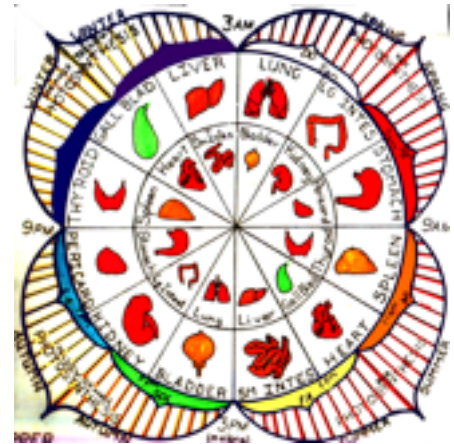
Because Astrology is created by the mind, it is natural to see how the mind affects the outcomes of astrological energies. Planetary influences are like a trigger, but many results can happen. The predictable

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The Mind, continued

outcomes so common in eastern style astrologies (Hindu and Ayurvedic) are due to the caste system which causes people to act in a predictable way. Very few choices were/are available to people from those areas. Here in the West, freedom of the mind allows for many more choices to be made so outcomes from the energies are affected by upbringing, the gene pool, education and character development. Here in the West we have more opportunities to use our mind for growth or for destruction.



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.

The Road Not Taken

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.

Robert Frost