

LONGEVITY CIRCUIT



KISS

Yes, KISS is a rock group, but it is also an acronym for “Keep It Simple, Stupid.” Some of you have mentioned to me that although you enjoy receiving this little newsletter, you often don’t understand what you’re reading. My son, Chris, who is responsible for designing the Longevity Circuit logo you see to the right is one of those people, and he even grew up with astrology!! So in honor of Chris, and all you others who don’t get the lingo of astrology, this issue is dedicated to you! Today we are going back to basics!

What is astrology? For me, astrology is a system of archetypes. But what are archetypes? This term comes from the writings of Carl Jung, the Swiss psychiatrist and the founder of analytical psychology. He said that archetypes are “ancient or archaic images that derive from the collective unconscious.” Over the years I’ve travelled most of the world looking for evidence of astrology and I have not been disappointed. Ancient caves and writings attest to the fact that astrology is as old as man and has existed as long as man has been able to draw

Basic Archetypal symbols

- ☉ The Sun- The Self, individuality, energy
- ☾ The Moon- emotion, feminine, Soul
- ☿ Mercury- Our minds, communications
- ♂ Mars- Urgency to act, anger
- ♀ Venus- Desire, art, money
- ♃ Jupiter- Growth, religion, worldview
- ♄ Saturn- Inhibition, ignorance, work
- ♅ Uranus- Change, revolution, astrology
- ♆ Neptune- Impressions, addiction
- ♇ Pluto- Transformation, hidden power



KISS, Continued

and write. The system of astrology changes slightly from area to area. That is, Indian astrology, known as Vedic astrology is slightly different from say, Tibetan Astrology or what I would call modern astrology which is the system I use since it applies to modern Western man. Vedic astrology assumes certain cultural attitudes which we don't have in the Western world. In this part of the world we don't inhibit advancement due to the caste system. We say we give more freedom to women (but we still have mountains to climb before equality exists!); we do not rely on destiny and fate to explain our lives; we are more proactive, independent and self activated. I'm not dissing India, by the way. I'm only showing some of the original bases of the two systems.

I've studied most of the various systems. Old Vedic texts are hard to come by but once I found one and loaned it to my Teacher, Adano Ley, who took it and when I asked to have it back, it had mysteriously disappeared. Again, I found an old text and again showed it Adano, who again took it but this time he had "loaned it to a friend" who never returned it! Finally Adano told me not to study Vedic Astrology because my work is with Westerners who need a system that is appropriate to their lives! He was telling me, in so many words, a hard lesson: that we need to use the archetypes or images that evolve from our own culture and not those of another culture. He was consistent with this idea: nearly all chants, prayers and talks were conducted in English in colloquial language. He, himself, wore ordinary clothes (including plastic boots from Walmart) and though he was born in British Guyana of a Buddhist father and Catholic Indian mother he was intrinsically "American."

We must find our way in the language and culture into which we are born. Thus we use Western images or archetypes to voice astrology. Many of you have asked me over the years if astrology is based on the physical solar system. I believe it started that way when early man was still in his tribal consciousness. There was no "I" then, no projection, no division between inner and outer. It is the reason for the

belief that the earth was the center of the universe. When man came out of the Dark Ages, he began to see that we are separate entities, that the earth revolves around the Sun, and even to seeing the Solar System as part of the Universe, and now today we understand the endlessness of the universe. The better our telescopes, the better our vision extends; or put another way, the more evolved we become, the more our awareness of eternity is embodied in our consciousness.

Astrology is dead if it doesn't evolve as well. And it has, but it still draws upon the basic principles on which it was established. Today we describe and use it differently, that's all. Instead of talking about a planet, we are talking about the archetype or meaning of the planet. Much of the meaning actually does come from the function of the planet. For instance, let's use the Sun as an example. Without the Sun there is no life; it provides, warmth, energy and light. In astrology the Sun represents our basic individuality, where we shine, our energy. We draw the archetype from the physical object, but it evolves: "our basic individuality" is the modern interpretation. And that's a big difference, for modern astrology applies to the individual, whereas in olden times, even before the Americas were discovered, astrology was used only for mundane affairs of royalty. It was purely for prediction to save the king/queen and the kingdom.

This is why using Jung's concept of archetypes works so well. Now when I read a chart, I'm reading about YOU, how do you resonate with these concepts? What is your myth? Now the predictions in your chart are based on what you do with your archetypes: do you own up to them, integrate them into your awareness, or do you continue to repress them, deny them, and consequently continue to give them power over you? The more we realize we are projecting our inner hidden concepts into the world by projection the more chance we have to get "unstuck." It is as if everything were a mirror: our eyes have created the illusion that there is something out there! Our desires and our fears, our egos and our need for individuality are so strong that we cannot see. **Memorize the archetypes on page one! Do it.**

SPRING CALENDAR

Happy Springtime to all! March 20th, the first day of Spring starts off with a **Mercury Retrograde**. This apparent backward motion of Mercury gets a lot of attention these days, and since this is the issue of going back to basics, let's look at what it means.

Mercury as the planet closest to the Sun has the fastest orbit around the Sun- 88 days. Consequently it travels around the Sun 3 to 4 times to our one. When it does that it circles in front of and behind the Sun. When behind the Sun, that is the Sun is between Mercury and the Earth, we say Mercury is in superior conjunction. Mercury is brightest then and farthest away from Earth. When Mercury is between the Sun and Earth, it is called an inferior conjunction. Since the Sun is shining on the side of Mercury we can't see, it is not as bright. Only Mercury and Venus can come between Earth and the Sun because all the other planets have orbits outside the orbit of Earth.

Because of parallax, which is the optical illusion created by 2 moving bodies (Think of 2 trains going in the same direction but at different speeds: the slower one appears to be going backward.), Mercury appears to move backward as well as forward and it does that on both sides of the Sun; thus we can have as many as 4 retrograde Mercuries, but 2 of them will be in front of the Sun, and 2 in the back: inferior and superior retrogrades.

The natal chart works the same way; a person is born with a Mercury that is either in inferior or superior relation to the Sun, or forward or retrograde--4 types. Dane Rudhyar defined these types as being either Promethean or Epimethean, because it was the mythological Prometheus who in rebellion to the gods, gave the fire of mind to mortals.

The first phase is "the Promethean Direct" which we are in today as I write this until Mercury goes retrograde. In this phase the mind is restless, full of new ideas, seeking creative expression and impulsive. On the 12th when the Promethean Mercury is retrograde which is where Mercury is when you receive this newsletter, the mind has begun to quiet down, thinks of external matters and by projecting them make things actually happen. So you can see now why a retrograde Mercury asks us

to be thoughtful, reflective, get all the facts and integrate them into our plans.

The actual conjunction to the sun occurs on March 21 and being in Aries could bring high mental activity, fresh ideas, innovation. Just don't act on them just yet. Mercury will go back into Pisces before it turns Direct again on April 4th and doesn't get back into Aries until April 17, and its original position on April 23rd. In Pisces, Mercury can be easily misled, illusional and hopeful. Not a good time for decision making! However it might help make the project more creative, compassionate, influential. Now is the time to reconsider old plans, finishing up things you've already started, checking on resources. Review!

Test the waters out when at first Mercury goes Direct on April 4th, but don't put anything on the line that really matters until the 23rd. Sometimes this shadow period of Mercury betwixt and between can wreak havoc with plans. Also Mercury can't hurt you if you are detached. Give up your expectations and ego-based timing. Don't be OCD. If traveling take the bare necessities in a carry-on bag; be willing to flow, prepare for the unexpected. Be willing to change your mind. Once the retrograde is over, make those plans a reality.

ALSO, **Pluto** is in Capricorn and will turn retrograde April 11th until mid September. I have good hopes for this influence since Pluto is fascistic and is causing so much polarization in our world. This phase could give the populace a chance to review and recollect, transform. **Neptune** is firmly ensconced in in its own home of Pisces. On the one hand this 11year cycle could be very good for spiritual and artistic pursuits but not so good for truth telling and healthy life style. Remember Bacchus? **Uranus** is in Aries for the next 6 years bringing change and more change. Look for new management styles. **Saturn** is retrograde until May 2nd which affects business plans, forces commitments and brings delays. **Jupiter** is whizzing through Taurus in its fast phase and will move into Gemini on June 12th. This is the year of the Dragon and Jupiter is always in Taurus during a Dragon year. Maybe that is why the Dragon is considered such a good luck year since Jupiter in Taurus is good for prosperity, especially money and real estate!

June 21st: Look for the Summer Longevity Circuit.

Solar Nutrition Recipes

Beginning with this issue, Dallas' premier chef, Andre Natera (at the Pyramid Restaurant in the Fairmont), will be sharing gourmet Solar Nutrition recipes with us. Andre has been utilizing Solar Nutrition since he was a kid. His restaurant has been given 5 stars by the Dallas Morning News. Congrats, Andre!

Fruit Salad Serves 4

- 1 cup Apple diced
- 1 ea Banana sliced
- 1 cup Mango sliced
- ½ cup Papaya diced
- ¼ Chopped Macadamia Nuts
- ½ cup Coconut Milk
- 2 Tbsp Maple Syrup Grade B
- 1/8 tsp Lime zest

Combine all the diced fruit and toss together with the coconut milk, zest, and maple syrup. Serve

Lunch White Bean, Tomato, Arugula and Feta Cheese Salad with Olive Oil and Parsley. Serves 4

In a large mixing bowl combine the tomatoes, beans, herbs, lemon and olive oil. Season with salt and cayenne and mix gently. Place on individual plates and sprinkle with feta cheese. Toss the arugula with olive oil and salt and place on top of the tomato and bean salad.

Dinner Seared Salmon w/ Dashi, Enoki and Wakame

- 4 6 oz Salmon Filets
- Olive Oil as Needed
- Sea Salt
- 1 Qt Distilled Water
- 1 Piece Japanese Kombu
- 1 Cup Bonito Flakes
- 2 Cups Enoki Mushrooms, or your favorites
- 4 Pieces Dried Wakame

For the Salmon heat a sauté pan over medium to high heat and season the salmon on both sides. Place a small amount of oil in the pan and just before smoking place the salmon filets in the pan and cook for approximately 4 minutes on each side. Remove and pat with a paper towel to remove any excess grease.

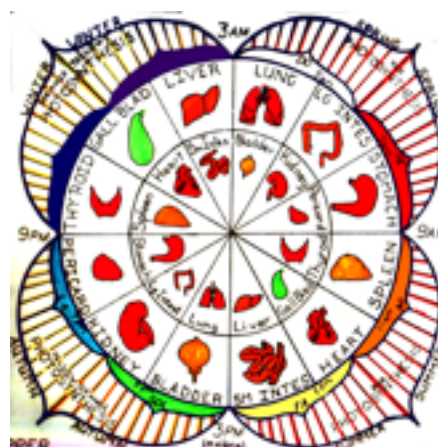
For the dashi: Place the Kombu in a pot with the distilled water and place on the stove to simmer. Once small bubbles form remove from the stove and remove the kombu. Add the bonito flakes and place back on the stove and simmer for 10 minutes then strain through a fine filter.

Adano

We all know how some people get help when their problems seem overwhelming: they open the Bible and point and see what the verse says. I suppose you could do this with any good-book, religious or otherwise. It's the notion that there's a solution for everything and it's just a question of obtaining it. Look at the I Ching, the Tarot Cards, Horary Astrology--all techniques for getting answers to life's problems.

But that isn't what I was doing when one day I picked up the Adano Ley archives on my iPad. The list is overwhelming so I chose the section called "Good Quality" and selected a number by chance: #36. Wow! It turned out to be a recycling that Adano did in 1972 for a large group of people in Virginia. As I listened, I too was being recycled and just when I needed it! Another day, I did the same thing. This time I selected #37 and it was a lecture on what happens when you die! Also needed: several people close to me had recently "checked out" and death was close to heart. #12 turned out to be about healthy sex--just when I was doing the chart of a client who was asking lots of questions about it. Timing!

Now is the time to send Paul an empty 64 gb iPod or portable hard drive so he can fill it with Adano's words of wisdom to be there for you when you need them!



For the wakame: Soak in warm water for approximately 30 minutes. Cut into strips

To finish: Place an equal amount of the enoki or some other type of mushroom in the bowl. Add the wakame strips and top with a piece of salmon. Pour approximately 6 oz of Dashi in each bowl.