

# LONGEVITY CIRCUIT



Falkland Islands, 2006

## The Path of Least Guilt

Many astrologers believe that the Aquarian Age was entered when Neptune went into Aquarius for the first time at the end of January, 1998. If the New Age prediction for individual wholeness is accurate, then Neptune's new energy gave us the perfect opportunity to begin such a process. Now that Neptune's placement is in Pisces, the energy is even stronger for spirituality and inner awareness. But there is always a dark side to any astrological transit. For Neptune in Pisces the problem centers around woundedness. Neptune's weakness has always been a tendency toward victimization, identity loss, and guilt.

As you may have noticed, this newsletter is in general "dedicated to those techniques which contribute to a longevity lifestyle," not just astrology, which is why solar nutrition, herbs and other health related topics are included. According to Adano, who is the guiding force behind this newsletter, dissolving guilt is essential for the road to wholeness and longevity and the relief from suffering. But it is a rocky road, filled with twists and turns, dark passages, and often seems impossible to navigate. It is definitely the road less traveled as it clashes with everything in society that is geared to program individuals to subservience to authority, and therefore unconsciousness.

However, for the sake of clarity, let me mention here that the path of least guilt is not meant or those who don't have any: you can't give up something you haven't got! In other words, it is not the path for rapists and sociopaths, for instance, who operate without guilt and probably need guilt to control their violence. Adano was addressing only those people in whom a commitment to wholeness is well established in their psyches, i.e. hopefully the readers of this newsletter! And he called it the path of least guilt, not the path of no guilt.

Guilt is rampant in our world now. It is used by religions, families, schools, relationships, and political groups to manipulate people to conform to someone or something else's standard or need. "Guilt is not a characteristic of God." Adano said and would always point the questioner to the dictionary to determine for himself that guilt really means "guile," to fool yourself.

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## WINTER CALENDAR

It just so happens that this year the Winter Solstice on December 21 occurs on the last day of the world! Only kidding, but there is a reason that that date was chosen as the end of the Mayan Calendar: The Winter Solstice means the sun (sol) has stopped (stice). We now know that the Mayan calendar continues for thousands of years, but if you were writing down something on a wall, wouldn't you also find a convenient stopping place? It's like ending at the end of a paragraph or a chapter you are writing. It makes sense! So we will continue to look ahead at the next 3 months, another good stopping place but hardly the end of this newsletter!!

Except for Jupiter, all our planets are moving forward. Uranus turned around a few days ago and Jupiter will be the lone holdout the 30th of January. We'll have a rare period of a little more than 2 weeks when all the planets are forward moving. Then Saturn will go retrograde on February 18th and Mercury will make one of its 3 retrogrades for the year beginning on February 23rd.

What is retrograde action, anyway? First of all it's an illusion. We all know that planets don't actually stop and go backwards! Think of the energy that would be required to make that happen. The apparent motion is called parallax and can be visualized by thinking of a drive down a tree laden street and at first you see a particular tree in front of you but as you drive by the tree seems to change its location in terms of the other trees around it. You know what I mean?

Emotionally, retrograde means we need to review, look back, reassess. And those are mental activities we need. If we blindly went forward with every decision we've ever made, if we never allowed ourselves to change our minds, think what a disaster that would be! Jupiter is still retrograde. Jupiter energy is giving us the chance to reassess some major decisions we made have made in September. I'm in graduate school now, working on

my doctorate and I freely admit that hardly a day goes by without my asking myself why in the world am I doing this? I'm a Taurus, and Taureans are finishers so I will probably continue what I have started. But someone else might say this action is not working for me: it costs too much or takes up too much time. And in fact my class has lost several students already. So with a retrograde we look over a decision in the area of interest for that planet. In this case, Jupiter deals with concept of higher education, religion, travel as in big trips, and foreign affairs.

Uranus has just gone direct again. When retrograde we might have looked at the results of sudden actions, learned how to accommodate them and gain some stability. Now that Uranus is going straight, we can expect the unexpected again, if this planet hits an energy spot in our own chart. Uranus is currently at 4 degrees of Aries which means that people with planets in cardinal signs (Aries, Cancer, Libra and Capricorn), would do well to remember that for the next 5 or 6 years that there will be big changes in their lives, changes that they initially may not want. People with Fire signs (Aries, Leo and Sagittarius) however, will say "Great! Just what I wanted." We're not just talking about Sun signs here but rather any planet(s) you might find in those areas.

Just a few words about that Mercury retrograde coming up in late February. Mercury is the fastest moving planet, being the closest to the Sun in astronomy. If the Sun is the giver of life, then Mercury gives us the mental capacity to know we are alive! It rules our everyday thinking and when it turns retrograde we really need to be on top of decisions that are ordinary. Did I remember my toothbrush when going away for the weekend? Expect delays, lost baggage, change of plans, changes of mind. If you are traveling, make sure you have essentials in a carry-on bag and try to make your plans before the retrograde begins!

January 1st: Happy New You!

On March 21, look for the next issue of Longevity Circuit.

## Guilt, continued

Here is an experience I had with Adano that illustrates this point. Adano was in Santa Fe, New Mexico for his regular quarterly visit and he and I and several others had been invited to The Bishop's Lodge hotel for their popular Sunday brunch. As our table was not ready yet, we stepped out to the patio to enjoy the sun and everybody found a place to bask in it. Adano sat on the chair inside the telephone booth, and the only seat remaining was the bench inside the confessional booth by the telephone that had apparently been placed there for ambience. As I write these words it all seems quite strange to me, that juxtaposition of telephone booth and confessional booth, but nevertheless that's what was there. At first enjoying the sun, I next realized I was actually sitting in a real confessional and it struck me as funny (I am not a Roman Catholic) so I stuck my head out and turned to Adano and jokingly said, "Forgive me Father, for I have sinned." Whereupon Adano thrust out his hand to bop me on the head and said, "You're forgiven, daughter, now go out and do it again."

Guilt is somehow wrapped up in pleasure, otherwise it wouldn't work. Guilt gives us the excuse to do something we think we shouldn't be doing. Guilt is initially a solution to a problem but which eventually becomes the problem itself. If you're really honest with yourself, you'll see that everything you feel guilty about revolves around something you actually want to do.

And then there's the guilt trip other's place on you. It usually begins in infancy with dysfunctional parents or caregivers. To the infant, remember, the parent is god. Imagine it: your tiny size compared to those overpowering energy fields on whom you're completely dependent. In your helpless state you attribute godlike status to your parents. This is why most of us select our god based on our early childhood experience: angry parents beget a wrathful god, benign parents a good god, absent parents god as concept. It also accounts for our projecting god outside our cells. With such an uneven flow of energy, what means of survival has the infant in

the face of abuse save for taking onto himself the responsibility? He says, "There must be something wrong with me for these gods to be treating me so badly." He becomes guilty and he gets a lot of help to do so from his caregivers who say things like. "If you hadn't been born we'd be (fill in the blank: rich, better job, happier, not married, etc.)" or, "I'm doing this for your own good." You go through your whole life with this underlying, not so unconscious feeling that you are guilty of something and your self esteem plummets. A similar scenario could be painted around your church, your school, or your culture. How can the search for Wholeness be successful with such training?

How do you take the Path of Least Guilt? One way is to look at any situation in which you are faced with two possible courses of action. Make the decision based on which course of action promotes the least guilt. For example: you have an opportunity to take a trip, but a family member who is always needy 'through no fault of his own' suddenly requests your help for the money which was earmarked for the trip. What do you do? If you take the path of most guilt, you forgo the trip and lend him the money. If you take the path of least guilt, you go on the trip, deny the family member, and risk being reviled by him as well as having to defend your action to other family members. If you can't handle the family criticism you take the most guilt way, stifle your emotions, which get stuck in the body and eventually make you sick. If you make the least guilt decision, your family is angry at you and probably finds some way to punish you, BUT you've opened the possibility for the

"All life is action. / All action is Love.  
All Love is service. / All service is freedom.  
All freedom is NOW / All NOW is giving.  
All giving is life. / All life is action."

-- Adano C. Ley

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needy family member to stand on his own two feet and develop his own resourcefulness, and you've not stifled negative emotions which can make you sick.

The guilt-equals-sickness syndrome is why the Path of Least Guilt is at the core of the Longevity Lifestyle. Obviously you can see from the above example that it is not the easiest path. It is the healthiest path. And it's the only path if your commitment is "To live to live, not live to die." So behind the Path of Least Guilt there must be that other commitment. But that's not so easy in today's society which rewards us for being sick and gives us the attention we so desperately seek - the attention we didn't get in a loving way as children and that caused our guilt. It's a formidable tape loop and one that is nearly impossible to break on your own.

However, consistent with the new age energy, we do have many Teachers (who you will notice have huge followings of disciples looking for acceptance) lending their support to travel on the Path of Least Guilt., My own Teacher, Swami Nityananda Saraswati, a.k.a. Adano Ley, addressed this problem directly. He suggested that such a life attitude was obtainable and provided solutions and encouragement through group activity and self-acceptance in order to generate an interdependent form of love. He also introduced Solar Nutrition and said, "Eat your way to butterflyhood." "Live your meditation," and self-remembering: "How many have the courage to remember the sperm bonding with the ovum?" He also worked assiduously at developing in his students the strength of peace (not the peace of the world, which Adano called "the peace of being six feet under the ground") that allows one to stand alone, if necessary, in one's integrity to one's commitment to live to live.

Obviously this is a complex and important awareness that can't possibly be wholly defined in a few short pages. But if you enjoyed this article about the Path of Least Guilt and want to learn more, let me hear from you and I will add additional articles from time to time in the newsletter.

## NEWS

Adano's audio and video tapes, CD's etc, are available **FOR FREE** to anyone who will send Paul an EMPTY 64GB iPod or hard drive. There is no charge for this. **Please remember to send return postage.** They have been cleaned up as much as today's technology can do. Paul is constantly reviewing tapes to see if the newest technology can improve them even further. It's an amazing body of work in Adano's own voice and unedited so that the videos and audios have his great energy. Also, if you have anything of Adano's you want archived, send it to Paul. If you have any questions feel free to send email to [paulginger@lccircuit.com](mailto:paulginger@lccircuit.com).

Because you asked for it, **Adano is now on Facebook!** Go to 'friends' request and type in Adano Ley. Also if you are needing some food ideas for solar nutrition, it, too, is on Facebook. Ask to be friends with Solaris Nutritionum. (Facebook only takes personal names!)

My book, "Food and Mood" is now available on Kindle from Amazon.com and soon on Ibooks. Find out about how additives and vitamins affect your body.

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