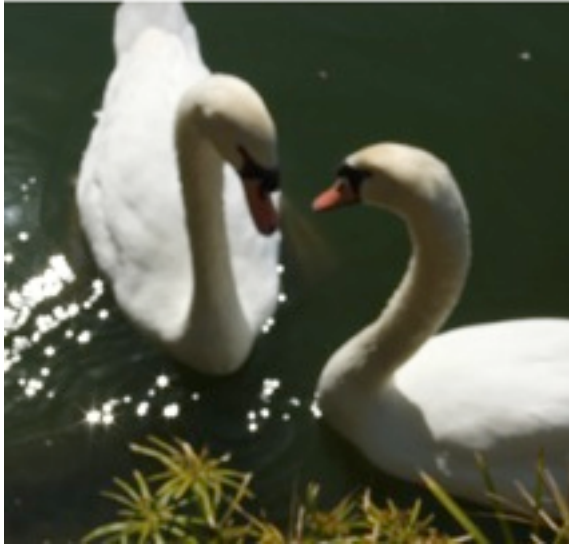


# LONGEVITY CIRCUIT

Ta-Dah! Our 25th year!



The Swans at Lake Shrine forming a heart.

We're in a free fall into future. We don't know where we are going. Things are changing so fast and always, when you are going through a long tunnel, anxiety comes along. And all you have to do to transform your hell into a paradise, is to turn your fall into a voluntary act: joyful participation in sorrow and everything changes. Joseph Campbell

"The timing of the daily events in your life is the evidence that creative intelligence is in charge of your existence." Adano C. Ley

Since everything is but an apparition  
Perfect in being what it is,  
Having nothing to do with good or bad,  
acceptance or rejection,  
One may well burst out in laughter!  
Longchenpa

## FEAR-- F flat in your ear.

Never in my life have I known so many people to express so much fear! Many of these people are professed spiritual initiates. You would think they would know better. But fear gets under one's skin, creeps up on us without our being aware. I think that is because fear initially for emerging humanity was necessary for self preservation. I mean, if a lion is chasing you, fear is a good thing: it makes you run away. Today such life threatening events are rare and consequently newsworthy, which unfortunately brings us to the other kind of fear, imagined fear, or projected fear coming from the unconscious and which has little to do with moment-to-moment self preservation. And I think we are inwardly and outwardly susceptible to fear just now. The outward influence comes from the media, the politicians and the money-makers all of whom benefit by creating fear in the masses. With tv, movies, social networks, such instant media infects us daily. See the BBC series called "Century of the Self" for verification of this purposeful influence to control us psychologically. See it if you can: it's actually banned in this country!

The other reason we are so susceptible to fear is because of the astrological influences we are currently encountering. Specifically I am referring to the Pluto/Uranus square together with Saturn in Scorpio. The former is enforced change, the latter is fear as cause of self-undoing. Even during WWII when Britain was faced daily with the real threat of bombing, Prime Minister Churchill reminded the Brits that "The only thing we have to fear is fear itself."

Heraclitus, a Greek philosopher (535BC-475BC) seems to have said it first, but it has been said many times: "The only thing that is constant is change." We're are living in a time of particularly intense change. How you handle it has a lot to do with the quality of your life. People seem to fall into one of 3 categories: those that don't like it and resist it; those that thrive on it; and those that have seen so much of it that it feels natural and hardly affects them. Which are you?

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## SUMMER CALENDAR

The summer solstice, the longest day of the year and the shortest night is on June 21st. This first day of summer has been celebrated by the ancients around the world because they knew their welfare was dependent on the vagaries of the elementals. Today we have lost touch with the Air, Fire, Wind and Earth elementals as we surround ourselves in mind and spirit with technology. But at such a cost! This is a good day to remind ourselves that without the elementals we would not exist. So celebrate the Sun, toast her with a glass of mead and sing the Elemental Song (See the bottom of the page). With a little appreciation maybe, just maybe, the global weather patterns could improve!

The current retrograde planets are Saturn, Neptune (which just retrograded on June 7th) and Pluto. Joining them on the 26th will be Mercury at 23 degrees Cancer which will turn direct on July 20th at 13 Cancer. It will reach 23 degrees again on August 4th. Remember, any planet which goes retrograde (the *apparent* backward movement due to parallax) is retracing its steps, so to speak. That means we review, check our data, rethink and are willing to change our mind. One's stubbornness and desire nature become obvious at these times. So Mercury asks us to review any spoken or written agreement as well as travel plans; Saturn asks us to look at timing commitments and business deals; Neptune, ah Neptune, the great illusionist, asks us to look at reality; and Pluto doesn't ask, just goes deeper and deeper until finally the cork bursts open and all that stuff is on your kitchen floor! (or in your face....)

On July 8th Saturn makes a station at 4 degrees Scorpio and business should pick up, unemployment should drop and new plans emerge. It could help the President to regain some popularity and thus to move forward in ruling the country. In the U.S. chart, Saturn is currently transiting through the 11th house which deals with the Congress. As we all know, our current Congress is pretty useless. Hopefully, Saturn here, now going direct after a period of reevaluation, will

energize Congress to get its act together and start working for the good of the country.

As I have already mentioned, the Pluto/Uranus square will last into 2015. The combined energies of these powerful planets bring us transformation: out with the old, in with the new; in short: revolution. Positively it can be wonderfully creative, reforming and innovative. On the down side it can be fanatical, violent and precipitate. We're seeing more of the downside than the upside, aren't we? But you must make room for the new by getting rid of the old. Unfortunately most of us tend to cling to the old as it is familiar and seemingly safe. If you have this transit in your own chart it could affect your lifestyle and/or your body, particularly the rhythms of the heart and lungs. If you have the natal configuration you might be a pioneer, a genius or a person who is quite different from the ordinary. Since these two planets move slowly it creates a generation of people. In the 60's Pluto and Uranus were conjunct and that group created the computer age. Don't forget all the social unrest: the sit-ins, the love-ins; the SDS; the fear and trembling of the older generation. We probably will not know for decades what this generation is creating.



**The Elemental Song.** Sung to the tune of "My bonnie lies over the ocean" this chant is designed to calm and benefit the elementals. For instance, it is sung while driving in a heavy snowstorm; to diminish drought; to alleviate dangerous winds; in short, any weather pattern that is dangerous to humanity. The elementals respond to our own projected dysfunctions and negativities. Singing the chant 5 times (once for each elemental) promotes inner and outer harmony.

*We love you, we love you, we love you,  
our dear elementals we do.*

*All beings of air, fire, and water, and beings of earth we love you.  
I am presence, free all elementals, the great, the small.  
I am presence, to them give protection to all.*

To those of you concerned about the global weather pattern changes, I strongly urge you to chant this song whenever you have some time to sing: in the car, washing dishes, taking a walk, etc.

**FEAR, continued**

The Uranus/Pluto square lasts until March 2015. It isn't over! The last pass occurs at 15 degrees of Aries/Capricorn. Aries is the pioneer of the zodiac. Anything goes! Remember the migratory goose who wakes up every morning in a new pond. Some ponds are calm and peaceful with plentiful food; others fraught with danger, a hunter perhaps or other predator, but still regardless of easy or difficult, the goose continues on his path. I use this analogy because it is similar to the energy of Pluto in Capricorn. Pluto is the fascist: and in depth psychology we can say Pluto relates to one's complexes. And what is a complex? To oversimplify, it's an intense energy that erupts from the unconscious seeking some form in outward life. It compels us to action whether we want to comply or not. As C.G. Jung used to say, "Complexes have us, we don't have them." The Uranus/Pluto energy acts in a similar way.

Saturn in Scorpio is the accomplice to the Pluto/Uranus square because inherent in Scorpio energy is the capacity to destroy oneself. It is the reason that the ancients used the scorpion as the major glyph for this constellation. The scorpion is the only creature that can kill itself and does it with the sting of its own tail. We attract our fears! Saturn at its worst rules fear. Consequently we can say that this combined energy yields the possibility of destroying oneself through fear.

As I have often repeated in this newsletter the point of these newsletters is to remind ourselves that we have the choice of BEING USED by astrology, being the victim, or USING astrology and being the victor. The change occurs when we make the commitment (Saturn) to embrace change (the Pluto/Uranus square). One way to do that is to realize that the universe you inhabit is a projection of your own unconscious. All the saints of all religions teach this. "I of myself can do nothing, but the Lord which is in me doeth everything." or, "The kingdom of God is within you." Although these are Christian quotes, all higher religions embrace this concept.

To understand how this really works it's very helpful to understand the quantum mechanic view of our universe. The philosophical implication of quantum mechanics is that all of the things in our universe, including us, that appear to exist independently are actually parts of one all-encompassing organic pattern, and that no parts of that pattern are ever really separate from it or from each other. This is truly how astrology influences us. The astrology is the name we give to collective influences or archetypes that we so-called earthlings agree to experience. The ancients knew this although they did not have the words "quantum mechanics." They gave descriptive terms to astrological concepts that actually were directions to get out of the influence of astrology. The ancients had a philosophical understanding of the universe while scientists have a scientific view of the universe but both groups understand that the universe works in a very similar way and there actually is no disagreement between the two groups except in the words they use. The depth psychologists also agree: von Franz says, "Either the unconscious knows about other realities or what we call the unconscious is a part of the same thing as outer reality, for we do not know how the unconscious is linked with matter." Then she says, "That probably the unconscious has a material aspect...it is matter which knows itself." And, "There would be a dim or vague phenomenon of consciousness even in inorganic matter." So whether you're into religion, science or psychology, there's essentially no disagreement, indicating that by changing your mind you can change your world!

To get better acquainted with quantum mechanics there are several books that are very helpful and written in easy language that can accommodate your study. "The Dancing Wu Li Masters," "Space time and Beyond," a cartoon book describing quantum mechanics, and "Einstein's God."



### HIGH FRUCTOSE CORN SYRUP

Here is how to make your own HFCS:

Mix 10 cups of Yellow Dent #2 corn extract with one drop sulfuric acid, one teaspoon Alpha-Amylase, one teaspoon Glucose-Amylase, and one teaspoon Xylose, strain through a cheesecloth, and heat. Then, once the slurry has reached 140 degrees, add Glucose Isomerase, bring to a boil, let cool, and enjoy! Even if you used organic corn, most of the catalysts are genetically modified in a lab (the glucose isomerase, for instance, was made from the *Streptomyces rubiginosus* bacterium).

All in all, the process takes a night spent soaking the corn (Yellow Dent is a type of high-starch field corn that's also used for ethanol production; i.e., not the corn you'd eat on the cob), and then about three hours of actual prep time, heating, straining and adding the catalysts to the mix.

Maya Weinstein has gone to considerable trouble to bring this recipe into your home. She hopes to keep working on the "citizen food science" project and has already started figuring out how to make bleached, fortified white flour ("you let it cure for a little while in hydrogen peroxide") and wants to make her own Red Dye #40.

How can you possibly resist????? And why did she do this? Read more:

<http://www.bonappetit.com/blogsandforums/blogs/badaily/2013/05/diy-high-fructose-corn-syrup.html#ixzz2VRyIyiTb>

#### GET LONGEVITY CIRCUIT ON LINE!

It's free, and all you have to do is email me at: [ginger@lcircuit.com](mailto:ginger@lcircuit.com) with the word "subscribe" in the subject line. Save a tree!

"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

### ★ Housekeeping (boring but necessary!)

★ 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. But please respect Paul's commitment to archive Adano's work. **Don't confuse it to mean he is your personal I.T.!** If you don't know how to use an iPod or hard drive, get someone in your own environment to teach you. Paul simply does not have the time to do that for you. Merely send the iPod or hard drive and include **return postage**. The archives 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 unadulterated.

★ If you have anything of Adano's that needs to be archived, send it to Paul.

★ 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 iBookstore. Find out about how certain foods, additives and vitamins affect your body.

★ Since you asked for it, I can now do readings on Skype! Therefore I can also send you a CD of the recording rather than a cassette tape which many of you don't have anymore! Time marches on!! ☺

