

LONGEVITY CIRCUIT

Ta-Dah! Our 25th year!

Chihuli Christmas Balls, 2013



The Excitement of Exploration vs The Stress of Change.

One of the many benefits of Astrology is that it can provide an explanation for the often inexplicable things that are happening, both to ourselves as individuals as well as to the planet as a whole. I find myself saying all too often, “What a weird world we live in.” The human potential is truly awesome and yet the evidence of it is nearly nil! The response to change is a good example. Using astronomy as an example, we have moved from thinking that there are only 7 planets, that the Sun revolves around the Earth, that our Solar System is the center of the Milky Way and until recently that the universe is static! Now we know, from the astrophysicist Pauli, that the Universe is expanding-- aligning knowledge with holographic

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

awareness, that the universe is a projection of our consciousness which is constantly expanding! Change is the only thing that doesn't change. And here we are, in the midst of the really big energy shift of Pluto in stress aspect to Uranus for several years and change is happening all around us and in us. Do you hate it or love it?

While I was working on my Ph.D. I realized how significant it is that understanding the unified field of quantum physics helps us combine the physical world (body) with the mind and imagination: combining hard sciences such as biology, physics, medicine and neuroscience with metaphysics and spirituality. It's the difference between believing ourselves to be bodies that have a soul, versus experiencing the truth that we are souls that

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WINTER CALENDAR

Eco-psychology is the study of the relationship between human consciousness and the earth. It is a study that has gained in importance due to the blatant trashing of the planet. It attempts to bring man back into harmony with his physical surroundings. It is apparent from the many abuses to the planet that we, as humans, have pretty much lost touch with the earth and the elementals. It is believed that such disjointedness began with the advent of Christianity. A good example is the holiday we call Christmas. Actually, the authentic celebration occurs on Dec 21, when the Sun appears to stop heading south causing the days to shorten and the nights to lengthen. It is called the Winter Solstice and the Druids and Celts celebrated that day as the return of the light. Consequently, trees were decorated with candles, fires were lighted, and gratitude was expressed that life would go on for yet another year. Gifts were given and special foods were prepared. Sound familiar? In order to get the so-called pagans away from their intrinsic oneness with the elementals and earth, the new religion used these astronomical events and made them religious holidays. So religions may have given us the gift of knowing we are God (for those who accept it) but at the same time severed our union with the environment. Why can't we have both? We can!! This is a Neptune in Pisces discussion and we will have more on this later!

Yes, Neptune is in its own sign of Pisces, where it was when first discovered in the mid 1800's. We say Neptune is "at home" in Pisces which means it can do its natural thing. This energy or archetype is ephemeral. It symbolizes all those things we can't see or hear. How does a toxic or beneficial substance enter through our skin? How do we know when we are being compassionate or door-matted? How do we know if we are sleeping or meditating? How do we know if and when we are addicted to something? Pisces is the last constellation, ruling the twelfth house, encompassing a little bit of all the other houses and

and brings to our attention all our mistakes and deficits as well as all our goodness and right decisions. It is why this house is also called the House of Self-Undoing. Neptune will be in Pisces until March of 2025, granting us plenty of time to correct our deficiencies and enjoy our legacy.

Pluto is still in Capricorn (until Feb 2024), is still moving direct and is still making the square to Uranus. In the US Chart, this energy occurs in the 11th and 2nd houses of money. I think we are finally beginning to see some of the correction to the financial fiasco that has become rampant in, at least, our country.

Uranus has just turned direct this month at 8 degrees Aries. These two power energies are bringing lots of change for individuals, too. I have never had so many clients at one time who are moving, divorcing, changing jobs, etc., in short making the big changes that create stress and fear.

Saturn in Scorpio doesn't help reduce the stress. The Scorpion's sting seems to be lasting much too long, like 2 1/2 years! Saturn will get up to 23 degrees before it turns retrograde in March. What can we do when we're up against such heavy energy? First remember that "Astrology came to pass, it didn't come to stay." Second, stay in the present moment and see that you are okay: you have a roof over your head, food in your stomach, a phone and a car (for calling for help and getting away from danger) and most important of all: you're not dead!

Jupiter is in Cancer. It is retrograde until early March, going back to 10 degrees. It's so easy for Jupiter to get inflated so we need these looking back times to give us balance and reckoning. The improvement in the housing market is due to the position of Jupiter here and will continue to improve once Jupiter moves direct.

Mars is noteworthy this quarter being in Libra until Sept, 2014. Mars is not happy is this "peace at any price" sign, being way too war-like for Libra's taste. Right now it is squaring Uranus and will square Pluto in January, adding fuel to the fire of the conflict between the big boys, Pluto and

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have a body! When we live our lives according to the latter principle, healing, joy and the longevity lifestyle are readily available.

In astrological terms, Pluto urges us to eliminate what we don't need, and Uranus offers us enlightened thinking and experience. Ram Das once said, "We'd rather be right than be free." I euphemistically used the words "urges" and "offers" but due to the stress energy between these two symbols we really don't have much say in the matter. What we DO have is the ownership of our minds, our attitudes and our imaginations. In fact, that is the only thing we can control!

Neptune offers us a solution to the stress of change. Neptune the planet and its home of Pisces are the hardest concepts for me to teach to people because they rule the intangibles of life. The glyph for Pisces is two fish going in opposite directions but united with a cord. This could only mean that the opposing thoughts in the sea of consciousness are united and that mind and body are united, that we live in a duality. And therein lies the solution! We can choose what we want to think! Neptune and Pisces rule imagination, illusions, dissolvers, enigmas, addictions, bubbles ("I am the bubble make me the sea."), the sea, victimization, religious delusions and fanaticism, etc, etc. Adano Ley, Swami Nityananda perfectly describes the energy of Neptune.

"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."

Neptune has recently moved into its own home of Pisces. It takes almost 165 years for

Neptune to make one revolution around the Sun, so there is no one alive now who has experienced that! It takes us back to the mid 19th century when Neptune was first identified. During that time the world experienced the social revolution attributed to Marx and Engels. (and BTW, in the U.S. it was also the time the Adventists predicted that Jesus would reemerge in the U.S.) Similarly today we are experiencing social change and religious fanaticism. But we're also seeing more meditators, more altruism and of course the same old deceptions in business. The consumer has become the victim to the banks, government is in avoidance patterns, and attempts to overcome the deficiencies and negative practices of medicine and insurance are thwarted.

But what of the effects of Neptune in Pisces on the personal level? Of course it makes a difference where these energies are in your own horror-s-cope) Basically it's an opportunity to examine one's beliefs. Knowing and belief are opposing factors. Belief is what gets us into trouble: we have to convince other's of our belief in order to authenticate them for ourselves. Knowing on the other hand is solid and doesn't need authenticating from others. This is why religions come under the rule of Sagittarius (the sign of orthodoxy) and Pisces rules spirituality.

Stress and fear are based on belief. "I believe I cannot undertake this challenge." Now you're under stress. Fear is based on your past experiences and stress on your future expectations. Okay, if a lion is chasing you down the street you can have authentic fear.

But the spermal journey we all took that brought us into life is the evidence that we are all winners. "I am a winner, based on the fact that the sperm made it to the ovum against all odds. Losers can't be born." Every challenge we go through in life with consciousness is a challenge we already accomplished unconsciously on the spermal journey. Yeah!

CALENDAR, Continued

Uranus. Watch your temper, don't overwork, keep your mouth shut and stay calm! The holidays can get anyone jittery anyway as there can be so much family trauma. Libra rules marriages and partnerships so be circumspect and let this energy pass.

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



★ UPDATE! RECORDING CHANGES

In addition to doing readings on Skype which lets us see each other and record to a CD, I am also recording on my iPhone, also providing a CD. The way of the cassette is antiquated and so many of you don't have players for them anymore and certainly not in your cars. This also enables me to get away from having an expensive land line.

I also encourage you to download the free Skype app and get someone to show you how easy it is to use, if you don't know already. It is so enjoyable to see your face when we do the readings! Doing this new stuff is nervy to me, too, but it's a great challenge to stay current with all the new technologies!

GET LONGEVITY CIRCUIT ON LINE!

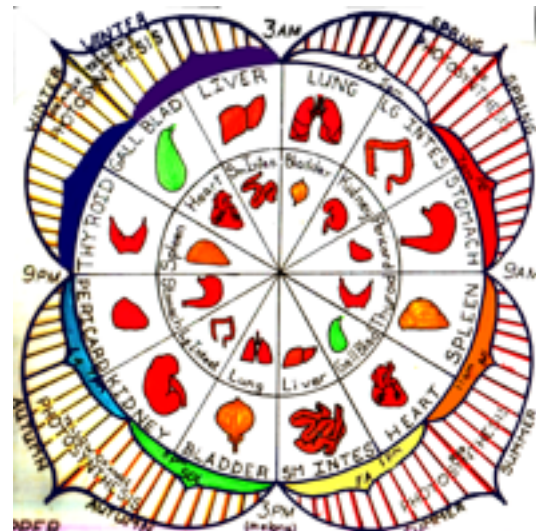
It's free, and all you have to do is email me at: ginger@lcircuit.com with the word "subscribe" in the subject line. Save a tree!

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 and to preserve it for future generations and to make it available to all his students. He has a job! So if you don't know how to use an iPod or hard drive, please find 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.



For the list of Solar foods, go to my web page, longevitycircuit.com/foodlist to download a free list.