

LONGEVITY CIRCUIT



Night blooming cereus, Phoenix 2013

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

CREATIVITY

Maybe because it's Spring, or maybe because I was listening to an Adano Ley tape about the source of inspiration, but the word for this newsletter is creativity. In the Spring everything seems to be created anew: plants seeming to pop up from fallow soil, leaves bud on trees that seemed to be dead, dormant vines springing to life. And the Adano Ley tape referred to Henry Ford and his inspiration for the automobile. He said that Ford was given the concept of the motor vehicle from higher consciousness, where all creativity comes from; that Ford never was able to replicate the vision he had and that is why each year cars are made to improve to reach the perfection of the vision. Another reason that creativity is a current topic to discuss is because it offers a solution to the times we live in. Last quarter I offered readers to choose "the excitement of exploration over the stress of change." Now I am suggesting that a useful tool to accomplish excitement over stress is to use one's "God-given" creativity and that we can use Astrology to help us develop it.

But what is creativity? In terms of things, the accepted notion is that something is creative if it has never been made before AND that it be functional and have a practical use. The patent office, in addition, says that it can't be an obvious extension of someone else's idea. In terms of psychology, creativity indicates a positive mental attitude in which one develops abilities to everyday problem-solve and adaptation to change. There is also the big creativity concept (Henry Ford and his car) which brings

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SPRING CALENDAR

The sun enters Aries on March 20 this year signifying the beginning of spring. At this time we find only two planets that are retrograde: Mars and Saturn. Mars has been in Libra since late December of last year and will remain there until July of this year. Ordinarily Mars is only in one sign for two months. Saturn continues to be in Scorpio and will remain there until the end of December this year. With both of them retrograde we can see a major slowing down in many areas of the world today. Mars is the planet of action, the urgency to act. Being in Libra, Mars has been softened by "the peace at any price" Libra. In Libra Mars energy has been conciliatory, eager to please, trying to make both sides happy. We see a great deal of this on the world scene right now. And then just as Mars was getting ready to jump into Scorpio (the constellation that would have easily made Mars get out of bounds) Mars goes retrograde back into the lower degrees of Libra! When any planet takes a look backward it means that the opportunity exists to review, revise, and perfect. In terms of action it's always good to look before you leap. Mars will be retrograde until May 20. Until then, put your energy into teambuilding and relationships. If you have been too frank in the past while Mars was direct, now is the time to mend those bridges.

Saturn, too, achieved the late degrees of Scorpio before it also turned backwards and went retrograde. Saturn rules all the structures in our lives. It rules our teeth and our bones, for example. It rules skyscrapers, commitments and perseverance. Many people don't like Saturn because Saturn shows us where we are ignoring the truth—which is what ignorance really means. None of us want to be confronted with our self imposed limitations. So the retrograde Saturn gives us an opportunity to revise and reflect. This is not a bad thing: it gives us the chance to correct. Now is not the time, however, to begin a new business. All the facts are not in yet, the spreadsheet is not yet complete, and the business plan is unfinished. Wait until mid July when Saturn goes direct again to begin something new or to invest. Because Saturn and Scorpio often bring depression, melancholy, or a sense of loss, there can be a spiritual renewal at this time as well. If you are feeling some of the negative attributes of Saturn in Scorpio this is a good time to begin or continue your meditation and spiritual studies.

All in all then, this spring is a good time to go inward, to be creative, to look for unusual solutions to the same old problems.

On April 15, Pluto also will go retrograde. In 2009 Pluto entered Capricorn where it remains until the year 2023. By now you have probably become comfortable with Pluto's concentrated energy, it's pursuit of the extraordinary, and it's ambitiousness. It is almost fanatical in this position. Does this remind you of any situations occurring on our planet today? Although Pluto can be quite personal in its effects, it can also bring big changes to the international scene. As with Mars, Pluto going retrograde can tone things down.

Uranus remains in Aries where it will make another direct square with Pluto in mid April. Sometimes we need some distance in order to be able to see the good that occurs between the two planets of Uranus and Pluto. As an example remember the conjunct between the two in the 60s. It might have seemed anarchic at the time but actually it created the basis for some of the things that we enjoy so much now.

In June we have another retrograde Mercury. This time it occurs on June 7 at 3° Cancer, and goes back into Gemini. It goes direct on July 2 at 24° Gemini. Since most of the retrograde happens in Gemini, the planet of travel, moving, thinking and speaking, these areas are worthy of extra attention. The retrograde Mercury is an excellent time to check your facts, to review your thought processes, to make sure that you're on the right track and making the right decisions. There can be a carelessness, a haste, while Mercury is retrograde causing us to have problems we don't really need to have. As always, if you are traveling please try to make your plans before the retrograde, and during the retrograde always have a carry-on bag with all necessary essentials!

Jupiter is currently in Cancer. It went direct in the first few days of this month. While it was retrograde, as expected, the news informed us that the housing market had slowed down. This is the kind of thing that Jupiter in Cancer rules. We can expect that market to speed up again. But Jupiter in Cancer also rules home and family, emotions, attachments, and the capacity one has to be impressionable. Jupiter is somewhat slowed down by the watery nature of Cancer, but in July Jupiter will be entering Leo, a very fiery energy and energetics will increase.

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

change to world, but in terms of our using creativity to deal with the current life stream we will be looking at the functional daily concept.

At its most basic, creativity is self-expression. As Carl Jung, the Swiss psychiatrist would have it, each one of us is a unique individual who is born with a special puzzle to solve and the solution is known only to ourselves (ourcells). Astrology would attribute this essence to the Sun sign. The fire signs might have a “eureka, that’s it!” way of being creative; earth signs, on the other hand might find their creativity by slow and plodding methods. Air signs are known to have insight all at once, and water signs tend to feel their way through.

Creative people daydream! This is Neptune at work for sure! They love solitude, lose track of time, and meditate! Children are so often criticized for daydreaming and yet so often the inspiration comes at just those moments. Adano Ley attributes all creativity to the soul and often reminded us of the criticism that was aimed at Yogananda for driving a new expensive car each year (that was donated). His reply: “ Poor expression of man’s creativity, looking forward to a better model next year.”

Thank goodness, another characteristic is that creative people are motivated from within. They are not driven by social mores or shoulds and oughts. We can attribute this characteristic to Mars, the pioneer of the zodiac. They get bored easily, are iconoclastic, willing to try new things. They experience different emotions, being comfortable with their Moon energy of feelings, examine their thoughts, do things differently. They are curious. This is a characteristic that too many people lose as they get older. Now we are talking about Uranus, the rebel of the zodiac. This symbol is depicted as a woman, the water bearer, who is pouring out water which is the ancient symbol of intuition.

And they love to explore whether it is in their minds or through travel and learning. Now

we see Jupiter energy at work This is the Centaur who shoots his arrow off to the unknown and doesn’t care where it lands! And if he aims for the stars and gains hold on the treetop he is happy. He’s not afraid of failing: the challenge is the thing. He’s also tends to be a risk taker and this attribute would be a combination of Uranus and Jupiter.

Creative people are observant, constantly taking in information. They love to people watch and often are inspired by what they see. This is an attribute of Mercury, the god with the winged shoes. Since Astrology is the science of archetypes and symbols representing functions within the human body and psyche, Mercury indicates our ability to communicate with our higher self. This planet’s energy gathers information and loves to pass it on. Mercury’s home is Gemini whose glyph depicts the double pillars to God.

Perhaps this accounts for why creative people are also highly esthetically developed. They love and need beauty and can often see possibilities when other’s don’t. This is Venus to be sure. But Neptune pops up here again: the need for quiet, contemplation, harmony, relaxation and alone-time provides an environment where the vision can be seen or Soul can be “heard.”

Another interesting characteristic is that creative people work all hours of the day and night! When the creative idea comes in, they don’t adhere to regular hours and “call it a night.” Instead they will continue through the night if necessary to organize their Thought. Think of Edison and the 3000 wires he tried before he found the filament that worked! This is Saturn at play-- bringing commitment, endurance and perseverance and persistence.

All the planets have been named save one. What about Pluto? I have saved the best for last, because creative people use Pluto in a marvelous way that is so necessary for today’s world. They USE life’s obstacles as food for their creative growth.

Just in case you're interested, there are some remarkable lectures by Adano Ley from the 60s. What is remarkable is that although he had not yet been recognized as a swami (by Ananda Swami, Ghandi's Swami) his lectures carry the same intensity, impression and effect that they do after he was recognized!

One of the topics that is on the tapes concerns the underlying fact that man IS soul not that he has a soul. Understanding this basic principle changes everything. Another interesting topic discusses why we resist doing our meditation and pursuing our spiritual selves. Adano calls it 'lag.' And that it is an intrinsic part of how we were created, rather than making a person feel guilty.

Whether or not you knew Adano when he was in the body, and if you are going through a spiritual renaissance, I strongly recommend these tapes to help you on your path. They are NOT religious or sectarian, but rather scientific lectures on becoming your true self.

They are free to anyone who sends an iPod or hard drive. See "Housekeeping" in the right hand column.

★ 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!)



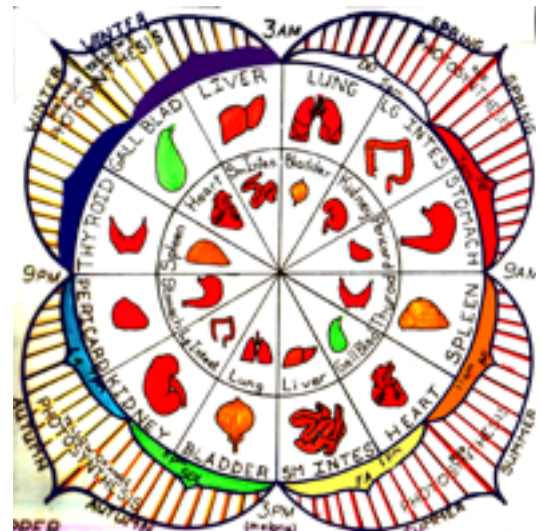
Adano's audio and video tapes, CD's etc, are available **FOR FREE** to anyone who will send Paul an EMPTY 64GB iPod or hard drive. There is no charge for this. But please respect Paul's commitment to archive Adano's work and to preserve it for future generations and to make it available to all his students. 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.