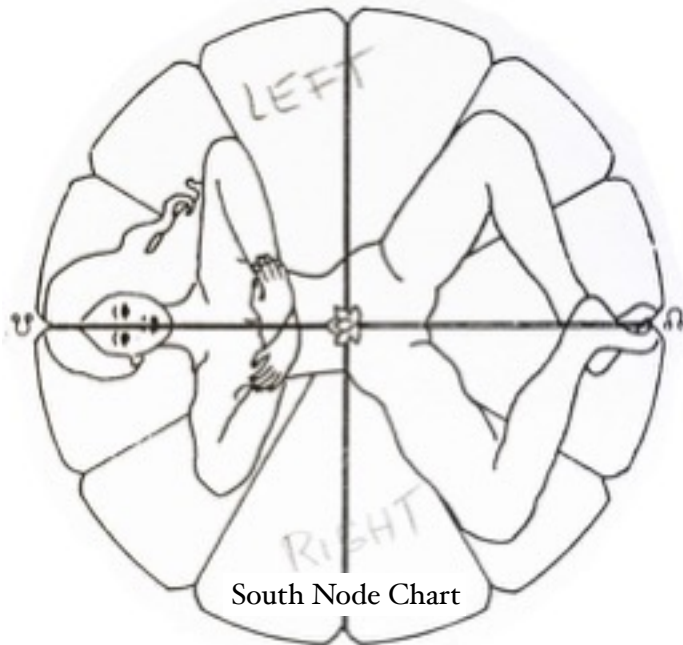


LONGEVITY CIRCUIT



Health Astrology

For the 35 years that I have been a professional astrologer, I have been researching thousands of charts for health assessments. It is an extremely interesting part of astrology but a very uncertain one because though seeing the possibility of illness in a person's chart, predicting exactly what illness s/he will get is nearly impossible! Though frustrating, I have come to see it as a good thing: we do have free choice even though we do not have free will. As a psychotherapist I realize that illness is often the result of a negative mental attitude that is repressed but inevitably expressed by the physical body. The energy has to go somewhere. Having studied psychosomatic depth psychology for years, there is no longer any doubt in my mind that all our repressed difficult emotions are revealed in the dysfunction of the body. So where does astrology come into it? Actually astrology is excellent at uncovering

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

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

The four stages of life:

The Puppet
The Clown
The Joker
The Loser,
The Dealer: The House always wins!

childhood problems which lead to emotional dysfunction. Anger, fear, rejection, etc, are emotions, that unexpressed, can play havoc with the harmonious flow of one's body. The body naturally wants homeostasis if we will only allow it.

When I say we have no free will, I mean that we are all born with a challenge. Carl Jung, the founder of depth psychology, noted that we are all born with a puzzle that only we can solve. Our determination to solve it says a lot about the state of our health. Remember what Ram Das said: "Most people would rather be right than be free." If being 'right' is your main aim, then you'll probably never have your astrological chart read nor be interested in preventing disease. Obviously, most people would rather be right: look at the health care issues in our country—there is nothing in ObamaCare about prevention!

And that is where Astrology reigns:
Astrology is excellent at revealing one's quality

of health. What is your weakest organ? Your strongest organ? And what preventive measures can we take to maintain that natural gift for balance? Health astrology provides the directions for prevention and these are 2-fold. First we look for indicators of probable mental unhealthiness, and second, we look for areas that we can pamper, or where we can beef up the physical body. I would add as a third, a spiritual component even though astrology deals with that which is not spiritual. (The real purpose of astrology is a map of directions taking us out of the mental-physical realm so that we can participate in the spiritual. Spiritual astrology is concerned with the regeneration of man. The planets are urging the awakening of the divinity within.) That is why we include the practice of meditation as a prevention technique. There are currently several disciplines that are researching how meditation changes the neural pathways of the brain. I have read a lot of the research and in every case, the neural pathways are changed only by seasoned long term meditators (like lamas and other practitioners). But since any meditation is a good meditation I see this as a positive trend! Swami Nityananda taught that meditation leads to deeper brain level states, from beta to delta and that these various levels have various areas of healing.

One way to address the problem of finding out which of your organs need pampering is a technique called the South Node chart. The idea here is that you come onto the planet in the way described by the South Node and your potential is to leave the planet according to your North Node. This information is gathered by reading the chart for health. The North and South Nodes are mathematical, not physical, places in the chart. They have been used by all disciplines of Astrology around the world since the beginning of the Chaldean Era. In short, the South Node is past, and the North Node is future. Hence we put the head at the South Node

because that is where we have come from and the feet are at the North Node because that is where we are going!

To address the problem of discovering your emotional challenges one reads the chart according to the current modern tradition. We know Astrology has changed a great deal compared to that which was written in the much earlier documents of the 1400's. Today, our astrology is mostly psychologically interpreted. Carl Jung used it to be sure he was not biased in his assessment of his patients. Astrology is an excellent tool used by many therapists today. In the 1400's, one had many less choices in life. Today with our newfound freedom we find people are looking more at emotion backed questions. Thus we use the natal chart to indicate areas of emotional problems due to childhood difficulties. If we can be honest about what happened to us as children and come to grips with it we allow the body to maintain its homeostasis. Forgiveness is tricky: it's more than putting a bandaid on a sore and involves understanding.

Again, using the natal chart, we look to the sixth house as one of the most important to reveal health issues. It is also known as the work house and the rule generally is, if you work you are far less likely to get sick. But beyond that, the sixth house tells us about vitality, habit patterns, food choices and professionalism or attention to details. It rules gardening, organics, and herbs and potions. It shows one's ability to engage in or have an interest in preventive health.

There is also the technique called Recycling. My teacher, Swami Nityananda said that planet Earth is the garbage pit of the Zodiac and developed and taught this innovative method. Yogananda also pointed out that Planet Earth was a hospital where sick people go and when they get well they can leave! Hence the puzzle that we are here to solve and illness points to it.

WINTER CALENDAR

The Pluto square Uranus is still with us folks! Can't you tell? Here is what Ebertin says it means: "violence, excitement, subversive plans, confrontation with the question of either/or, difficult decisions, unforeseen and vitally important crisis, sudden separation and death." And that's exactly what we see in the news almost everyday. This transit lasts well into 2015 so don't get too relaxed yet. More change is on the way in every sector of society, and individually as well, if the numbers 12-15 coincide with any number in your personal chart.

Fortunately Saturn is entering Sagittarius on Dec 23rd, relieving some of the tension.

However on March 15th it will go retrograde and eventually return to sting in Scorpio. Saturn in Sag could well slow down the economy, curb inflation (at least in Russia), affect our sense of justice, bring about legal changes for better

or worse and affect immigration laws. Remember, Saturn brings to our attention what we are ignorant about, as in ignoring the truth.

Jupiter has just gone retrograde in Leo at 22° and will not turn direct until April. It goes back to 12° where it makes a long station. Is quite happy in Leo as both the planet and the constellation share a love of fire. We like to think of Jupiter as the lucky planet because it rules positive self esteem, forward motion, and success in business. If it is active in your chart it tends to feel lucky and the daring to progress and move

forward. There is however one downside to Jupiter and that is excess. When there is too much Jupiter energy in our charts we tend to go over the top, be in a big hurry, and often overlook significant details in our attempt to make things happen quickly. That is why it is good when we have a Jupiter retrograde, because this is the time that it behooves us to take a look at our plans once again, checking the details, making sure that we have everything we need to insure the success of the project. A retrograde Jupiter also tends to shrink travel plans. Perhaps we don't need to take that trip to Europe just now, a shorter trip will do just as well. Emotionally we might also find

ourselves taking a look at our own egos, our own need to be popular, and the need to be successful. Remember there are two kinds of Leos: the benevolent king and the despot. Retrograde Jupiter could temporize both.



And speaking of retrograde, on January 21 Mercury goes retrograde. When any planet goes retrograde it gives us the opportunity to review, to recollect, and to make changes that would improve the application of that planet. Therefore when Mercury goes retrograde we need to review any negotiation, contract, or any discussion that would have long range results. In fact it is better to discuss, review, and study, rather than make any final commitments. In terms of travel this would mean making your plans before the planet goes retrograde and

making sure that you have carry-on luggage with you in the event that the retrograde Mercury sends your luggage to a location other than the one you plan to visit.

Mercury can be on either side of the Sun compared to planet Earth when it retrogrades. This time in January, Mercury will be between the Sun and Earth in what is called an Inferior Conjunction. It tends to be a more introspective time bringing in insights from the past and, in a depth psychology sort of way, helping us enter into the collective or personal unconscious so that we can gain new insights into our personal world. It's really a great opportunity helping us to grow. Since this Mercury Retrograde is in Aquarius there is also the opportunity for intuitive peak experiences. Meditation is a big help when accessing information of this sort. Mercury makes a station going direct on Feb 11 at 11°. Some astrologers believe the retrograde effect lasts until Mercury regains its original number which occurs on March 3rd. All the other planets are direct for a change until the end of this quarter when Saturn turns retrograde at 4° Sagittarius on March 15. And on March 21 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.

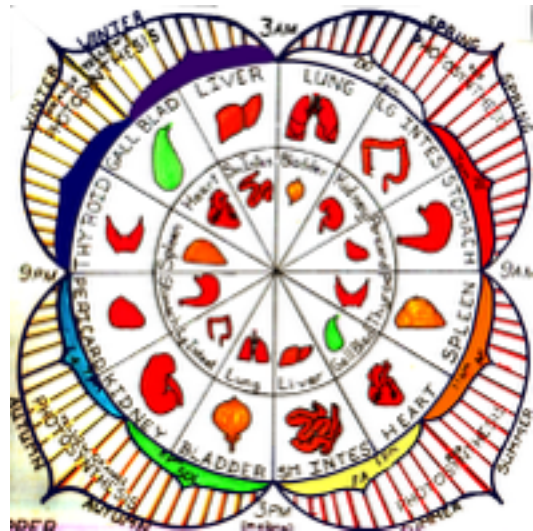
There is no charge for this. But please respect Paul's commitment to archive Adano's work and to preserve it for future generations and to make it available to all his students. He has a job! So if you don't know how to use an iPod or hard drive, please find someone in your own environment to teach you. 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.



You are Soul, you don't have a soul.

For the list of Solar foods, go to my web page, lcircuit.com/solar-food-list to download a free list and the 5 laws.