

LONGEVITY CIRCUIT

Perpetuating techniques which contribute to a longevity lifestyle

Addiction

“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.” Adano Ley

Timing

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

Divine Train

“It was never the will of God that man should forever remain a mere passenger, traveling to glory on the divine train. God willed man's freedom so that he could learn from the experience of life. and make real the divinity inherent in himself.” M. Israel



Datura - Santa Fe, 2015

Neptune in Pisces

In 2012 the planet Neptune went into its home constellation of Pisces. That happens every 165 years. It will remain there until the winter of 2025-26. It behooves us to understand what this means for us individually and for the planet. Two ways we can ascertain what a planet “means” astrologically is to look at the actual physics of the planet as well as it's mythology. Here is what Wikipedia says about Neptune:

Neptune is similar in composition to Uranus, and both have compositions that differ from those of the larger gas giants, Jupiter and Saturn. Neptune's atmosphere, like Jupiter's and Saturn's, is composed primarily of hydrogen and helium, along with traces of hydrocarbons and possibly nitrogen; it contains a higher proportion of "ices" such as water, ammonia, and methane. Scientists

sometimes categorize Uranus and Neptune as "ice giants" to emphasize this distinction. The interior of Neptune, like that of Uranus, is primarily composed of ices and rock. Traces of methane in the outermost regions in part account for the planet's blue appearance.

The fact that it is mostly gas and ice indicates the ephemeral quality of this planet. But we use the holographic model for the universe, so we are not interested just in the physical planet but also in the archetype, the Jungian collective concept residing in the unconscious of mankind indicated by myths and fairy tales and similar constructs.

Mythologically, Neptune is the God of the oceans, the briny deep. So "he's" not only ephemeral but also hidden, deeply embedded in man's consciousness. This is why, of all the planets, Neptune is the hardest to describe! It takes Liz Greene, the author of *Neptune*, almost 500 pages to say all she has to offer! For instance, it rules meditation, sleep, pollution, paranoia, fog, self-undoing, artistic ability, addiction, dreams, movies, illusion, embezzlement, photographers, the occult, dancers and jails. It's a watery sign yet it also rules the feet! No one alive today has experienced Neptune in Pisces before.

The symbol for this energy is two fish going in opposite directions, yet united by a silver cord. What does this mean? For one, it indicates that we live in a duality. Secondly, it indicates the opposing forces within each one of us. We are made up of good and evil, and without the one, the other cannot be expressed. One cannot explore and practice the principles of one's highest nature without the experience of the negative! As I said, the fish and the trident of Neptune indicate to us the watery nature of this energy. But water distorts. This is how Pisces and

Neptune indicate the part I want to explore: the areas of illusion and meditation.

Movies are an illusion and so many of them these days are about dystopia, extra terrestrial people and violence. Psychologically this reflects the fear that most people are feeling, but can't express.

These types of movies are the outlet for the

collective fear of the future. The digital age, the violence in so many parts of the world, radically opposing views of righteousness, religious fanaticism, and economic disparity are all triggers for fear. And these fears go deep into the unconscious. This is one of the fish of Pisces.



The other fish, then, would indicate the antithesis of the current world situation—the capacity to do good, to develop one's consciousness, to practice meditation, say. But Pisces also indicates susceptibility to delusion, illusion, and avoidance. In other words, it points to our ability to fool ourselves. Do we really live in a Hologram? How can we tell? Are we really Soul that has a body, or are we a body that has a soul? What is real and what is illusion?

Carl Jung coined the word, "enantiodromia" which means a running to the opposite. Since our world is so Piscean right now, for good and for bad, I believe the answer resides in the opposite sign of Virgo. This word translates as both virgin and twig or whisk. Its energy is related to service and work. Virgo is detail oriented and discerning as well as critical toward others and self. It lends itself to being in the present as tasks at hand require attentiveness in order to be completed. These are qualities that can help us overcome self delusion and avoidance. Use them!

Autumn Calendar

The Autumnal equinox occurs on Sept 23rd. This means the days and nights are equal at the equator. It signifies the onset of the constellation Libra, depicted as a the setting sun. What are the planets doing at this time?

As I write this **Mercury has just gone retrograde on September 18th**. This is a tricky time for areas relating to communications and travel. It means paying special attention to details and commitments. You may not be the sharpest tack on the planet, or at least it could feel that way! It's because in spite of yourself you are probably reviewing unconsciously the events of the previous several months, since the last Mercury retrograde. But that's actually a good thing: our world is changing so fast we need to increase our awareness of what's going on. Mercury goes all the way back to 0° Libra on October 9th. Being in Libra the entire time, it behooves us to review and watch particularly our communications in relationships, to concentrate on equanimity and fairness.

On the same day in September, **Saturn entered Sagittarius** for a couple of years. This can be a time of testing of one's beliefs and spiritual commitment; or a dedication to study and and learning. Business can improve.

Venus has turned direct in Leo bringing together warmth and creativity to the front. It is currently the Morning Star as it rises just before the Sun. Uranus, Neptune and Pluto, the outer, transpersonal planets are still retrograde. **Pluto, however turns direct** on September 25th the day after **Mars moves into Virgo**. In early October they will form a trine giving the opportunity to get things done, finish up projects begun in the spring and to satisfy details. **Uranus turns direct on December 26th**, after which we will have a couple of months of direct outer planets.

Jupiter is still in Virgo and will be until next summer. Interestingly, Jupiter, Mars and Pluto will be in very positive relationship to each other the second week in October at 13° Virgo. Take advantage of this unusual triad of energies by being as productive as you can. It's such a good time to realize your goals! Know your priorities and commit to them. You will be so glad you did! Remember, Virgo is discerning, pays attention to details but can also get caught up in perfectionism. With enthusiasm and energies high, use this transit wisely.

A word about **the Neptune Retrograde** since this newsletter is devoted to Neptune in Pisces. Every year Neptune appears retrograde for about 5 months because it is so far from the Sun and this year it doesn't turn direct until mid-November at 7° Pisces. Neptune is not at its best when retrograde. It can cause scandals and difficulties in relation to oil, liquor, big pharma, and water. We've already seen the careless/illegal release of toxic water from a mine in Colorado that polluted rivers and streams, and the oil production shift intended to pervert the need for environmental protective measures.

On the psychological level, a retrograde Neptune can cause lack of clarity, confusion, unrealistic ideas, deception, lies and fraud. If poorly affected in your natal or transited chart you will want to be extremely careful of these areas. The problem is that this negative energy makes one easily influenced and gullible! Watch out particularly for any so-called psychic or medium who wants money for their "services." In fact, if money is involved in any way, hire a paid, impartial professional to oversee the project or service.

On December 21st, look for the next issue of Longevity Circuit. Happy Autumn!!

The Planetary Contributions

- Without the Sun there would be no life or light.
- Without Saturn no form or continuity.
- Without Jupiter no growth or extensions.
- Without Mars no movement or desire.
- Without Venus no feelings or interest in others.
- Without Mercury no intelligence or speech.
- Without the Moon no moisture or reproduction.
- Without Uranus no intuition, no ability to utilize wisdom gleaned from previous experiences, no originality or freedom.
- Without Neptune no ability for sensation except by contact, no inspiration, no realization of things spiritual, no oceans.
- Without Pluto no subconscious functions to keep the subtle fires within our being working even while we sleep, for our daily repair, renewal, regeneration, and perpetuation; no conscience to give us hell when we do wrong! (L. George)



Longevity Circuit has a new look! Not that I didn't like the old one, but technology is constantly changing and I was forced to comply! Just saying....

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. I 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.

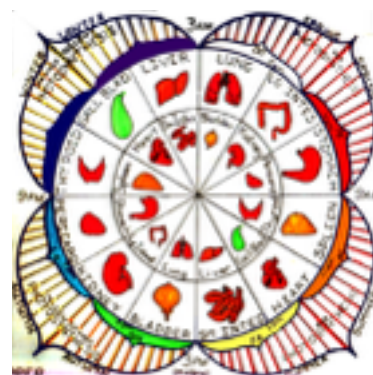
Housekeeping (boring but necessary!)



Adano's audio and video tapes, CD's etc, are available **FOR FREE** to anyone who will send Paul an 64GB USB 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 hard drive and include **return postage**. The archives have been cleaned up as much as possible with today's technology. 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.

In addition to Adano's website (adanoley.com), **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.

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, <http://lcircuit.com/solar-food-list> to download a free list and the 5 laws.