

LONGEVITY CIRCUIT

Perpetuating techniques which contribute to a longevity lifestyle

Addiction

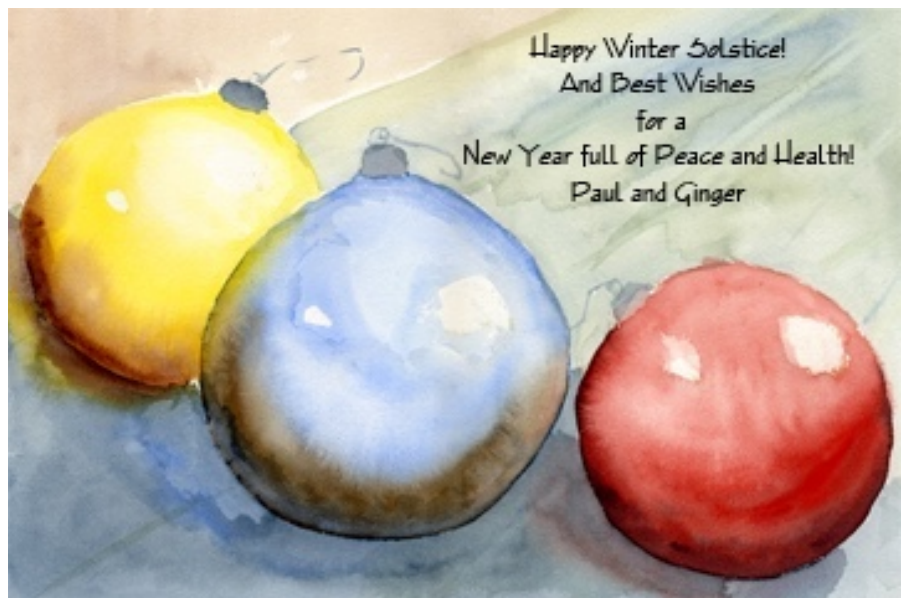
"We are addicted to our own imagination, through the craving patterns. Therefore as we become addicted, we have to repeat it over and over and over. Thus we become attached. From the addiction comes the attachment. We can't seem to let go and if we want to let go, we are afraid that we're going to lose 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



End of Year Musings.....

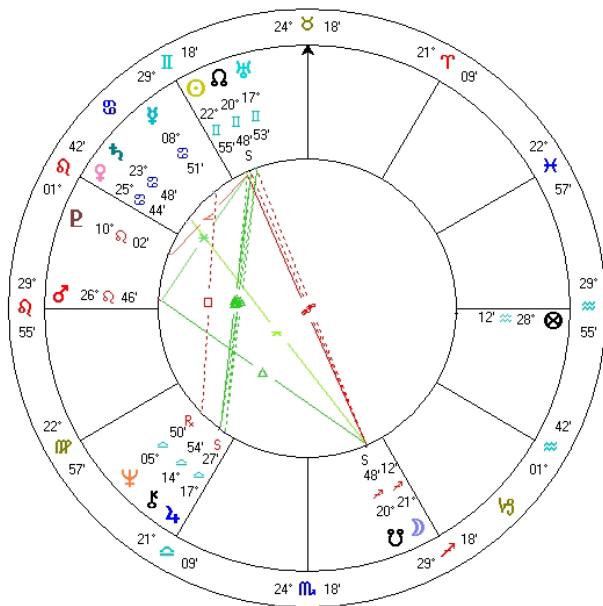
TIMING

The reason we feel victimized by our lives is because we are not living synchronously within time. Your astrological chart is your unique map giving directions to be in good timing. Every four minutes, the earth moves one more degree around the sun indicating that time is based on movement. So we know that time is motion. We are constantly going from one crisis, change or evolutionary step to the next. Time marches on, as they say, but we can opt for what we do during each moment. And one's unique astrology provides for us the information we need to powerfully select those moments to act. It also explains the reasons, the areas of growth we have agreed to undertake in this lifetime. Ultimately, the astrology chart is a map out of itself, meaning that perfect synchronization ends the need for Astrology. There is a famous Buddhist image of a spider on a mirror. The reflection is perfect. Which is real? The

object or the reflection of the object? Time collapses! Another way to 'collapse' time in order to step out of astrology is to stay fully present in each moment. In this way intuition can flourish and be used as perfect guidance. But how many can do this? So we are grateful for the gift of astrology to indicate the better way.

DONALD TRUMP

No, I don't want to be political here. Rather I am fascinated by his popularity. It reminds me of my teacher's (Adano Ley) prediction he gave in the 70's: *In 50 years we will all go to sleep like Rip Van Winkle and when we awaken and return to the cities we will find that are run by the 9 years young.* (He later changed that to 25 years) As a psychotherapist my psychological assessment of Trump is that he appears to have a mental age of a child of nine years. That got me interested in his astrological chart. Here it is:



With Leo rising and both Mars and Pluto in Leo in the 12th house, it's no wonder that he exhibits self aggrandizement! He believes he's as entitled as a king would be. And the Hair! So Leo! The

brashness, the judgmentalism can be attributed to the unbridled and uncensored energy of royalty. His Sun is in Gemini and sure enough he has no lack of words at his disposal. Born during the Full Moon, his Moon sign is in Sagittarius, another fiery energy of the know-it-all. And Full Moon people tend to be high energy as well. Also of note is his Uranus energy: it conjuncts the Sun and opposes the Moon. This is unorthodox, independence, and revolutionary. He considers himself to be a reformer. And the trine to Jupiter accounts for his financial successes and failures and a tendency to individual financial independency. This is the TV performer! He is not going to be swayed by reason, logic or politics, but by impulse and feeling, both emotional and intuitive.

What does the future hold for The Donald? Does his chart promise the Presidency? Let's see.... Pluto Square Jupiter: pursuing fanatical ideals, plutocracy. Neptune stress to Venus, can't differentiate between reality and vision; Uranus opposite Jupiter: can't cooperate or consider. Uranus square Saturn and Saturn opposite Uranus: frustration, opposition from others, accident proneness, tension, irritability and violence.

On the positive side, Uranus is trine the Moon and it lasts until November. This is emotional exhilaration and a sense of feeling at one with the world. Saturn is trine to Pluto, a powerful energy of overcoming impossible odds. How powerful a force is he to be reckoned with? Can these two energies sustain him through the election or are the negative forces opposing him also as strong? In November are we going to wake up and find our cities are run by the nine years young?

HOWEVER...

On the other hand, Adano Ley also predicted that positive change would come through a grassroots initiate. We have already seen how technology has influenced world events though instant communications, Now there is another remarkable app, *Periscope*, that can instantly broadcast a video taken on any cell phone to other subscribers, making censorship virtually impossible when enough people utilize it.

Autumn Calendar

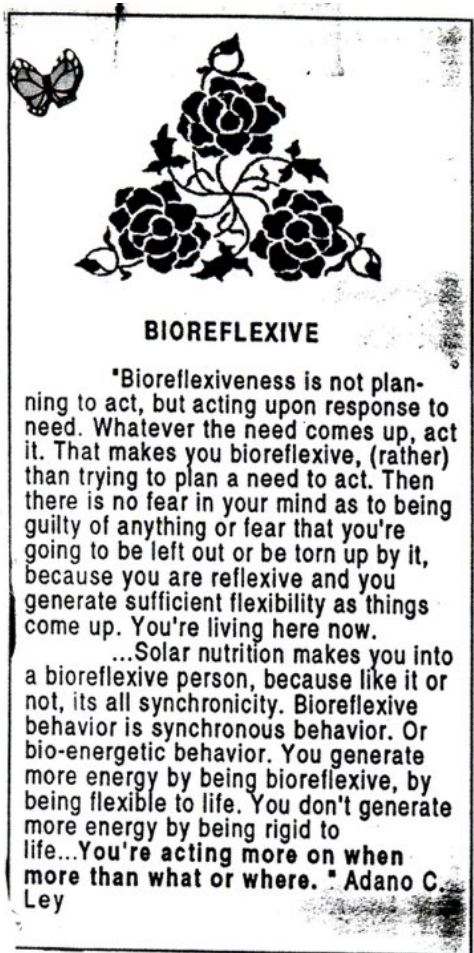
Every religion celebrates something at this time of year. And that 'something' is a symbol for the end of the days getting shorter. It is called the Winter Solstice and is just cause for celebration! The Sun enters Capricorn just before midnight on the East Coast on December 21st.

The only planet that is retrograde at this time is Uranus, but it too will turn direct on Dec 26th at 16°. Uranus will not make another exact square to Pluto, but the energy between them is still uneasy. Only time will tell if the world has learned its lesson about radicalism and terrorism: man's inhumanity to man. (In Mundane Astrology, Uranus is humanity, and Pluto is power. Plutonium was named correctly.)

On January 5th Mercury makes its first retrograde early in the morning at 0°Aquarius which means it is going back into Capricorn to 14° on Jan. 26th. Mercury in Capricorn asks for serious thinking. When retrograde it asks for serious review of current plans and trends. Rather than lay down new ideas, instead review and restate. Listen to your environment for clues to what is going on. Two days later, Jan 7th, Jupiter also makes a station and turns retrograde at 23° Virgo. Jupiter here has hopefully added some discernment and professionalism to the plans and ideas you had when Jupiter was in Leo. Now is the time to review those new concepts. Over the years I have seen too often wonderful plans go awry because someone was in too big a hurry or too sure of themselves to check the details and choose the best time to move forward.

On the national scene some interesting things are happening. The U.S. is having a **Saturn** Return! This is a time of review and renewal when a country can review its goals and purpose. It always happens in the 10th house of the powers that be including the president. It does not bode well for Obama's popularity but does point to difficulties overcome. It appears

that the 2016 election will be particularly important. **Neptune** is in the first house of the U.S. Treaty chart indicating popular discontent and the striving for power by the 'people'. This transit will last for a long time and hopefully is the energy needed for the electorate to take charge in a positive way. **Uranus** is in the US chart's second house of money and resources. It makes a very positive trine to Saturn in the 10th, allowing for positive legislation concerning money matters. Perhaps banking laws will be rewritten and fiscal responsibility will increase. Conversely even though this is a positive energy it could also indicate that big money continues to run the country. Ugh. We are already seeing the positive effects of **Jupiter** currently traveling through the 7th house. This house rules foreign affairs and when Jupiter is in residence it is not surprising to see the beginning success of international awareness of global weather change. Another interesting and rare astrological occurrence is that the Progressed Moon is eh the Solar Arc Sun in the Treaty chart. This is a New Moon, a time of possible new beginnings. At first the Moon is occluded and can't be seen at all. Called the Dark Moon it indicates that emotional and/or psychic energies are at a low, at the same time that intellect and ratiocinations are strong. Sometimes it is good to let the mind think things through without the burden of emotionality. However this does not act long and soon the psyche awakens once again to add a fresh new perspective to the scene. This occurs in the 4th house of the Treaty Chart which could increase the power of the electorate, the opposition to the current ruling party or legislation that helps the populace. Since our current political scene is so chaotic it is hard to predict who will benefit by this energy. **March 21**: Look for the next issue of *Longevity Circuit*!



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....

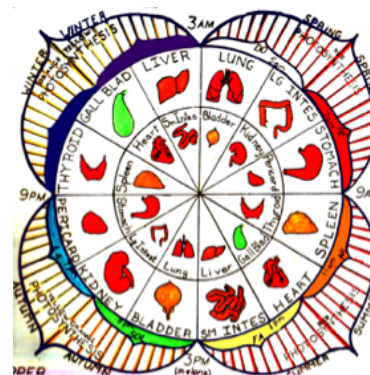
Update! Recording Changes

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, and 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. 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.

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