

LONGEVITY CIRCUIT

Perpetuating techniques which contribute to a longevity lifestyle

HEALTH ASTROLOGY

“In ancient times, all physicians were required to be medical astrologers and to know the planetary causes of disease and the philosophy of disease before they were permitted to practice upon or to treat the sick. This practice should be revived today, and the subject of medical astrology taught in every school of healing.”

These are the words of my namesake. H.L. Cornell, M.D. LL.D and author of the Encyclopedia of Medical Astrology. There was a time when man and his environment were seen as a whole. With the end of the so-called Dark Ages, and the dawning of the industrial age, man’s approach to his world became split as science developed an increasingly left-brained and physically oriented attitude, and Astrology was viewed as “metaphysics,” (beyond the physical) and consequently was suspect and eventually outcast. This is how western medicine and astrology came into contradiction. (The eastern world has not always followed suit, however, and today in Traditional Chinese Medicine, Astrology and the I Ching are still considered to be a part diagnosis and remediation.)

**The more we try to grasp
the reality, the more subtly
still it eludes us.**

What we have now is a medical paradigm that disappoints, and an astrology that has lost its medical roots. In medicine, the trend is toward specialty and alleviating symptoms by delving deeper into the cell and its components and specifically isolating the DNA. Just look at the current news stories about cloning and cell remediation and reproduction. And we have so-called public health which is simply not working in our country. Pluto in Capricorn is rearing its ugly face: Big Pharma and big insurance companies are playing the Pluto Card of greed and self interest. Astrology disappoints as well, becoming more metaphysical and less specific and very little interested in health. It is interesting to note, however, that science is looking more and more to understand the source of existence, the one going deeper into the body, and the other going deeper into space! And yet we are discovering that the more we try to grasp the reality, the more subtly still it eludes us. In the Aquarian age it is predicted that the two seemingly opposite disciplines of science and astrology will end up in the same place, by discovering their essential unreality located in the hologram. But in the meantime this confusion and dissension means that each one

(continued on next page)

of us must take responsibility for our own health. How does astrology help us to do that?

The first thing we look at in the horoscope is:

House Three - The first approach to discovering health problems begins with determining the incorrect thought patterns originating in early childhood. We can actually see the result of a negative thought pattern through the four mutable houses on the wheel. The third house is the starting point for illnesses to begin. For example, you may have been programmed mentally to believe that if you get cold, you'll get a cold, even though this has been disapproved by countless studies. The third house says your core concepts create your reality.

House Six - Now jump to the next house in the series, the sixth, and here we see how your concepts affect your lifestyle, your daily habits, how you treat your body and your attitude towards illness. How do you eat? We are seeing the rise in obesity due to unhealthy eating habits: the popularity of the fast food chains, the love of a lot of sugar, for example. On the other hand we see people who are interested in vegetarianism and the interest in a gluten-free diet even though the percentage of people with celiac disease is miniscule. Nevertheless this points to an interest in eating more healthily. (Personally I find Solar Nutrition to be the healthiest and least stressful to the body.) There is also more interest in physical exercise. Even the Apple Watch has an app to remind people to move and to breathe!

House Nine - Another jump! Now to the ninth house to locate your worldview that supports or objects to the incorrect mental attitudes and actions of the previous houses. For example suppose you love animals so much you decide not to eat meat. You may not be doing this for your own personal health but you are doing it because you have altruistic attitudes towards animals, And that is a worldview. Or perhaps you are a conspiracy theorist and believe every thing is a lie. Consequently you pay no attention to science or evidence that might help you live a healthier lifestyle.

House Twelve - Finally we come to the twelfth house where we find the results of our actions and attitudes. This is the house of hospitals where we go to get well or to die. Ironically this is also the house of monasteries and religious renunciation. It is the house of meditation, of merging with the unknown, whether the result of death or spiritual accomplishment.

Because Neptune is in Pisces for the planet, the issues of healthcare are prominent, and one of them is the rise of meditation as a helpful tool used in the medical industry. When I was working on my doctorate at Pacifica one of the first things students were taught was how to meditate. This is a positive sign of science and religion becoming compatible. Science is showing us how meditation affects the narrow pathways of the brain and from astrology we know that thoughts are things that create positive or negative manifestations. Take Charge!

Summer Calendar

What a nice way to begin the Fall! As the Sun is entering Libra, Mercury is making a station and going direct and Jupiter is conjuncting the Sun! It's a fortunate way to start a new season. Since the presidential election is being held this fall we could use all the help that the stars have to offer.

We still have three outer planets retrograde: Uranus at 23° Aries, Neptune at 10° Pisces, and Pluto at 14° Capricorn. Remember that the transpersonal planets, that is the planets beyond Saturn, the ones you can't see with the naked eye, are called transpersonal because they affect the population or the planet as a whole. It doesn't mean they don't affect each one of us individually depending on how they affect the rest of our personal chart, but they indicate trends on the planet. Three retrograde planets would indicate that there is a great deal of energy going on in the unconscious of the planet yet to be manifested.

Pluto however is going direct on the 27th of this month and I think we will begin to see some manifestation of its energy very soon afterwards. Pluto and Capricorn can be harsh, as we have seen in many of the recent news stories. Pluto is called "the fascist" for a good reason. It is the most powerful planet in our known zodiac. Being the farthest-most planet from the earth, it is also the jumping off spot to the unknown universe. Psychologically, it relates to the deepest most hidden aspects of ourselves in the unconscious. It is like an erupting volcano when it finds expression in the outer world. It is currently in the US chart's 11th House where it is acting on the

legislature and predictably causing dissension and disputes among its members, as all are unbending and unyielding in their opinions, discussions, and deliberations. The 11th House also rules international relations and we are not doing too well in that arena either. A third area that belongs in the 11th house is organized groups and that would indicate the rise and power of the NRA. Pluto has a violence inherent in its energy and we can see its workings also in terms of the racial and police problems of violence.

Donald Trump fits in this discussion as well. Psychologically it would indicate that Trump is a symbol of all that is negative and immature in the thinking of the United States population. As a symbol, he represents for us the negative attributes of the voting public. If we like him or hate him we are actually experiencing our own unconscious attitudes. He is either our scapegoat or our hero! This is not a new idea. Carl Jung realized this when he began to analyze the motives of the Nazis and the Germans agreement to anti-Semitism during World War II. In other words, we are all responsible for what is going on no matter our agreement or disagreement or even our passivity.

Neptune will turn direct on 20 November at 9° Pisces, hopefully bringing some clarity to the problems of disassembling, dishonesty amongst the candidates, and politically motivated reporting in the news media. The bottom line of Neptune's energy is lies. As my spiritual teacher often said to me, even God lies to us! What I think he meant by that is that Life is an illusion. We are

(continued on next page)

holograms! At its best, Neptune is confusion, woolgathering, inexplicable. Unfortunately, Neptune does not turn direct until after the election.

Jupiter has just left Virgo and moved into Libra. In Virgo, Jupiter has the potential of giving professionalism to our creative ideas. Now that this energy has moved into Libra the possibility is that you can now put your creativity into the public sector. Librans are often excellent sales people and love interacting with others on a one-to-one basis. This is the time to get your ideas out there!

— *BREATHE!* —

“Don’t let us kill ourcells (ourselves) that we are so unique going through this marvelous framework of existence that the Creative Intelligence has not implanted other beings with total hundred percent free will to act upon the Creation. Sheep have shepherds to take care of them. Souls going through the Creative Light have elder brothers on the path who watches (sic) over us. They are called the Saints or God Realized Men or the Masters. They’ve walked the path before.” - Adano Ley

Update! Recording Changes

In addition to doing readings on Skype which lets us see each other and record to a CD, I can also record on my iPhone, and provide 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 a 64GB USB 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.