

LONGEVITY CIRCUIT

Perpetuating techniques which contribute to a longevity lifestyle

ECLIPSE!

Yes, on August 21, this year we will have a visible total eclipse of the sun traveling across the US from South Carolina to Oregon. Much of the country will at least have a partial. Unfortunately greed plays a part in viewing the total. A year ago Paul and I attempted to make a

traditionally feared wherever they occurred and to the ancients foretold doom. An eclipse of the Sun (and the word 'eclipse' comes from the 'ecliptic' or path of the Sun or moon etc.) occurs when the paths of the Sun, Earth and Moon line up and the Moon blocks the light from the Sun



motel/hotel reservation in the path. Prices were already quadrupled and 3-day stays were required! If you have an RV or knows someone who does, it looks like that is the best bet.

Eclipses are a big deal in astrology and have been since the dawn of time. They were

causing darkness. A lunar eclipse is similar: the Earth blocks the Sun's light to the Moon.

Many astrologers believe that eclipses indicate a time of change and transformation. Sometimes that change is brought about by crisis. On the other hand, an eclipse can have

no effect at all. This is true whether your interest is personal or international. Eclipses repeat: they have a 19 year cycle. They follow certain patterns and have been so classified. In 1991 there was an eclipse that exactly conjoined one of my personal planets. Within a week my life had irrevocably changed. With no other evidence from the chart I realized that that was the effect of the eclipse! 19 years later I had the

physical look. But as I look at another description of a Fire Eclipse, it is 'heat and fires' because the Sun is the ruling archetype of Leo. And sure enough, there has been the big fire in Portugal! Since we are already experiencing global warming, perhaps this eclipse could give a stronger impetus to do something about it. As the Sun is considered benevolent in Astrology there could be inspiration and action on the

In the Chinese language, the term for eclipse was "shi" which also means "to eat". 食

exact same eclipse conjoin the same planet in my chart and there was no effect at all! I'm telling you this because the autochthonous archetype points to fear about an eclipse, and that is not something I want this article to make you feel! If you research the history for the last total eclipse passing from coast to coast in the U.S., June 8, 1918, you will learn The U.S. was in the midst of World War I and in November 11th of that year, Armistice was declared. On the other hand, there was a devastating train wreck that killed or injured 100's. Some astrologers blame the destructive event of September 11, 2001 on the eclipse on June 21, 2001 but it occurred in the Southern Hemisphere. In the 45 years I've been researching eclipses, I've not seen any reliable evidence that indicates the predictable nature of an eclipse. Nevertheless I keep trying!

The eclipse coming in August is a Fire sign eclipse. Traditionally it refers to power: executive and governmental heads and the their overthrow and death. I laugh as I write this because there is so much political talk about the "Dump Trump" movement. And I have to add, the eclipse does conjunct his Ascendent by a degree, and it falls within less than 3 degrees of changing signs as it approaches his ascendent. One interpretation for this is end of life or less dramatically, a major change of persona or

positive side. But I have to ask myself are we fitting world events into a definition of an eclipse? In ancient times, instant media and news alerts were unknown. And we live in a very troubled world with plenty of newsworthy items to draw upon. You decide!



According to NASA: "In 1999, Irish Archeoastronomer Paul Griffin investigated the Loughcrew Cairn L Megalithic Monument in Ireland, and discovered that a set of spiral-shaped petroglyphs that might correspond to a solar eclipse which occurred on November 30, 3340 BCE. The symbols display a consistent coding of the sun, moon and horizon, and of the 92 tracks of total solar eclipses, only the one for 3340 BCE visible at this site displayed the same geometric relationships."

Summer Calendar

On June 20th, at 10:24 PM the Sun will enter the constellation of Cancer, signifying the first day of Summer. This is called the Summer Solstice because the actual Sun appears to have reached the highest latitude in the North — an illusion due to the axis of the Earth. Because so much of our religious attitudes come from the Druids and Celts in Northern Europe, this event was met with great joy and celebration. Not so much today as we feel we have control over our environment to produce food. But for the Celts and Druids this event meant warmth, fecundating animals, and produce! The more we understand the science of a thing, the less we experience the magic.

Jupiter has recently turned direct at 13° and will continue to be direct until it moves in early October into Scorpio. For now this positive energy can aid us in improving relationships, not only with one another but between businesses and nations, and legal matters too. Jupiter is always expanding and once it has turned direct from its annual retrograde, it speeds up and matters seem to move more quickly. That's good and that's difficult. The only downside of Jupiter is its ability to give us excess. We get in a hurry, we speak too loudly, we do too much. You get the picture. To work well with Jupiter you would have reviewed your project during the retrograde and thoughtfully organized your plans so that the direct motion of this helpful planet would bring your idea to fruition.

Neptune has recently turned retrograde, June 16th, 14° Neptune. This is a tricky planet to write about. Neptune is the archetype for

things unseen and unknowable. Meditation, addiction, incarceration, great beauty, service, and self-undoing are all Neptunian activities! No wonder Pisces, the natural home of Neptune, is depicted as two fish going in opposite directions. The retrograde could cool things down in terms of the religious wars; altering the themes of movies and other arts. Nefarious schemes could be hatched and secret alliances developed.

Addictions and other mental illnesses could be researched. The retrograde lasts until late November. Lots of time to do the slow

thing. The energy of Neptune made the Grand Canyon and that took thousands of years! Neptune teaches us to be in the moment.

Pluto has been retrograde since the end of April. Since Pluto is the farthest away from the Sun, its retrograde lasts the longest of all the planets: over 5 months. Pluto is the Fascist archetype because this energy demands transformation. When a person has a Pluto transit, in one way or another, s/he is going to die to a part of the ego. So the long retrograde gives the time necessary to figure out difficult stuff like that.

On August 3rd, Uranus turns retrograde at 28° Aries and continues so until next year. This energy could affect all things involving the media: TV, cell phones, anything that is transmitted through the air. During this time new systems could be researched and developed and made public or realized when Uranus goes direct next year. I'm thinking of things like changes in the internet, self-driving cars, etc.

Also in August, on the 13th, Mercury goes retrograde at 11° Virgo until September 5th

And don't forget the eclipse on Aug 21st!!!!

when it reaches 28° Leo. You know the drill by now: don't make new plans, especially for travel. Instead review, research, rethink. Mercury is the ruler of Virgo so this retrograde could be especially subtle and consequently difficult if you don't stay on top of it.

On September 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 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."

Food and Mood
The Orthomolecular Treatment
of Behavior Problems
How the Foods You Eat Effect
the Way You Act and Feel



Includes an easy guide to
determining helpful and
harmful chemicals and food
additives

My book, "Food and Mood" is now available on Kindle from Amazon.com and iBooks Store. 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.

— *BREATHE!* —