

LONGEVITY CIRCUIT

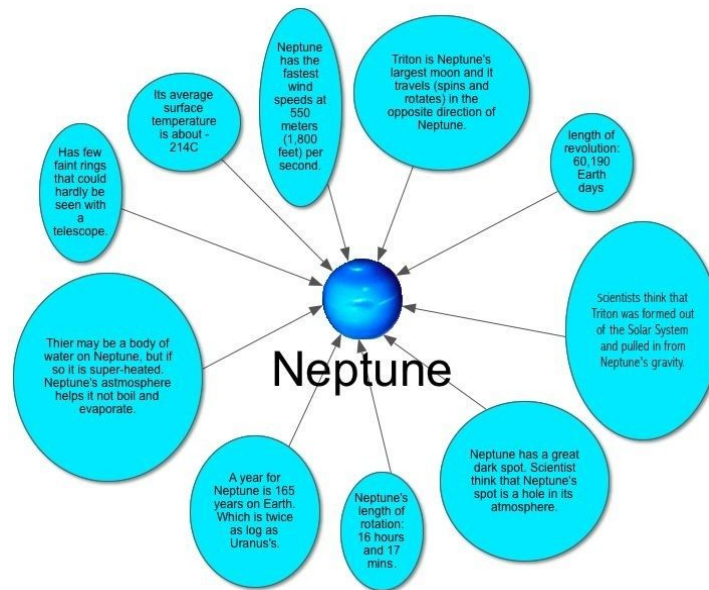
Perpetuating techniques which contribute to a longevity lifestyle

Neptune and what's wrong with our Society? (A pill a day keeps the doctor away. What? Isn't that an apple?)

There are three guiding principles that form the basis of my work. The most basic of course is my work with Adano Ley. The second is the psychology of Carl Jung and the third is the astrology of Liz Green. Adano gives me the understanding of Karma, Jung gives the understanding of the collective psychology, and Green lines up the interpretation for the planets consistent with the previous two persons.

Here is a quote from Green writing about Jung's understanding of society:

"If there is something wrong with society then there is something wrong with the individual, and if there is something wrong with the individual then there something wrong with me. He seems to suggest that when something is due to erupt in the collective the only safety and sanity to be found is in a firm sense of your own individuality. Otherwise there is no way in which the eruption can be channelled without you becoming a victim



of the collective. Then you are blindly carried along with it and because it is blind and undirected by consciousness it doesn't reason politely and set up careful standards to assess who should pay and who shouldn't."

This neatly sums up the situation we find ourselves in. There seems to be so much wrong today: politics more devious than ever, environmental issues like hurricanes and earthquakes, genocides, racism, etc., etc. It is so easy to get caught up in the emotion of it all. But just as every generation thinks they are living the worst of times similarly every generation thinks their music is the best! It's perspective, or is it?

One of the interesting problems we face now and what has engendered this article is understanding the opiate crisis we are having in this country. Opiates and addictions are a Neptune problem. In this last year there has been a "Saturn Square to Neptune" transit for

the entire planet, but in the U.S. Treaty chart there is also a Neptune Square Saturn that will last into 2019. These long lasting energies often engender fear and paranoia, addiction and denial, self undoing and loss of individuality. Any negative emotion can be resolved by addressing it but seldom do people have the courage or make the effort to address their problems and Neptune is no help there. Consequently dysfunction arises and the need to blame others, or to find a “prince” to save them. All of these negative ways of coping are present in our society now. But Neptune, like all the planets, is neither good nor bad. All have a positive contribution. Neptune’s contribution to mankind is formidable. For one big thing, it rules meditation, any meditation, not just the religious type. Meditation is a healthy means to finding inner peace. It is as much on the rise as is the use of opiates! No wonder the glyph that indicates Pisces (the home of Neptune) has two fish going in opposite directions, but united by a silver cord. So it seems it comes down in large part to choice. But does it? Fate and Karma (as seen in one’s natal astrological chart) play a huge part in our choice making. And until a person has committed to self-actualization, he really isn’t mature or knowledgeable enough to make important decisions. Pisces also rules a swarm of insects, a school of fish, and people who congregate with others who think like them, such as religious groups, ethnicity, and social groups. It’s much harder to change when everyone you know thinks alike. And Neptune and Pisces also rule fog. Fog keeps us from seeing clearly, it clouds the path before us. How bad does it have to be before it becomes necessary to pull one’s car off the road and wait

for the fog to lift?

We are seeing most of the negative aspects of Neptune these days. And when there is a breakdown, history shows us that one way to correct humanity is with an eruption in society. And that is exactly what we have now. This is where Saturn’s energy comes into play. Saturn is the archetype that divides the conscious from the unconscious. Remember in the early centuries no planet after Saturn was visible. The transpersonal planets as they are called, Uranus, Neptune and Pluto, did not exist. Also the understanding of the unconscious and its power did not exist either! You could even call those 3 planets the energies of the unconscious. If Neptune is causing so much trouble in the unconscious part of society now then Saturn may offer the obvious answers: structure vs. non-regulation, earth vs. water; discipline vs. disorder. Since Saturn is moving into it’s own sign just before the Winter Solstice, we can expect, even if gradually, some positive changes in government and health. It’s particularly interesting that the Cassini probe went to Saturn and has imploded there, but not without sending us very interesting pictures to help us understand it better. We have a chance now to understand Saturn not only in our holographic world, but consequently in our cells, too!

Saturn and its main rings from a distance.
Captured by the Cassini spacecraft on 9/11/17.



Autumn Calendar

The autumnal equinox arrives on Friday afternoon when the Sun enters Libra, indicating that the days and nights are equal. It can be a pretty time of year for both ends of the poles, so there is a sense of equality weather-wise on the planet. Libra signifies equality, fairness, and the ability to judge taking into account both sides, so this is a good month to develop equanimity.

Some big changes are coming this season. And I bet a lot of you out there are heaving a big sigh of relief! And I'm one of them. This past year has been rough, probably due to Saturn in Sagittarius, Pluto and Uranus still being at odds with each other, and Neptune in Pisces. Together these energies which affect the population as a whole can cause fear, depression, enforced change and uncertainty, as we view them in the moment, not realizing that they exist to develop growth as we discover later over time.

Right now Uranus in Aries, Neptune in Pisces, and Pluto in Capricorn are still retrograde. Pluto will be the first to turn direct at 16° 51 at the end of this month, the 29th. Not until November will Neptune turn direct at 11° 28 on November 23. Uranus remains retrograde for this entire fourth quarter.

One of the causes of distress has been Saturn in Sagittarius. These two energies are completely opposite. Saturn constricts, conforms, and teaches hard lessons, while Sagittarius is the home of expansion, adventure, and growth. For example, Sag wants to explore the unknown wilds, while Saturn wants a nice hotel room in the maintained countryside.

It means that you may have made plans whose outcome did not meet expectations! I for one went to Cuba, not realizing that a 3rd world country could be so difficult, taking for granted all the modern conveniences we have here in this country, but are lacking there. Another cause is the long term Pluto Square Uranus that continues to bring unexpected events that seem to change the course of our country. I'm tired of talking about Trump and I gather that some of you actually like him. Nonetheless, there has been a great deal of distress in the form of misogyny, racism, and terrible climate and geological turmoil.

Saturn is going to move into Capricorn on December 19th. Capricorn is Saturn's home where it can relieve conflicts, stabilize energies, and develop useful structures. It should positively affect the political situation sometime during the two and one half years that Saturn is in its own home. Also, in the Treaty chart Saturn is going to be coming out of the 12th house and moving into the first. In Natal astrology it usually indicates a time of maturity as the individual becomes his own authority. In Mundane astrology it could easily affect the president.

Jupiter is also changing signs, leaving Libra and entering into Scorpio on October 11th. Scorpio is the most bipolar archetypal constellation. It brings out the best and the worst of us. With Scorpio we can destroy ourselves or transform ourselves... or both! Jupiter is expansive and daring, and consequently can magnify the best and worst of Scorpio. It's possible that Jupiter and Saturn can work together to create innovative and original

structures and ideas. Look at your chart to see where these two planetary giants are located, to see where you can best put their energies to work for good.

Finally there will be a Mercury retrograde beginning in early December at 29° Sagittarius on December 3rd, until December 22nd when Mercury will have retrograded back to 13° Sagittarius. Since this retrograde occurs in Sagittarius which rules travel plans, this retrograde could be particularly difficult in that area, especially during a time when so many people are traveling. Be sure you make all your plans before the third and that you have a carry-on with essential articles if you are traveling far.

December 22: 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 nery to me, too, but it's a great challenge to stay current with all the new technologies.

Adano Audio and Video Recordings

...are available FOR FREE to anyone who will send Paul a 64GB USB drive. There is no charge for this, but if you don't know how to use an iPod or hard drive, please find someone in your own environment to teach 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."

