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# LONGEVITY CIRCUIT

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Perpetuating techniques which contribute to a longevity lifestyle

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## The Aquarian Age

So many people have asked me to write about current events: what astrology has to say about it. It does appear to be a difficult and even strange time in which we are living. And actually astrology has quite a bit of information about why things are the way they are. The ancient wisdom writers understood that the history of the world is divided into ages. There are greater ages and lesser ages. The greater ages have to do with metals. For example during the Iron Age man learned to use iron to make tools.

We are currently still in that Iron Age and will be until we learn to make metal implements that defy Space. [We are learning: satellites, rockets and drones and other items capable of floating around the atmosphere.] But within the Iron Age there are lesser ages that last about 2000 years each which affect humanity and are much more specific. As many of you know already we are currently in the

Aquarian part the Iron Age.

So what does that have to do with politics and current events? Here is how this Age is

described and what was taught to me in the early 70's. Esoteric Astrology, which is what this is, perceives all of humanity at any given time as a person. Using the Chakras (or energy fields) as defining points in the "body," certain issues arise because each Chakra is ruled by a set of polar opposite astrological energies, one moving downward, the other trending up.

Starting with the head, in the Aquarian

Age body, humanity is concerned with space travel, seeks intergalactic realms and ultimately thinks of becoming King of Ourselves (our cells). Already we have travelled to the Moon, and now we are fascinated and looking seriously at going to Mars. We develop stronger and stronger telescopes for finding other Solar Systems. Similarly we look deeper into the



cellular structures of the body: the DNA, the sub atomic particles. We want to be in control.

The next energy level is the neck or throat. Here we find the interest in women's liberation and it has been long predicted that there will be a female president of the US and even a female Pope! Here we find the problem of speaking the truth...or not: freedom of the press and its repercussions. The next is the Heart Chakra which is partly ruled by Taurus, bringing up issues surrounding meat. Vegetarianism, veganism, vs. meat-eating diet are controversies that surround us. For example, are cattle feed lots causing global warming? And remember the song in "Oklahoma" about the cowman and the farmer must be friends?

For the navel energy field, there is great concern over food in general. Laws about organic vs. inorganic, bottled water, sufficiency: countries with so little, others with too much. Also wastefulness, quality, harmful fertilizers, pollution. For the sacrum area, wisdom is at issue: quality of education, intelligence, discernment, concern about intelligence superior to ours (many fear robots and AI). Since partly ruled by Pisces, lying, skewing of the truth for gain is common. Finding spirituality as a householder and the balance between male and female, and sexual balance are issues here as well.

Finally we come to the lowest chakra which is ruled by the downward thrust of Capricorn and the upward trend of Aquarius. At the beginning of this cycle, which is where we are now, every government is or will be corrupt. Count them! It's amazing how accurate these predictions based on Esoteric Astrology are. But what's the point? With Aquarius on the rise, the energies we have available to get out of the muck are there. And what does Aquarius offer us? First and foremost is the power of individuals acting collectively: grassroots. We

are just beginning to see how this works. First it is the women of the world who are taking a stand, quietly and peacefully, which in itself has power because the offending side cannot condemn, jail, or harm the movement. Also the children are beginning to see that as a group there is power is acting collectively. When will the men follow?

Aquarius is also concerned with the planet as a whole. Giving up the egoistical urge for gain is in the future of this age. All the corrupt poles will crumble as new life pulls up.

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## Winter Calendar

*"Spring has sprung, the grass is riz, I wonder where the birdies is."* At least it feels like Spring here in Phoenix but some of you, I know, are covered in snow. This quarter starts energetically with four Aries planets: Uranus, Venus, Mercury and of course the Sun. Looking at the Spring Ingress Chart for Washington D.C. all these Aries planets plus Chiron, Neptune and the Vernal Point are in the 10th house! Even the Moon is close by at 8° Taurus. (In astrology the year begins with the spring, so the Spring Ingress chart is considered to be the most powerful chart predicting the general events of the year to come.) All these planets in the 10th House indicates a lot of activity with our government and our president. Generally speaking things are not going to calm down. With Neptune conjuncting the midheaven in the Spring ingress chart we can continue to look forward to more lies, more deception. Since Mars makes a square to the Sun in this chart there is more anger and negative activity associated with our president. Saturn and Pluto in the seventh house indicate continual lack of cooperation and dissension in Congress and from other countries. On the good side there

seems to be no problem with finances in the 2nd house, and in the fifth good energy from the creative and artistic side of life perhaps through those involved with the arts.

It is interesting to note that right now none of the outer planets are retrograde. Outer planets are those that are not visible to the naked eye, tending to have a more universal effect. Saturn is also direct and being in Capricorn is good for business. Saturn also gives discipline for taking care of responsibilities and accomplishing tasks. Here in Phoenix the whole city seems to be under construction as buildings go up in the wink of an eye - Capricorn energy.

The only planet that is retrograde now, (appearing to move backward through the skies) is Jupiter at 23° Scorpio. This is the slowing down time for Jupiter energy which gives us the chance to refine, reconsider, and review our plans for moving forward. It can be a very productive time such that when Jupiter turns direct again and speeds up we will be ready to take the right steps to complete important projects. It will continue to be retrograde throughout this whole quarter as it will not turn direct until July.

Mercury makes one of its three retrogrades on March 23rd at 16° Aries. Remember this is also a good time for reflection and could work very well with the Jupiter retrograde. Hopefully you have made your travel plans before the retrogrades, and if not be sure to have 'just in case' plans ready. Mercury turns direct again on April 14th at 4° Aries. Some astrologers feel that Mercury is not up to par until it reaches the original degree it

retrograded at which occurs on May 3rd. This retrograde phenomenon is dicey to me. Some of them seemed really difficult and others not at all and I have been researching this for many years. But it's always best to be prepared. Remember astrology impels it does not compel. One's spiritual and emotional maturity make a big difference.

In April Saturn turns retrograde on the 18th at 9° Capricorn. Again it's a reflection time concerning one's responsibilities as well as possible problems with business regulations, partnerships, and constraints on society. A few days later on the 23rd, Pluto also turns retrograde at 21° Capricorn. Both these configurations could effect the presidency, continual exposure of wrongdoing.

In May we have a major shift of energy on the 15th when Uranus moves into its new sign Taurus. We have all experienced at least one 7 year cycle in our lives. These cycles are the result of Uranus moving from one sign to the next as it takes seven years to complete that journey. When I think about what began seven years ago the first thing that pops into my mind is the incredible increase in technology particularly around the telephone, the apps associated with it, the change in the social structure, the way people interact. It's now the end of the cycle showing some of the resulting serious problems. Uranus in Taurus could be quite different since Uranus in Aries mixed air and fire (think California wild fires). In Taurus we will experience air and earth, not so much movement, more practical, evening things out.



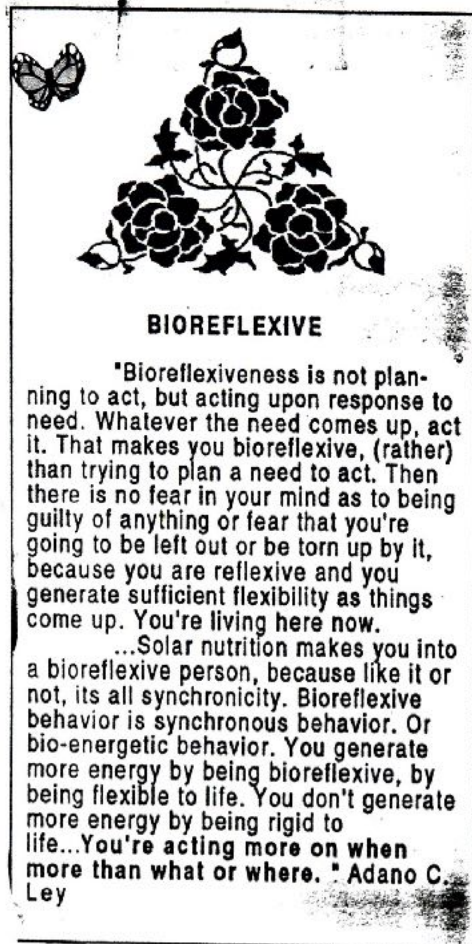
And Jupiter in Scorpio for the first year of the “new” Uranus will also cause a disturbance, especially for those affected by the fixed signs. I think Uranus is going to give us innovation and intuition in areas that have been fixed, stuck for too long. Banking and real estate are areas ripe for change.

On June 19th Neptune joins Jupiter, Saturn, and Pluto going retrograde at 16° Pisces. And now these energies are internalized. A retrospective Neptune could affect politics since religion has become an issue in politics in the last few years. It could also effect the opiate crisis, perhaps bringing to public realization its seriousness, and there could be changes or issues involving the oil industry. On June 21st, look for the next issue of Longevity Circuit.

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### *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



#### **BIOREFLEXIVE**

"Bioreflexiveness is not planning to act, but acting upon response to need. Whatever the need comes up, act it. That makes you bioreflexive, (rather) than trying to plan a need to act. Then there is no fear in your mind as to being guilty of anything or fear that you're going to be left out or be torn up by it, because you are reflexive and you generate sufficient flexibility as things come up. You're living here now.

...Solar nutrition makes you into a bioreflexive person, because like it or not, its all synchronicity. Bioreflexive behavior is synchronous behavior. Or bio-energetic behavior. You generate more energy by being bioreflexive, by being flexible to life. You don't generate more energy by being rigid to life...You're acting more on when more than what or where." Adano C. Ley

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.

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### *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 USB 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! Type "Adano Ley" in the search box for Facebook. Also if you are needing some food ideas for Solar Nutrition, it, too, is on Facebook. Ask to be friends with "Solaris Nutritionum."