

LONGEVITY CIRCUIT

Perpetuating techniques which contribute to a longevity lifestyle

Science and Astrology

Maybe all this political dissension has a positive side? For instance, while public health care plans, once the dream of Obama, seem to be making a slow death under Trump, health needs continue to be a major issue, causing us to be more self sufficient in terms of managing our own health. Astrology has long been concerned with health, (as Hippocrates said, "A physician without a knowledge of astrology cannot rightly call himself a physician.") and I originally wanted to write about medical astrology but how can we feel reliant on a system to help us if most people think it is a philosophy?

I've been on Reddit.com lately and the astrology sub has been interesting which is one of the many reasons I decided to write this article. Most people on Reddit do think that astrology is a philosophy or a religion (God forbid) and one you can take or leave. If you do take it, you might do so in secret because it's just not scientific. Though it may be true that Astrology is not A Science, because in Western thought all theory must be submitted to scrupulous verification, a few have tried and several astrological combinations have been subjected to analysis with surprisingly positive results, but not often enough to qualify as a

scientific proof. However, even the Western science of medical data concerning life, illnesses and medicine changes over the years! It is currently facing a "reproducibility crisis" (Google can provide more information) where research suggests that more than two-thirds of researchers have tried and failed to reproduce another scientist's experiments. The reason is due to the subject matter: the human mind and the human body in which energies can be observed, participated in and shunted! For example, an astrological chart might predict an accident. There might even be an actual accident, but additionally and just as valid, a person might observe an accident and



experience similar feelings of shock or pain. And finally, he may have a vivid dream, provoking the same intense reaction, but completely shunting the energy. You can see how difficult it is to consistently predict how astrological energies will work!

There are enough consistencies about astrology over thousands of years however to indicate that there is validity in this understanding. We need to understand how that can be.

This is a list of 5 medical doctors who have all written comprehensive texts on medical

astrology and they all believe there is a scientific basis for astrology:

1. H.L. Cornell, M.D. - The encyclopedia of Medical Astrology. (I don't know if he related to me but I hope he is!)
2. Mitchell E. Gibson, M.D. - Signs of Mental Illness
3. Harry F. Darling, M.D. - Essentials of Medical Astrology
4. Margaret Millard, M.D. - The Genetics of Astrology
5. Tatiana Schneider M.D., Ph.D., - Medical Astrology: Galactic Code

What is that basis? Much of it comes from recent advances in physics, astrophysics and how that new knowledge relates both to the new understanding of the universe as well as the implications for the workings of the physical body. These scientists agree that there not only is a universe outside but a universe inside our body as well.

This is from NASA: It turns out that roughly 68% of the universe is dark energy. Dark matter makes up about 27%. The rest — everything on Earth, everything ever observed with all of our instruments, all normal matter — adds up to less than 5% of the universe. That means that only 5 percent of your body is "normal matter" and the rest is composed of 68 percent dark energy and 27 percent dark matter. This new knowledge is so compelling that even the BBC has a recent article about the composition of the physical body and how much of it is your own.

This information helps us to understand that the body is the repository of cosmic energies, or dark matter as it is now called. Even more interesting is the new understanding that these energies are not only being "aimed" at us, but also are within us, filling all those interstitial spaces in our seemingly solid bodies! And we are

only beginning to learn how to measure those energies. For instance, the effects from Sun spots and how powerful they are is a recent awareness. More subtle energies from the planets and the moon may take many years to codify, but that doesn't mean they don't exist! The ancient ones who classified astrology were "seers" in the sense that their minds were not crushed by left brain assumptions.

But this information is not just a new thing known only by scientists, it has been described before: Yogananda said, "There are vibratory variations in electrons and protons. The vibrations in turn are regulated by 'lifetrans,' subtle life-forces or finer-than-atomic energies intelligently charged." And Emerson said, "The universe is represented in every one of its particles. Everything is made of one hidden stuff. The world globes itself in a drop of dew." Now we can say with assurance that the astrological chart is a blueprint of those energies within us at birth indicating our challenges and what we have to work with.

However, there is another problem people have with astrology: timing. Einstein said, "The distinction between past, present and future is only a stubbornly persistent illusion." The resulting timeless cosmos is sometimes called a "block universe" — a static block of space-time in which any flow of time, or passage through it, must presumably be a mental construct or other illusion. Dr. Russell Targ of Stanford suggests that time is based on a habit of thought. Apparently there are no laws of physics that support the idea that the present determines the future or vice versa. In a converse directions chart in astrology, "advancing" the chart backward is as reliable as moving it forward!

Now that we've established the scientific basis of astrology we can look at medical astrology in the next issue without fear and trepidation!

Winter Calendar

The winter solstice is the day the apparent movement of the Sun stops its northern climb and begins to go south again. What the ancients saw was that daylight would stop getting shorter. What a relief and I for one, agree! I miss the longer days and shorter nights because I'm a gardener at heart. Early men were hunter / gatherers and depended upon the sun for warmth and food. I wonder if we ever really lose those primary functions. The date is so important that all the major religions have followed the Druids' awareness to celebrate their various objectives around that time. This year the solstice is accompanied by a full moon (and both the Sun and the Moon are at 0°). Joining in the fun is Mars also at 0° Aries. Together with Jupiter and Mercury in loquacious Sagittarius, it promises to be a high energy day. If you choose that day for your celebrations, you will surely have an interesting time. Somebody may tell you something that brings out strong emotions.

Starting the new year we have only one planet retrograde, Uranus, and not for long, only 1 week. The only other planet to be retrograde this quarter will be Mercury which makes one of its triennial retrogrades. The lack of retrograde planets happened last year too which could help us make a fresh start. However this

year we have Neptune to contend with and a Jupiter square to Neptune. Neptune is a very ephemeral energy. It's a water planet and you know how water can distort things. Neptune can have impossibly high standards, or the reverse. It rules everything from highest spiritual awareness to addiction and self loathing. It identifies current delusions, illusions, pretense, deceptions, propaganda and schemes. It is currently in the US chart in the first house of the people. We can easily see its effects on the electorate right now: the lies, the

opiate addictions, the racism, etc. But we can also see the emergence of ideals, altruism, the attempt to dissolve sexism and racism. It will be many years before Neptune leaves the first house so don't expect any miracles just yet. Jupiter is in Sag in the nation's 10th house and squaring Neptune. The recent election shows the need to return to higher ideals but is in confrontation with the lower energies of the electorate. Much work is still ahead. In your own chart this combination could affect you in an

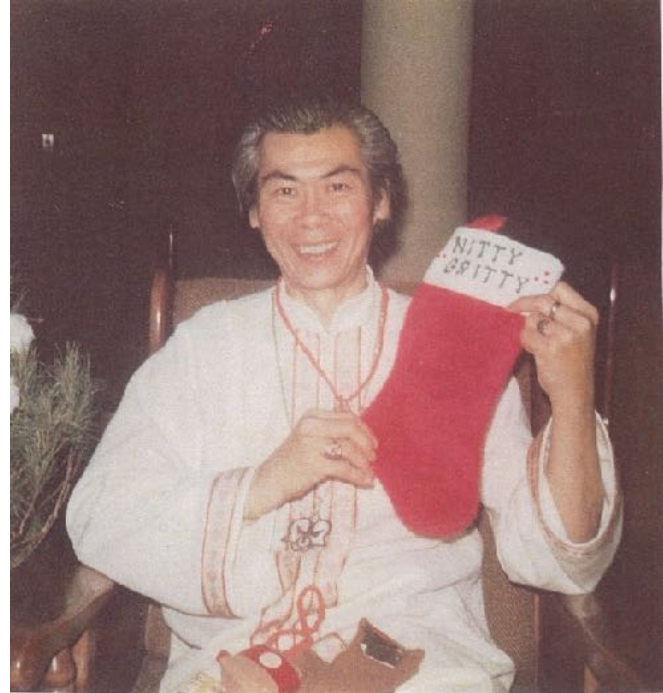
unpleasant way through treachery, lack of boundaries, increased dreams without plans, etc. This energy could last through much of February before it begins to dissipate.

Uranus turns direct at 28° Aries and will move back into Taurus on March 6th where it



will stay for the next 7 years. On this same day, we will have our first Mercury retrograde at 29° Pisces. Mercury in Pisces can cause lies with the intention to deceive so be careful — unless you are a poet, in which case your pen will flow!! Mercury goes into Pisces on February 10th and will remain until April 17th. Plenty of time to practice being straightforward or identifying others' misspeak.

Saturn is still in Capricorn and in 2020 will be conjoining Pluto. We will have more about that later. In the meantime, happy Holidays and look for the next issue of LC on March 21st.



Adano at Christmas in Massachusetts, circa 1972

"In shallow men the fish of little thoughts cause much commotion. In oceanic minds the whales of inspiration make hardly a ruffle."

Hindu scripture

Update! Recording Changes

In addition to doing readings on Skype or FaceTime which lets us see each other and record to a CD, I can also provide an MP3 electronically. 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. Even CDs are rapidly becoming obsolete! I encourage you to download the free Skype app (or use FaceTime which is already included with every iPhone, iPad, and Mac computer) 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.

Adano Audio and Video Recordings

...are available FOR FREE to anyone who will send Paul a 64GB USB flash drive. There is no charge for this, but if you don't know how to transfer it to your phone or computer, please find someone in your own environment to teach you. Merely send the USB flash 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 (<https://www.adanoley.com>), Adano is now on Facebook (<https://www.facebook.com/adano.ley>)!