
LONGEVITY CIRCUIT

Perpetuating techniques which contribute to a longevity lifestyle

Health Astrology, Part 1

Medicaid, Medicare, universal health insurance, vaccinations, measles, ticks, opiates, etc. etc. The news is full of worrisome health issues. Maybe it's because the baby boomers have all gotten "old" or because of the mass media, but now everybody is worried about something about their health. I have read that people are not afraid of dying — they are afraid of getting sick when they're old. So they take an aspirin for this, an opioid for that, relying on Big Pharma and the medical world to help them.

But I think that Astrology teaches that there is a completely other way to approach the health problem and has been for centuries. There was a time doctors were not considered competent unless they had a deep understanding of astrology. Obviously that isn't true anymore but even today doctors know not to perform surgery during the full moon due to the excessive bleeding of the patient.

What is different now is that we have medical astrology and health astrology. The former names the illness and corrects it while the latter prevents it. The former doesn't have the

validity it once had for various reasons, but Health astrology definitely does. The guidance from one's chart can do a lot to improve one's health and emotional outlook.

The first house describes one's general healthiness.

The third describes one's mental attitudes and early childhood training concerning one's diet, attitude toward illness, and thought patterns that create illness. This area is a big issue right now as so many are afraid of germs, hand wipes at the doors of stores and subsequent loss of immunity. Good nutrition is more available and more is known about the toxic effects of big farming. Ignorant parenting

can be corrected. I love the TV show with children competing on Master Chef! They are learning how to eat correctly and tastefully.

House six tells of one's habits for healthiness, how one exercises, commitment to a healthy life style, sufficient sleep, etc. Transits here are particularly important because a transit will indicate the current weakness. For instance, one I've seen so often is Neptune moving through the 6th indicating allergies, including to one's current

Joseph Campbell

We're in a free fall into future. We don't know where we are going. Things are changing so fast and always, when you are going through a long tunnel, anxiety comes along. And all you have to do to transform your hell into a paradise is to turn your fall into a voluntary act. Joyful participation in sorrow and everything changes.

— From *Sukhavati: Place of Bliss*.

medication.

The ninth is another mental attitude house regarding health because it illustrates if one can change one's mind due to education and maturity or if one's opinions and ignorant world attitudes prevail.

And finally the 12th house foretells if one will heal or remain in sickness depending on how one has moved through the 3rd, 6th and 9th houses. Remember, Astrology is a map, or as the planetary interactions are called, directions, to get out of itself.

(— Continued in the next issue —)



Spring Calendar

Pluto went into Capricorn in 2008 and here we are in 2019 with 5 more years of this difficult Pluto energy to cope with. On the down side, Pluto is like a hot pot boiling with frustration, ready to overflow. It brings difficult issues like greed (Big Pharma and student debt), government authority (Trump), and our country's resources (Global change) to the surface. You could say that Pluto brings revolution as the nation faces the parts of itself not easy to face. How are we doing??? All of those issues are current and we would add racism and feminism to the list. It's an extraordinary time, but each generation feels it was the worst but they survived it and our generation will too! Because Pluto indicates an evolutionary process. Stagnation is death and Pluto drags us into the future to resolve our dysfunctions and incorrect thinking.

In Dec 2017 Saturn (the ruler of Capricorn) joined Pluto in Capricorn. Saturn rules possible tragedy and loss, as well as problems that have not been handled correctly or that have been

overlooked. Saturn and Pluto join forces (exact in 2020. By then, or before, there can be loss of power, disaster, tragedy and change, but ALSO reckless and indomitable confidence! It can also indicate the people who feel they can participate in change and overthrow the abuses. Since these two strong energies do not act exactly on orb, it is not surprising that we already feel them.

[I wrote this paragraph before the New Zealand Mosque tragedy. Many have asked me, Why is it happening? If we are to move into the true meaning of the Aquarian Age, we must confront and heal all the toxic areas of our world, not the least of which is hate. But to heal hate we need to rid the planet of so much toxicity: food, air, water on the physical side, greed and ignorance on the mental side. And it is possible because the positive side of Pluto and Saturn IS the equally strong unstoppable desire to change for the good. We are already beginning to see that happening.]

We also have Neptune at home in Pisces.

Neptune brings a spiritual crisis and psychological shift. Because Neptune is in the first house of the US chart (the Yorktown treaty chart), Neptune stirs the deep collective longings and feelings of the people and here we are reminded in part of the feelings of the many disenfranchised in our country (the Trumpsters, women, the blacks, the hispanics). Unconscious feelings are experienced as projections!

Uranus has just gone into Taurus to stay until 2025. It is in the money and resources house of the US chart and probably will bring

u n e x p e c t e d ,
u n p r e d i c t a b l e ,
d r a m a t i c c h a n g e , n o t
o n l y i n f i n a n c i a l a r e a s
b u t t h i s i n c l u d e s
e n e r g y r e s o u r c e s ,
e s p e c i a l l y w i n d
p o w e r . T h e d e b t w i l l
b e a d d r e s s e d
s o m e t i m e d u r i n g t h e
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E n e r g e t i c a l l y U r a n u s
i s i n c o n f l i c t w i t h
S a t u r n : t h e u r g e t o
b r i n g c h a n g e v s .
S a t u r n ' s r e s t r i c t i o n s
a n d t h e t r i e d a n d t r u e
a n d w h a t ' s c o m f o r t a b l e —
w h i l e U r a n u s t a k e s
c h a n c e s , i n n o v a t e s , t r i e s
t h e u n k n o w n . S a t u r n
w i l l l e a v e C a p r i c o r n i n
2 0 2 0 a n d t h e n w i l l g o
i n t o t h e U r a n i a n s i g n o f
A q u a r i u s . M o r e c h a n g e
f o r s u r e !

As I write this Mercury is retrograde in Pisces until March 29th. I know you all know this means we need to take care with travel plans, but I want to give some balance to this hugely maligned energy. Remember, if I thought that Astrology was “bad” I wouldn’t spend time with it. Mercury retrograde has some very definite advantages. If we were to go through

life without reflection we would be in a sorry state to say the least. It gives us the chance to review and reconsider. Not all Mercury retrogrades have a bad effect, so use it wisely and it will be your friend. Since this retro Mercury is in Pisces however, you do need to be careful of lies or intentional misinformation. Get professional advice for anything that involves money.

We have been enjoying a couple of months of no retrograde planets, but that changed when Mercury went retrograde (until March 29th)

a n d i n A p r i l J u p i t e r
w i l l r e t r o g r a d e ,
f o l l o w e d b y S a t u r n
a n d P l u t o t u r n i n g
b a c k w a r d a t t h e e n d
o f t h e m o n t h . J u p i t e r
i s c u r r e n t l y i n i t s o w n
s i g n o f S a g i t t a r i u s .
R a r e l y a t r o u b l e s o m e
p l a n e t , J u p i t e r o n l y
g e t s i n t o t r o u b l e
w h e n i t i s e x c e s s i v e :
b e c o m i n g b o m b a s t i c ,
o p i n i o n a t e d a n d
p o n t i f i c a t i n g . J u p i t e r
r u l e s r e l i g i o n a n d w h e n
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**The Callanish Stones (photo by V. Cornell)
Erected ~5,000 years ago and found on the west
coast of Lewis in the Outer Hebrides, Scotland.**

bad things can happen such as the many examples of sex abuse in the Catholic Church. Jupiter has been making a square to Neptune (remember those disenfranchised people?) and together with the other outer planets’ difficult transits, the truth comes out. Another problem with the Jupiter square is feeling sorry for oneself. In this sense, Neptune brings out the victim in us all. And that’s easy to do in these times what with the current political situation not just in our country but pretty much in most of the world. And Jupiter makes everything larger than before. Together we are seeing the

sad effect in all the suicides. The wisdom of Astrology lies in its ability to describe future events and thusly to prepare for them. Gratitude, caring for others, humility are the antithesis of negative Jupiter/Neptune squares. Astrology is heuristic: you learn as you go! Jupiter retrogrades on April 21st. Again, review big projects and ideas, expose what doesn't work, and watch for more political and religious leaks (and gas leaks, too.). N.B. and as always, Jupiter when it trines the sun is always retrograde!

Mars goes into Gemini at the end of this month until mid-May. This energy loves to do 2 things at once. Not in the sense of the current idea of multitasking which has been disproven to be effective, but in the sense of having 2 projects. Maybe writing a book and studying a new language. Don't worry about being trendy: Mars will be making a square to Neptune which brings out the neurotic in us all! When Mars goes into Cancer, get ready to work around the house or do things for family.

Venus travels fast. Right now it's in Aquarius. Love at first sight, sparkly eyes, nothing is forever. Then on March 27th, Venus moves into Pisces. Look for your soul mate, do some art, dance. On April 21st, Venus goes into Aries, the beginning of a new cycle, initiating something you love, calling up someone for a date? Next, on May 15th, Venus is in Taurus, its home. What is this thing called love, money, art, desire? When Venus goes into Gemini on June 9th you'll find at least 2 things that matter to you most and I hope one of them is enjoying the next issue of Longevity Circuit on June 21st. And by the way, Solar nutritionists may want to know that the full moons are on March 21st, April 19th, May 18th, and June 17th.

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>)!