

LONGEVITY CIRCUIT

Perpetuating techniques which contribute to a longevity lifestyle

First some Astronomy...

THE JUPITER / SATURN CONJUNCTION ON DECEMBER 21ST I've written quite a lot about the astrological meanings of Jupiter and Saturn when they come together every 20 years, but never about the actual astronomy of it. This time the conjunct is very rare and very interesting and very newsworthy. On December 21ST these two giants of the solar system will be separated by only 0.1 degree and to give you some perspective on that, that distance is equal to less than 1/3rd of the moon's width, which translates to about 50 million miles of separation in space. The distances boggle the mind, yet from the vantage point of earth they appear as one dot when the conjunction is "so close." The conjunction does happens every 20 years since Jupiter takes 12 years to travel through the zodiac and Saturn takes 30 years, but it is extremely rare to be so close. The last time this occurred and was visible was in 1226 AD. It happened also in 1624 AD but apparently the glare from the sun prevented it from being seen with the naked eye.

If you look in the western sky on the solstice they appear as one overlapping body above the horizon. There is also a slightly different tilt to the planets that causes the actual separation to appear much closer. Look for two dots that don't twinkle like stars: Jupiter will be a pure white dot and for Saturn one with a golden hue. What a gift to celebrate the Winter Solstice!



Kepler's trigon, a diagram of great conjunctions from Johannes Kepler's 1606 book *De Stella Nova*

And now some Astrology...

HOW TO CHANGE YOUR ASTROLOGY Some astrologers attribute authenticity for Astrology to the famous wise man in the Bible, Solomon, who said "There is a time, a season and a place for everything." Certainly we need the birth time and place in order to erect a correct birth chart. Solomon must have realized that there is definitely a right and a wrong time to do things. Eating is a good example of the importance of partaking of foods that are growing during the cycles of the sun's rays. A body in synch with the environment is more in tune with that environment, has less stress, and is more adaptable. Since the environment is meant to support us, being in synchronization with our planet will protect us by minimizing astrological storms.

Solomon tells us there is also a season for everything. We have the best relationships with people who share a similar temperature need. For example, a person who is born in the winter will have an entirely different response to the environment than he who is born in the summer. Why do we talk about the weather to complete strangers when we first meet? Rather than being small talk, we're attempting to discover a person's basic physical attitude to the environment. Bodies which share similar temperature needs can bond better and consequently the stress of a bad relationship often indicated by astrology is minimized. If the bond is a good one, then each partner's planets will be placed in the significant other's chart in such a way as to enhance that person's sense of well-being. The ancients assigned Jupiter and

Venus to describe a healthy and prosperous partnership. We expect a marriage, for example, to improve and enhance our life.

And finally, Solomon indicated that place was also important. Once you have a body that is in tune with its environment, and a relationship that is mutually supportive, then you are ready to explore “place.” Here is where we have the most immediate opportunity to change our astrology. We are born with an energy field described by a map of the stars as they were placed in the location of our birth at the moment of first breath. This is called a natal chart.

But suppose you move away from your place of birth? What happens then? The move to a new place is illustrated by a location chart which shows where the natal planets are placed around the circle, *were you born in that new place.*

Let’s suppose you were born in New York City with Saturn located in the 6th house in your natal chart. Saturn, as all planets, has several different symbolic interpretations. As the bad guy, Saturn tells us of possible problems in health, work, and authority. As a good guy, Saturn could indicate having one’s own business or working in construction, for example. But suppose you discover that while living in New York your body’s response to Saturn is illness, fatigue, and drudgery. Are you supposed to resign yourself to such a life? Absolutely not! This is where location analysis can be so helpful. With the help of a good astrologer with a good computer it is possible to find a location where Saturn’s energy is less debilitating. Or another way of looking at it is to plot where your Sun

sign is stronger, more productive and creative, and move there. Of course all the other planets and luminaries will also be relocated and one’s life takes on a very different flavor. Some of the changes may be to your liking, others not so. In the case of Saturn above, a healthy body is much

more capable of handling the vicissitudes of life, so that what may appear to be disagreeable changes are much more readily handled. Remember, the whole point of astrology is to give us directions to overcoming our charts. We’re here on this planet in

part to grow in understanding and to master our egos. We can’t do that without a body, which is a most amazing mechanism. It should be our first priority and one that we take care of as we take care of our automobiles.



Update! Recording Changes

In addition to doing readings on Zoom, Skype, or FaceTime which lets us see each other, I can provide an MP3 electronically since CD players are rapidly becoming obsolete! I encourage you to download the free Zoom 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.

Winter Calendar

The winter solstice occurs on December 21st when the Sun moves into the constellation of Capricorn. If you're a sun lover as I am, we look forward to this day because now the Sun will be shining for an extra minute or two (depending on where you live) and the days will be longer!

I am sending this newsletter out early because there are many events that occur before the Solstice. The first is Hanukkah on December 10th. Then the week of December 13th is full of events: another astronomical phenomenon, the Solar Eclipse on December 14th, the Jupiter/Saturn conjunct begins, Saturn goes into Aquarius again followed by Jupiter moving into Aquarius. They will conjunct again in February. And then Christmas on the 25th and finally a Full Moon on December 29th at 8° Cancer. An unusually busy astrological month, much of which is responsible for the governmental chaos we are experiencing as well as the Covid.

You know, the ancients thought eclipses brought trouble, that they bode ill will. My research yields a very different attitude and I have been looking at them for over 40 years. I think that what really happens is that during times with difficult planetary energies, when something happens as a result of that difficult time, then if there is an eclipse around that same time, the eclipse is blamed. And to accommodate that, the timing for the "thing" to happen is given a lot of leeway: some say the eclipse energy lasts for weeks, some even say months! One interesting measurement is to give the effect a day or a

week for the amount of time the eclipse takes! This eclipse on December 14th is at 22° Sagittarius and falls in the 10th house of the U.S. chart, but makes no conjunction. It is within 2° of Donald Trump's moon and opposes his Sun by 1°.

Pluto has gone direct and will be so for the duration of this quarter, reaching 26° Capricorn by the Spring Equinox. Neptune is also direct and reaches 20° Pisces. Uranus is currently retrograde at 7° and turns direct on January 14th at 6° and by the Equinox it will be back to 8° Taurus. Jupiter and Saturn will be well separated, but both in Aquarius.

Saturn is not happy in Aquarius, an air sign. How do you structure air? Aquarius also rules large groups of people and Saturn here would seem to indicate that they want control. Our



Callanish Stones - Outer Hebrides, Scotland - V. Cornell

country is divided right now and Biden is going to have a very difficult time bringing the various factions together, if he can at all. With Neptune in its own sign in the country's first house, paranoia, conspiracies, and emotions run high. In some ways, although Jupiter is okay in Aquarius, in this case air makes fire

burn brighter. Will this further embroil the country or bring to light issues to be fixed? Praying for peace and community is never astrologically wrong. Try it and see.

On March 21st look for the next issue of Longevity Circuit!

Reminder: An archive of all Longevity Circuit newsletters for the past 32 years are available on my website!

Some Other Things

After 20 years of collecting, transferring, cleaning up, and archiving Adano's videos and audios, they are now ALL available online for the first time at this website:

<https://www.youtube.com/channel/UCYXiLz9f7C6KyYrhfDDs46g>

It's an amazing collection of over 300 Adano Satsang audios and 3 Adano Satsang videos! **But we need your help**, even though we created Adano's YouTube page in 2007, the username is weird because YouTube requires 100 "subscribers" in order to personalize the page. We're now at 79 so please take a moment to click that big red "subscribe" button in the upper right corner of the page so we can change it to Adano's name instead of random letters and numbers. Also, the videos are labelled "made for kids" so no money can be made from Adano's archive (it also means that comments are disabled).

Some of these recordings go back to the 1960s and we received them over the decades on reel-to-reel tape, cassettes, and VHS video tape, sometimes in very poor condition. They have been cleaned up as much as modern audio restoration technology will allow and some are of excellent quality so you can hear His voice, His laughter, and His wisdom in our world today. Happy revolution day Adano!

The Manual of Practical Astrology

I have a few of my astrological books left. They are

\$10 plus postage and those who took my class thought they were very helpful.

Adano Audio / Video Recordings

Your own copy of the Adano archives is available FOR FREE to anyone who will send Paul a 64GB USB flash drive. 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, Adano is also on Facebook.

