

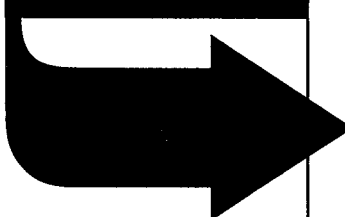
LONGEVITY CIRCUIT

Perpetuating techniques which contribute to a longevity lifestyle.

Spring, 2001

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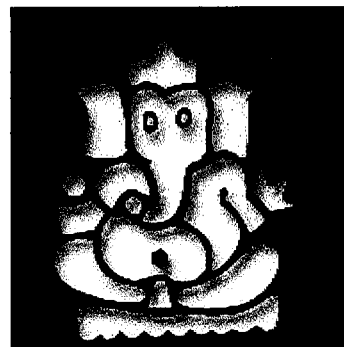
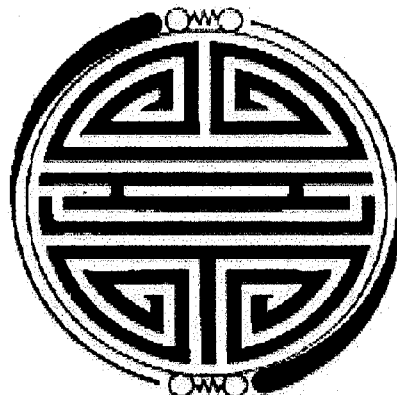
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Walt Disney and Pluto

Many years ago, during a spiritual retreat in Tyler, Texas, eleven people, including myself and my teacher, Adano Ley, were poisoned by poke salad prepared raw and rendered unrecognizable by a helper in the kitchen who being from the city didn't know poke salad from spinach. Poke salad needs to be cooked 3 times before it loses its poisonous nature and is safe to be ingested. So that is how it came to pass that Adano ended up in the hospital sharing a room with an African-American woman who was watching cartoons on the TV. Having myself thrown up and sweated out the residue of the poison in a typical Texas 105 degree heat wave, I wobbled to the hospital to visit my teacher where I fortuitously witnessed the following scene: Adano was sitting up in bed watching, thanks to his roommate, the cartoon, *Pop-Eye*, and grinning from ear to ear. Surprised to see him enjoying himself so

much, I asked him why he was watching. He told me that *Pop-Eye* was really an allegory about one's own Third Eye, the unity of the brain and spirituality. As I wanted to know more, that conversation led to one about Walt Disney and his association with Yogananda. According to Adano, Disney's famous cartoon, *Fantasia*, was actually a "retelling" of his own experience of enlightenment.

Thus did I come to understand that other Disney characters reflect this famous cartoonist's understanding of spiritual symbols. One of my favorites is the character of Dumbo, the flying elephant. Who remembers him? He was a child elephant who was stolen away from his mother by the circus because he had such huge ears. He consequently was the recipient of enormous ridicule by the other animals in the circus. To survive, he takes a "leap of faith" which enables him



WHO GETS LONGEVITY CIRCUIT?

Longevity Circuit is free for clients who have a reading at least once a year. Due to the limited number of copies, it is otherwise available with a suggested donation of \$20, sent to:

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For any inquiries, suggestions or contributions also call or write:

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Web: www.longevitycircuit.com (updated!)
or www.lcircuit.com

Also see

www.elephanttech.com

www.adanoley.com

What do you think?

I'm thinking of starting an on-line e-mail newsletter. Although some of the content would be astrological, I would also do in-depth looks at other subjects that interest me and hopefully you. If this is something that interests you, please send me an e-mail to:

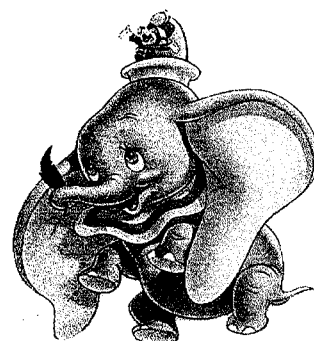
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and type the word, "Subscribe" in the subject.

to fly and gain the respect of all his peers.

So who is Dumbo, the myth? None other than the Hindu god, Ganesha, the representation of overcoming obstacles—and the *de rigeur* god to invoke at the onset of any new business since he brings success and longevity to any project. Ganesha is always shown with his accompanying mouse since this portrays his humility as well as the union of the great and the small. Dumbo is no different: his great companion is a small mouse often carried along on his head. For me as a child, Dumbo was my favorite. Although I eschewed dolls (except for my Toni Doll whose hair I could comb and curl), I collected Dumbos and had 3 different sized stuffed animal Dumbos. It wasn't until I learned about Ganesha during my spiritual quest that I realized why I had been so drawn to him. Mystery solved.

But Dumbo wasn't Disney's only spiritual allegory. Pluto, the dog, is another. Pluto began as a bloodhound in the Mickey Mouse cartoon "The Chain Gang" in 1930. Funny thing about that: the planet Pluto was also discovered then. Was this a coincidence, or did Disney foresee the future discovery? And why name a cartoon character for the god of the underworld? Did Disney know that Pluto has come to mean transformation in



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Calendar

Spring comes on March 20th and no doubt we all welcome the extra light. As I write this, **Venus**, the symbolic symbol for love, value and beauty is making a station at 17° Aries and will be moving back to 1° Aries on April 19 before going direct again. During this time we will have a chance to reflect on those issues and perhaps find out what really matters to us. Sometimes an old love returns, or we find money or lose money, find beauty or lose beauty, and since Venus is in Aries a fiery, assertive constellation, we may find we are more willing to fight for what we value.

Next **Pluto** makes a station at 15° Sag on Mar. 17th and retrogrades until August where he makes a station at 12° Sag. Since Pluto likes to expose that which is hidden you could say that while he is retrograde he is on a fact finding mission...in your unconscious, digging into past hurts, fears, passions preparing the way toward exposure and further integration. No sooner is Venus direct again, but a few hours later on April 20th **Saturn** changes signs from Taurus to Gemini. The fixed signs, Taurus, Leo, Scorpio and Aquarius will no doubt breathe a sigh of relief, turning the reins of responsibility, commitment and effort over to the mutable signs of Gemini, Virgo, Sagittarius and Pisces for the next 2 and a half years.

Then in May, on the 11th, **Mars** also makes a station at 29° Sagittarius and retrogrades until the end of June. Mars, the aggressor and pioneer of the zodiac may lose some of hisumph, deciding on a more cautious line of action. This might be just the ticket to heal some wounds from the Pluto/Mars conjunct that began in mid-March and though an exact conjunct doesn't occur again, these two planets stay mighty close to each other until Mars goes direct. Both Pluto and Mars are high energy and when not controlled can easily get out of control. How angry are you and/or does repressed anger get reflected in your environment.

On June 4th **Mercury** makes one of his 3 retrogrades at 29° Gemini until he reaches 21° on the 28th. Since a retrograde Mercury, especially in Gemini, can foul up the mail or any communications, let's hope that the summer issue of *Longevity Circuit* gets to you without mishap!

A word about **Saturn in Gemini**. Gemini is a mutable sign thriving on communication, study and movement, much like a pack rat or a butterfly, or a gossip column. But Gemini is also a dual sign, accomplished at doing and thinking two things at once. This sign is portrayed by the twins Castor and Pollux who were immortalized as stars for their deep love for each other. In terms of the physical body the duality is expressed as the left/right; yes/no; yin/yang. Both sides absolutely necessary to the whole. The glyph suggests a synchronization of the two opposites resulting in moving from unconsciousness to consciousness. "If thine eye be single, the whole body is full of light." is the esoteric mantra for Gemini. With Saturn moving into this sign Gemini takes on an uncomfortable seriousness perhaps bringing up questions of commitment to self or others, undertaking long-term efforts requiring tenacity and perseverance or situations requiring patience. Since Saturn will be opposing Pluto for about one year as these two Karma planets occupy opposite sides of the zodiac, extra effort amounting to the intensity of alchemy might be required. Of course much can be accomplished but it won't be easy. Just prior to this, Jupiter also opposes Pluto until mid-May intensifying fanaticism and orthodoxy and together with Pluto in Sag has energized the religious right, not just here in the U.S. with the very right-wing Christian political coalition, but also in many other countries as well. With these 3 planets fighting for supremacy, either things will get better or get worse, and that depends on your perspective!

Current Trends Continued from page 1

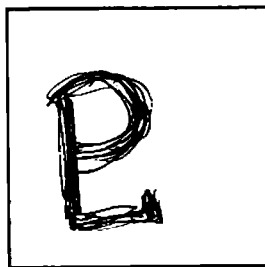
the astrological sense? Definitely. Pluto the cartoon dog gives us information about his namesake energy. Being a bloodhound, Pluto is able to find that which is hidden in order to expose it- and over the years morphs into a friendly pal for Mickey Mouse. His detective qualities and his transformation are widely accepted characteristics that astrologers give to the planetary energy of Pluto. Again, Disney was right on.

WHY THE RENEWED INTEREST IN PLUTO?

I have written often about Pluto since as a planet and as a symbol of consciousness he/it is such an enigma. The whole discovery about Pluto is a tall tale. In the Spring, 1998 issue of *Longevity Circuit*, I wrote extensively about the hyperbole surrounding this tiny planetoid's short history. It has ever demanded the attention of astrologers and astronomers who are still arguing over its status: Planet? Asteroid? Largest member of the Kuiper Belt? In fact the American Museum of Natural History has just demoted Pluto's planetary status and the New York Times has written frequently about the Museum controversy.

So here's some more info about Pluto in the form of Greek myth.

Once, Proserpina, daughter of Ceres, was roaming in the woods, picking flowers. As she picked the beautiful narcissus, a rumbling occurred, and out of the depths of the earth sprang Pluto, god of the underworld. Proserpina screamed, but her mother was too far away to hear as Pluto flew in his chariot, with Proserpina at his side, back to the underworld. Ceres searched for ten days and nights, until, aided by Hecate, goddess of the dark moon, she went to Helios for help. Helios revealed that Pluto wanted Proserpina for his wife, and had asked Jupiter, his brother, for his consent. When Jupiter gave it, Pluto kidnapped her.



I like this version of the myth because the symbols are so rich with meaning for astrology. The flowers that Proserpina picked tell us of her own narcissistic attitude which only a god from her own unconscious would be able to dissolve (the rumblings of the unconscious). Ju-

piter, after all, the god of good fortune agrees to the union. Ceres, who now has an asteroid named after her is goddess of agriculture (prosperity) and goes to Hecate, the goddess of witchcraft to get to Helios, the sun. The dark moon is a moon completely obscured by the Sun, so when we can't see something we often have to use mystical means to get to the truth. In this case we find out all is well. Proserpina is being made whole. Such is the nature of Pluto: he seems to take away something only to discover he is bringing wholeness.

The planet (?) is probably named partly for it's position which is located at the farthest reaches of the solar system, the jumping off place to the universe; and partly since it's spurious discoverer, Percival Lowell's initials, P.L. form the first two letters of the planets' name (the real discoverer of Pluto was an amateur astronomer named Clyde Tombaugh). Also the popular glyph used in astrology is a combination of P and L. It is also worth noting that Pluto, the God of the Underworld is also Plutus the God of Wealth. We have the word 'plutoerat' to describe a person obsessed with money and power, and a mineral called plutonium which is radioactive and in being split yields immense amounts of energy. Putting it all together we can say that Pluto is the detective of the zodiac as well

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SOLAR NUTRITION

Solar Nutrition is a method of eating based on timing in order that one may synchronize with the planet, and in so doing, lower stress, conserve energy and live a longevity lifestyle. It was modernized by Swami Nityananda Saraswati, who said, "Eat your way to butterflyhood."

antioxidants. I have recently found out that one of the reasons that Adano may have warned against instant coffee is not only due to the processing, but also because instant coffee usually comes from the robusto bean which is an inferior bean, grown in lower altitudes and is an less anti-oxident nutrient. It used to be that

Five Laws of Solar Nutrition

1. There is a time, a place, and a season for everything.
2. A little of anything is medicine for the system.
3. Live to eat to get sick.
4. Live to eat to in order not to get sick.
5. Live to eat in order to live NOT to eat.

Update

From time to time it good to check in with science to see what it has discovered in the way of verifying what the wise ones already know. In the case of solar nutrition that would mean what has science learned about foods! More and more there is evidence that fast food is killing, mostly because fried oil is so conducive to supporting free radicals. As Adano put it, fried oil acts like a varnish in the circulatory system effectively sealing off the body's ability to get nutrients and get rid of waste, not to mention clogging the arteries.

Another study shows that chocolate if high in antioxidants. Yet Adano went a step further and recommended cocoa, which is chocolate without the fat. Taken in the morning with coffee and maple syrup the body gets a nice morning boost of

Folger's Coffee, Adano's favorite brand, stated plainly on the can that it was mountain grown/ and 100% arabica. Sadly, this is no longer true. Please read labels. Some of the smaller, more expensive coffee-bar type Folger's still are 100% arabica but you have to read labels.

Margarine is finally coming under fire for its negative hydrogenated oil content. Recent studies show that butter is lower in these harmful fats. But again, Adano went a step further: turn your butter into ghee by clarifying it. Clarifying is just what the name implies: making the butter clear by removing the impurities in the oil which include the butter solids that hydrogenate and the lactic acids that cause depression, stuffy nose and clogged arteries.

Clarified butter, or ghee

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WHO IS ADANO LEY?



Adano on Fear

We are addicted to our own imagination through the craving patterns. Therefore, as we become addicted we have to repeat it over and over and over. Then we become attached. From the addiction comes the attachment. We can't seem to let go, and if we want to let go, we are afraid that we're going to lose ourselves, our identity. That's the big problem in this ego nature. Yet when you realize that by detaching yourself, breaking free from your imagination of what will happen to you, in the process you start the elimination of holding onto unfulfilled desires. The unfulfilled desires begin to shut off.

ADANO ON MEDITATION

God is the creative principle of eternal polarity and out of that eternal polarity we must have a creation based upon desire or will, it is called cosmic law. You can't have a creation unless you have negative and positive, there is no existence without it. So we have to have these two forces existing in two different directional flows. Negative is not bad and positive is not ultra good. It is the directional flow upon itself that makes it continuous or eternal. Now, as long as it's a creation and we are the result of the creation, we will be viewing it with our minds, we will not be viewing it with our souls. Therefore we will have no comprehension of it as it is, we will only have a comprehension of it as it *appears as it is* by the use of the mind. Our mind is going to give us an apparent appearance of something on a sensory level, but never on an intuitive/ oneness level, we have to achieve that condition and that is where you call the breakthrough of the darkness in the brain.

"When thine eyes are single, the whole body is full of light and the light shines in the darkness and the darkness comprehends it not." This darkness that you see when you close your eyes is the result of the density of the desire make up of the body and until that density is dispersed, you can't see the pure light of God inside. Now this whole body becomes light, atomic light, because it is energy equal to the mass times the velocity of light squared and the actual experience is seeing it. Now the light of the soul, which you are, is the brilliance of nine Suns. You couldn't even begin to look at your own soul force, it will blind you eternally. A mere glimmer will keep you blind for a long time. The same thing happened to Paul when he was Saul, he had a glimmer of the light inside and he was struck blind. Many people who have had an experience of the Holy Spirit in the Pentecostal movement are blind for days with the light. So you can imagine what a smidgen of light you are seeing in this atomic make up of your body. So we are talking of something that is happening on a different level than the mere intellectual level that is being passed off as the truth.

Current Trends

Continued from page 2

as the transformer, the restorer, the obsessed, the big-money guy (Who wants to be a Millionaire?) the voice of the unconscious and the demands it makes on us. In short, Pluto is one big mystery!

So why this renewed interest in Pluto? It's not just the demotion given its status by a prestigious museum, it's also because Pluto's position in the zodiac begs for it. Beginning in April Saturn will have jockeyed its position to face off or confront Pluto's in the cosmos. In other words, the entire planet will experience the energies of these two powerful forces at odds with one another. It's the Fascist at war with the Authoritarian. Astrologers often speak of war when two such stalwart planets face off. It's the energy of the professional eliminator and regenerator, the alchemist and transformer of base metal into gold. It's the "vale of unshed tears" due to emotional repression. It's ruthless determination and a fanatical adherence to one's principles. It often results in the loss of one's fortune and self-destructive energy but at its best it is magical, ten-

Solar Nutrition continued

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is never heated to the boiling, but slowly melted in a not-too-hot oven (around 200°), enough for the butter to separate into 3 layers. The top layer is skimmed off, and the bottom layer is poured off after the butter has hardened again in the refrigerator.

More studies continue to come in about the benefits of soy: good for

the heart, intestinal system, and hormone balancing. Fortunately some tofu companies are getting smart and are making firm tofu, which is much more palatable, unless you just like tofu tasting like pudding! Of course you can make it yourself and get any degree of firmness, but tofu takes time to make. If you find tofu too bland, it easily accommodates flavoring by saucing it up.

nacious and tough. The exact phase occurs between 12-16 degrees of Sagittarius/Gemini and the greatest intensity will most likely be felt beginning in July lasting for about a year, until the summer of 2002. In the chart of the USA this energy appears in the 10th house of the president and conjoins with the USA Saturn in the 10th house.

Many people have written to me inquiring about the Amerind prophecy foretelling the death of presidents elected in years ending in zero. And I myself have written about the strange Jupiter/Saturn conjunct that has coincided with the death of Presidents. Bush was elected during both circumstances.

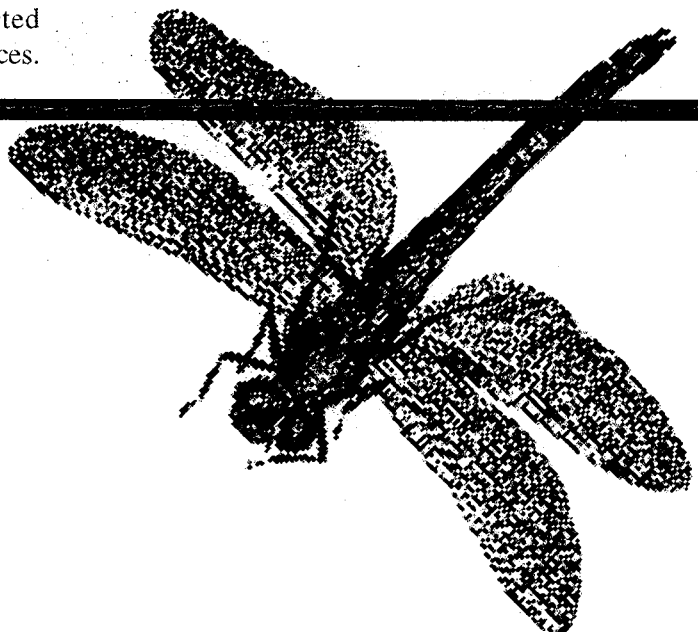
The Pluto/Saturn opposition doesn't do a whole lot to dispel the worries that people have concerning his well-being. I am reminded of Kennedy's assassination and the fact that many astrologers attempted to warn him of his peril...to no avail. The script is written and we are merely characters in a cartoon. But certain attitude adjustments can be made, and if money is an issue for you then let this warning help you to manage your finances appropriately. Pray for peace and practice equanimity. Breathe: energies come to pass, they don't come to stay. But especially, LAUGH! Isn't that what cartoons are for?

BRAIN FOOD

From the Cancer Research Campaign: "There is a lot of evidence that the risk of many common cancers is strongly linked to dietary factors."

Astronomers have discovered the largest object orbiting the Sun since Pluto was discovered in 1930. It orbits the sun between Uranus and Pluto. Since 1992, 300+ such objects have been found, but the size of this new one has rekindled the argument about what constitutes a planet, possibly why many astronomers want to demote Pluto.

Two more planetary systems have been discovered. Astronomers are stunned! Each is entirely unique to itself.



FIRST CLASS

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