

# longevity circuit

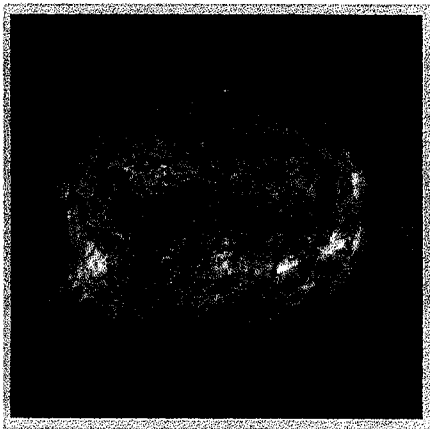
Perpetuating techniques which contribute to a longevity lifestyle.

Longevity Circuit

volume 14, no 4. spring 2003

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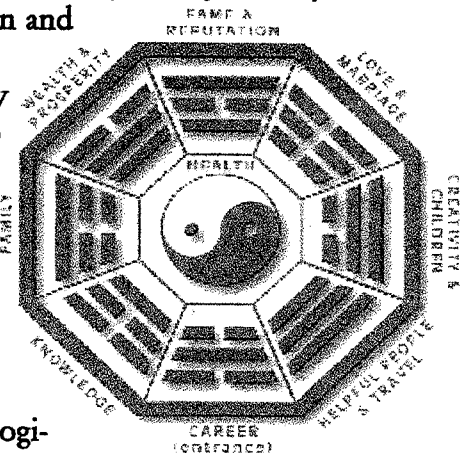


## THE SUN

One of the most important, (if not *the* most important) uses of astrology is for timing. *"The timing of the daily events in your life is the evidence that creative intelligence is in charge of your existence."* This oft-spoken homily by my teacher, Swami Nityananda, pointed to the necessity to observe how Spirit penetrates into even the most mundane activities in a person's life. And that conversely, by yielding to a non-ego sense of timing, one could better identify that influence. But just how does one develop better timing? This is where Astrology comes in and why it has existed as long as man has been able to identify the motion of the spheres. (Personally I have seen astrological symbols that were drawn by early man as early as 40,000 years ago on the cave walls.) The earth, moon, planets, sun, solar system, universe, cosmos are all spiraling orbits of energy, constantly in motion, acting as orderly cogs in a machine, like the gears in your old-fashioned watch! Woe to he who thinks he can buck such a formidable hierarchy! How much easier to take heed of the signs around oneself in order to flow with what is already in motion. As the timeworn cliché says, it's easier to swim with the current than against it.

How do we identify the order that is "in charge?" Following the realization of primitive man who first noticed the varying phases of the moon and their cycles, and their effects (A really healthy woman will menstruate during the full moon and ovulate during the new moon) we began in the Autumn issue of LC by identifying the eight lunar phases to show how one can synch into the lunar flow. Just like the phases of the Moon, the Sun, too has eight phases. But whereas the moon's phases complete each month, the Sun's phases take a year. As you become more in tune with the solar phases, both physically and psychologi-

cally, you will notice the angle of the sun and its placement in the sky as it goes through its annual trip. (Of course we know the Sun does not orbit the earth! But astrology recognizes that man is soul whose spirit resides in the center of the universe so all the gears of the



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# SPRING CALENDAR

The big news this quarter is Uranus. Every 7 years this planet of the unexpected and unpredictable changes signs and has long been responsible for the 7 year cycle known as the 7 year itch. This energy brings enlightenment and freedom through change. When surprising things happen, first look to see what Uranus is up to. A good example was the 9/11 attack. It awoke Americans to the realization that many parts of the world hate us. At that time Uranus was on the Ascendant of the U.S. chart.

During the last cycle 7 years ago Uranus and Pluto went into new signs at the same time: Aquarius and Sagittarius, Air and Fire, elements that are obviously compatible. These two planets have been working together- all kinds of information gathering and disseminating have undergone tremendous technological and environmental change. It seems like everyone has a cell phone now and an email address; instant chat; and bloggers, cell phones that take pictures, play games and act like computers are now commonplace. Comput-

ers have shrunk to the size of a shoebox; cell phones to the size of a ring box. Even the world has been reduced to a few megabytes of memory flying through the air on the wings of one's imagination...except that we really have shrunk the globe and no one is ever very far away! (Some of the shrinking can be attributed to Saturn, the great constrictor, who has been acting on both Uranus and Pluto for the last couple of years. Saturn is also going to be changing signs

this summer, maintaining a long and viable association with Uranus.)

So what could be expect from Uranus moving into Pisces. Pisces is a water sign and a very complex and difficult to thumbnail energy because it rules what is hidden. Pisces is symbolized by 2 fish swimming in opposite directions, connected by a silver cord. We can't have the one without the other! *There was a girl, with a curl in the middle of her forehead. And when she was good, she was very very good and when she was bad she was horrid.*

Hello Pisces! The implication here is that with the enlightening and changing energy of Uranus entering the sign of delusion, confusion, imagination, idealism, Hollywood, self-undoing, secret enemies, addiction, AND-- compassion, the prayer aspect of love, unity, forgiveness, creativity, spirituality, meditation and healing we might find ourcells in situations that call

for advanced aspects of ourcells to emerge. The possibilities for positive change are awesome and equalled only by the abuse of them!

Coincidentally, Neptune, the ruler of Pisces has been currently sojourning through Aquarius, the natural home of Uranus. It is called a

mutual reception when two planets live in each other's home. Hopefully and traditionally, it strengthens each while combining their energies. Neptune the visionary and Uranus the iconoclast spurring each other on to progress civilization to a higher level. Individually, the quest for the divine could magnify, consciously or unconsciously. There could be a strong desire to meditate, adopt unifying attitudes, join a spiritual group, etc. Conversely, there could be increased addiction

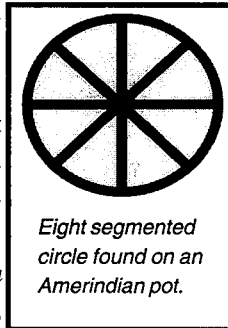
and avoidance behaviors. Globally there could be mass delusion or a mass movement that could be positive or negative depending on which side you prefer. Here are some of the breakthroughs I would expect to read about: desalinization of

ocean water; changes in the fishing industry and use of seaweeds for protein supplementation. Changes in the oil and gas industry due to new technologies. For example there could be aerial photography that can determine locations of resources that would lower the costs of development.

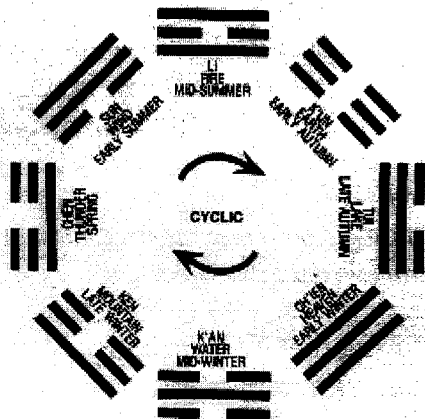
More technological changes in digital photography, advances in other forms of photography (x-ray? Astral?) Changes in the foot/shoe industries. Continued changes in the Roman Catholic Church, particularly at the papal level. Look for impostors, artistic geniuses, interest in dreams, dancing, addictions, movies, E.T.'s. and deep sea travel, exploration. More on all this later.

Other news: **Pluto goes retrograde on March 22-23rd.** This could be a help to hold down war if it hasn't occurred already. A retrograde Pluto slows the train down, gives us a chance to see what's happening and revise our attitudes. **Jupiter goes direct on April 3rd,** making

**Continued on page 5**



Eight segmented circle found on an Amerindian pot.



## LONGEVITY CIRCUIT

is a quarterly newsletter dedicated to perpetuating techniques which contribute to a longevity lifestyle.

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## THE SUN, con't

clock appear to revolve around the core of individuality. This perspective is far more healthy than the more recent habit man has developed of perceiving everything as being outside himself. Hating others is really hating oneself. George W sees himself in Saddam!)

Phase 1 -March 20th. Spring. Fire. When the Sun hits the first point of Aries, we have the Spring equinox . That is, the Sun is directly overhead the Equator and the days and nights are of equal length. This is the time of rebirth, warming. Easter is based on this solar cycle: resurrection, coloring eggs, renewal and joy. There is a Germanic pagan goddess of the Teutonic tribes called Ostera, or Eostre. She stands among the flowers and vines holding an egg in her hand and symbolizes newborn life. (Oestrogen/ estrogen) . This is the perfect time of year to try something new or to put a new twist on a repetitive activity; plant symbolic seeds if you don't have a garden and watch them grow into fruition.

Phase 2 May 1st, May Day.

Beltane. Birth! Children dancing around the May Pole signify the warmth and joy of this season. Beltane means "fire of Bel, the bright and shining one" and in modern Irish Beltane means May. It's a sexual, sensual, earthy time ("In the Spring a man's fancy turns to thoughts of love.") How many remember the "Fires of Beltane" in the book, "Mists of Avalon?" Oo La La! Now is the time to identify your passion. What creative energy is seeking to find integration in you? "I think I am going to explode if I don't do....."

Phase 3 Summer Solstice- June 21st. The Sun appears to stop as it reaches the Tropic of Cancer. It's the longest day of the year. The energy peaks and from today the sun will begin to diminish in number of hours. If you live in the northern hemisphere you will feel the rays of the Sun more directly overhead. Notice how it's position in the sky has changed. Before, a tree, a house, blocked the rays, but now the Sun is above that tree or house. Notice that the Sun rises farther North than in the winter and sets farther South. Shakespeare's "Midsummer Night's Dream" tells the story of this season's enchantment! That seed you planted in March-how's it growing? Is that project maturing? Can you see the results beginning even if people did think you were crazy?

Phase 4 - August 1. The Celts call this Lughnasa and marks the beginning of the harvest. It's a

time of letting go: everything that could be done is done; the die is cast. Will there be enough to get through the winter? We notice the days are getting shorter and despite the probable heat (except here in San Francisco) we must remember the cycle of life, that expansion and

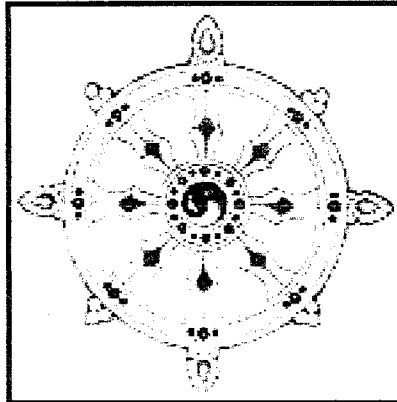
constriction

are equally necessary. We begin the storing up process. Why not make a jar of jam, or try your hand at making wine from fresh picked grapes?

Phase 5 -

Fall Equinox- September 23rd. The Sun enters Libra and days and nights are once again equal in length. From now the Sun will also lose strength as the rays become more slanted and less direct. It is a time of appreciation and preparation to restore our bodies and psyches through the approaching darker months. We will put more emphasis on our minds and spirits rather than using our energies to do.

Phase 6 -October 31st - Hallowe'en. Samhain. In Druid reality this was a celebration of one's ancestors and like all of the ancient pagan holidays has been 'taken over' by the modern religion of the day. Consequently, November 1 is All Soul's Day. To the ancient Celts



*The Wheel of the Law; the eight spokes represent the eightfold path of Buddhas' teachings.*

# WHO IS ADANO LEY

**W**e are mirrored in the pure likeness of consciousness. We are made in the pure image of the atom. The two acting as one is called Soul. Now we don't have a Soul. Consciousness and energy acting as one is Soul. We are Soul. Soul, it is a peculiar word. Do, Re, Mi, Fa, So, Ahso. What is the first expression of the baby when he is born, "Ahhhh Soooo?" He lets out a wail as if well, "at last I'm here but what for?" Soul is a peculiar word and it carries peculiar feelings with it and at times we may tear ourselves down, persecute ourselves, not realizing that the Soul is not involved in it. Something else is involved in the persecution, the tearing down.

When we look at the word Soul we see four letters and if we look at the Origin of our cells we see some interesting things. "No man sees God," every scriptures states that. They say God is Spirit. Something spinning, vibrating, some power vibrating, holding this entire Universe up. Alright, here we have **Spirit**, "**S**" for Soul, spirit, spiral, spinning. A force that is spinning, spiraling, holding everything up. It's not moving in a straight line, it's spiraling, that means it's ever expanding, there is no end to a spiral. From the time it starts, it goes on to infinity, but it starts off at a point of Oneness.

But God, creating the Soul, created **order**, "**O**" not disorder, because in the very statement, "Come let us make man," how is he going to make him, he specifies an order, image and likeness, in that order. First in the image and in the likeness, so we have order. Therefore order is the first law of existence. If this

room is in disorder, sooner or later somebody is going to try to straighten it up. Subconsciously you start fixing the place up, putting some order to it. This is in an individualistic way. Yet if you look out across the mountain to the world, you'll see God is a very disorderly

man, why, he put the river next to the trees, the trees next to the rocks, the rocks next to the fowl, the fowl is next to the house, the house is next to the grass, where is the order? He didn't put all the corn on one side of the stream, he didn't put all the wheat on one side of the stream. Man comes along and plants one row of wheat, one row of corn, one row of cabbage,

and so forth. So man is more orderly than God. Interesting, that man would look out and see this. Yet how can we say this Creator is orderly, if we see this type of expression and inwardly we crave to change it and line it up. There are two types of order, order as Soul by personal involvement,

order as God in total involvement. In His totality, the harmonious blend of everything, this homogenous blend of everything is order. In individuality, in terms of relative use, individual locations, groupings, that is order. So in an individual life, we set order by grouping things, in a cosmological way, all things are put together to flow as a homogenous whole. There is no chaos, it's total order.

But what is the order about? "**U**" in the word Soul, is **universal**. Order is universal, or united between the individual and the divinity, between man and the creator, there is a unity, there is a bond. We are made in His image and likeness, therefore we're made in an integral unity. There can be no separation in that Unity. If there is a separation, it is not from the point



**SOUL**  
S-piraling  
O-rder of  
U-nited  
L-ife

Be sure to visit the web site dedicated solely to the teachings of Adano Ley  
[www.adanoley.com](http://www.adanoley.com)  
This site contains quotes, pictures and streaming videos, updated from time to time.  
Check it out!  
And now we have another web site that we welcome all readers of Longevity Circuit to contribute their ideas. It's called  
[www.thescienceofthesoul.com](http://www.thescienceofthesoul.com)  
What would you like to see here?

## ADANO, continued

of God, it's the point of consciousness in man. So we have unity or united, and finally we have "L" in the word Soul. As I said the only thing that is important to all of us is that next breath, **Life**. This universe is not a universe if there is no life and it. The whole universe is a living process, it's all Life, God is total Life. Creation is life in action. Soul is the embodiment of that totalness in miniature form in action, life. Man is the Spiritual Order of the United Life in action in a miniature form expressing divinity all the time, called Soul. This is your true Origin.

*This is an excerpt from "Originis" a lecture given on Oct 10, 1971, in which Adano outlines his core teachings.*

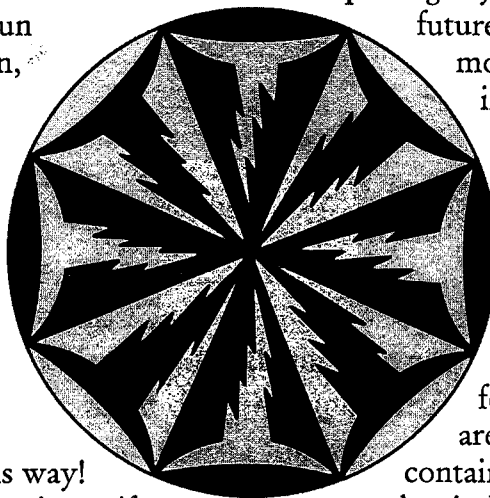
### THE SUN, continued

this day divided the Summer from the Winter, Life from Death, which engendered the realization that those who have come before us have paved a way for us through adversity and hardship. With appreciation we can now don the costume of what we would like to become.

Phase 7 - Winter Solstice - December 21-

22. The shortest day because the Sun is overhead the tropic of Capricorn, South of the Equator. Now the rays are very slanted, weak and short of duration. It is no wonder that Jesus's birth is attributed to this time of year when darkness prevails and hope springs eternal. We have circles of evergreens we call wreaths, we light candles and fireplaces, we party, we give gifts. We're saying, "Hey, life goes on! It won't always be this way! Hang on til we see the light begin to intensify-which is will.

Phase 8. February 2nd. Ground Hog Day and



Day of Brigid, the protector of memory and knowledge. She's a pregnant maiden and points to the increasing length of days. This is my favorite phase as I always rejoice when I notice that we have more sun during the day. I notice at my bedroom window that instead of 10 minutes of direct sunlight there may be 20 and with each passing day the time extends. I anticipate the future and am amazed that the dark months went by so quickly. This is the initiation, the beginning that we prepare for. I always think of Robert Frost's poem, "Stopping by Woods on a Snowy Evening. ...And I have miles to go before I sleep, and miles to go before I sleep."

By the way: Astrology primarily focuses on the number 12 and there are many famous categories that contain 12; but eight is also a very mystical number indicating the eternal due to its sideways eternity symbol, emotionally of partial

**Continued on page 6**

### CALENDAR, continued

a long station at 8 Leo, a sensitive spot for the U.S. chart and for Bush, Jr. These combined energies indicate over confidence on the part of our leader and an attempt to jump the gun and start things prematurely. The awakening electorate are hopefully making themselves more and more known and though Bush professes not to care about demonstrations, he must be thinking of his own re-election. Always the catchword with Jupiter in Leo is excess. There's just so much confidence, fun, projects, entertainment that it's hard not to slow down. If you heart is beating too fast and you haven't been lifting weights, you've probably got an excess problem! **Neptune goes retrograde on May 15th and Uranus on June 6-7th.** We go back to the drawing board. **Mercury retrogrades in Taurus on April 26 until May 20.** Once again, retro-

grade Mercurys don't bother everyone but in Taurus could affect people who are too attached to an outcome or dependent upon a particular outcome. Be flexible with this one. **Saturn** is also noteworthy as this stalwart energy **moves into Cancer on June 3rd.** Currently in an air sign, Saturn has affected us intellectually with worry, cynicism and negativity. Travel has curtailed and the business slump has continued. When Saturn moves into Cancer, the effects will be more emotional, family or home oriented. Real estate values could fall. In the US chart this could be relief for the general public which might begin travelling again. In Bushes chart is could signal the onset of secret enemies who will cause him to reconsider his position. Do I have something in my chart called wishful thinking? Don't forget to look for the next issue of Longevity Circuit.

*Longevity Circuit*

## Adano audio and video

### VIDEO

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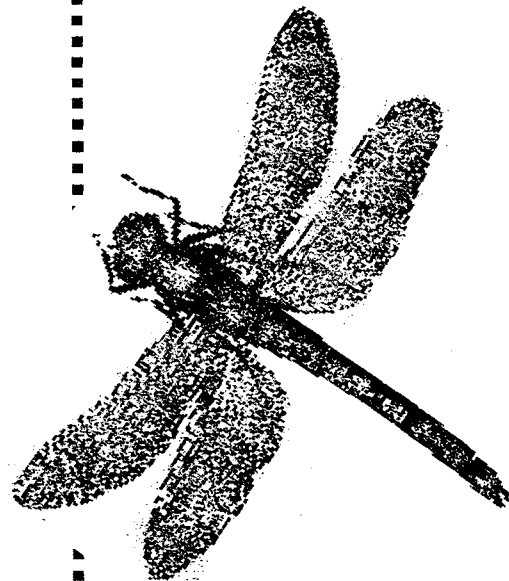
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completion. Eight is found in the I Ching and in American Indian lore. In both cases the directions of NESW are given to name 4 of the eight sides. On page one is a good example of a Feng Shui Bagua showing the locations in one's house that offer the best energies and the 8 primary I Ching trigrams. On page two you will find the classic wheel of time and the 8 sided Kiwa in American Indian Lore. On page 3 diagram showing the 8-fold path of Buddhism while on page 5 is a design found on an Indian pot.

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