

LongevityCircuit

Perpetuating techniques which contribute to a longevity life-style.

Longevity Circuit

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The Future Cause

The idea that difficult life circumstances may exist in order to stimulate the development of desirable gifts, or at any rate to promote a special kind of receptivity, is part of an overriding conviction I have that according to the astrological perspective *the cause of events lie in the future*. In the usual view of things causes lie in the past: events happen, influences arise, and if the person is lucky he or she will be able to turn them to some use. It seems to me that this view of cause and effect inverts the truth, which is that if we are intended to follow some vocation, be in a certain place, or with a certain person, then that imperative of destiny, lying in the future, pulls events towards it. Our destiny has to be made way for, it has to be prepared, often long in advance.

Dennis Elwell

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web sites?**

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www.aaartdirect.com

History Lesson

The wonders of the internet never cease to amaze! It came to my attention that George Washington kept a diary throughout his life, including daily entries during the Revolutionary War. The complete archive has been photographed and put up on the web. If you want to see it for yourself, just google Washington's diary and you'll be directed. Some of it is quite difficult to read yet much of it has been transcribed and also placed on the web. And despite the enormous amount of effort and time it has taken someone to do these things, all the information is free and readily available.

Why would an astrologer be interested in this? Because G.W. actually entered the date and time of the defeat of Cornwallis. This is the moment in mundane astrology that indicates the birth of the nation, the parallel to the cutting of the cord in a human. Having the correct time is essential for accurate appraisal of the chart of the U.S. Here are George's own words:

"(October) 19th. In the Morning early I had them (the final articles of capitulation) copied and sent word to Lord Cornwallis that I expected to have them signed at 11 Oclock and that the Garrison would March out at two O'clock-both of which were accordingly done."

It's a fascinating account to read the arbitration between Cornwallis and Washington and gives us some specifics for the U.S. while also keeping the time of chart erection in limbo. Why? Because we must ask ourselves, is the birth the signing of the papers, or the actual marching out of town? Adano, my astrology teacher, gave the time of 2 PM which coincides with the departing of the enemy. The cutting of the umbilical chord indicates the infant is a separate entity from the mother. Would the troops leaving the area indicate the same? Or is the piece of paper agreeing to the terms the separation?

I will continue to study these charts and am particularly interested in finding the right time because currently Pluto is moving into the new sign of Capricorn. The last time Pluto occupied that constellation was from January 1762 to December 1778. The Boston Massacre, which was the first actual firing on the colonists causing several deaths, didn't occur until March of 1770 and Pluto was already at 14° Capricorn. This is important information for those who are worried about Pluto moving into Capricorn in January. Please see the accompanying article for more information.

SPRING CALENDAR

For the next several months until June/July Saturn will be aspecting Neptune by opposition. As I write this we are in the midst of it now. I've talked *ad nauseum* about the psychological problems these adverse energies cause: paranoia, fear, lassitude. So now I'd like to look at the energy in terms of the politics.

30 years ago when Saturn and Neptune last opposed we had Watergate, the Vietnam war, and a President that no one trusted. In fact our ideals about government pretty much went down the drain. Do you see any parallels to what is happening now? How about the Iraq War, a president who has the lowest popular acceptance of any president, and a distrust of governmental practises. In the present, the first exact opposition brought a complete turnaround in Congress. You could say that Saturn is a Republican (the individual), and Neptune is a Democrat (the common man). This energy even infects religious values with fundamentalist and unitarians on opposite sides of the fence, not to mention Islam vs. Christianity.

Alleviating this only slightly is the 'Jupiter square Uranus' cycle also on orb now. If you made the necessary changes that were called for in Feb, 1997, then this square needn't cause much trouble. However, if you put things off until now then you might find some difficulties. This square is in the mutable signs (Gemini, Virgo, Sagittarius and Pisces) resulting in changing conditions when you think things are set. It could also aid in making changes in consciousness. For any real growth to happen, there must be an inner shift of values. Another Jupiter transit, the trine to Saturn (and Saturn is opposing Neptune so Jupiter then sextiles Neptune) is the energy we need to change our attitudes and prepare us for the necessary transformation demanded by Pluto.

Jupiter in this easy relationship to Saturn bodes well for business - consistently, historically timing the mundance events in the world. It's part of a 20 year cycle beginning with Jupiter and Saturn which conjuncted in May of 2000 with the election of G.W. Bush. How this energy will be used in international politics is hard to say but it will last until November. Since the square impacted the past elections it is safe to say the trine will do the same as it lasts until November.

Right now only Saturn is retrograde, but in early April, the 6th, Jupiter will also begin its backward

trend, resulting in a very long term trine station with Saturn, lasting well into May. If you have any planets around 18-19° in the fire signs (Aries, Leo and Sagittarius) this is your lucky break to move forward economically and business-wise with the least amount of effort.

PLUTO IN CAPRICORN

Also turning retrograde on April 1st is Pluto making a station at 28° Sagittarius. Pluto is getting lots of attention these days and not just because its astronomical status has been changed but rather, due to Pluto's entrance into Capricorn which raises fear in the hearts of men. Actually this fear is being generated by the Saturn/Neptune paranoia creating opposition. Our country was born when Pluto was last in Capricorn so it can't be all bad. Also we have been experiencing an out-of-control Pluto in Sagittarius since late 1995. Sagittarius is expansive, and at its worst is a know-it-all, armchair philosopher often exuding hubris and entitlement. Headline examples in the last 12 years are legion. With Pluto moving into the contractive sign of Capricorn we could happily experience some correction for the excesses we have taken as norm. And no planet just pops into a new sign; rather it is gradual and gains in energy over the years. We are already seeing signs of healthy constriction in government and business.

But what about you personally? To see how Pluto will affect you in the next 15 years you will need to look at your natal astrological chart. Since Pluto is transformational it tends to indicate areas needing such when it first enters the new house. By the end of Pluto's trip through a house, one should feel that one has accomplished a new sense of understanding regarding the issues inherent in that house. A very good example is when Pluto goes into the second house of money, one often feels a sense of lack. By the end of the period, however, most people feel a new sense of prosperity. With Pluto in Capricorn in the second house, we might expect to see some stringent bud-

For those who would like a copy of the list of solar nutrition foods, please visit

<http://www.lcircuit.com/foodlist.htm>

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get procedures to be put into action so that inner resources can be developed to bring about a consolidated sense of prosperity.

What about the U.S. Chart and Pluto? An interesting thing about using the 11AM chart pictured below is that the rising sign at 24° Sagittarius coincides with the galactic center of our Milky way as it was in the 1700's. (The galactic center is now at 26° Sagittarius.) The GC is a huge amount of energy giving a motivational impetus for action and aspiration. If this is the correct chart it does seem to ring true for this country. And, Pluto has just completed its crossing of the US ascendant as of July of last year. It seems highly unlikely that Cornwallis signed the treaty papers at exactly 11 AM but we are near enough to say that Pluto has already made itself felt in the US chart's first house where it will soon, in Jan, 2008 enter Capricorn. The first house in mundane astrology describes the constituency, you and me, and Pluto's travels there could likely indicate continued interest in reversing global warming, reduction of petroleum use and a transformation amongst the populace in which excess is contained.

I don't want to make light of the fear and paranoia that surrounds Pluto's new constellation. It's rampant. We have become victims of a fear-based society. Changing this must be our first transformation. And it is within our grasp. There is a new science called neuroplasticity that shows conclusively that thoughts can alter the brain. (We have the Dalai Lama to thank for putting us onto this new track of awareness. How many know that nearly every year he invites scientists to his home in India to discuss various science disciplines and their spiritual counterpart. Wonderful books have been written based on these 'talks.')

For brain change to occur, scientists have discovered that attention is essential. To quote Michael Merzenich at UCSF,

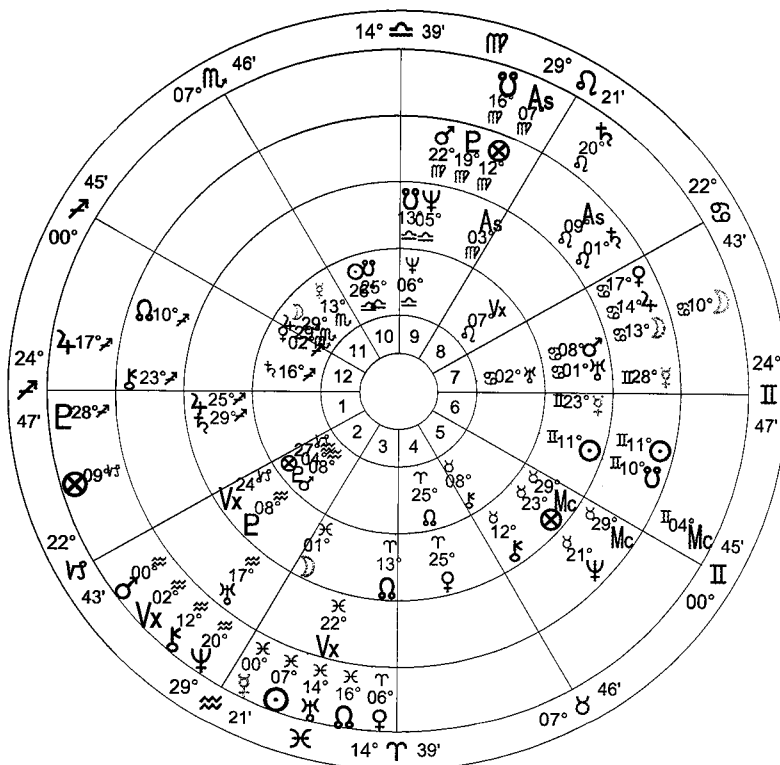
"We choose and sculpt how our ever-changing minds will work, we choose who we will be the next moment in a very real sense, and these choices are left embossed in physical form on our material selves."

The Dalai Lama has also been instrumental in encouraging research into the lasting effects of meditation by lending his senior monks to imaging labs. The evidence is exciting: It has been clearly indicated that meditation can change the function of the brain in an enduring way. If you want to know more about this, the name of the book is ***Train Your Mind***,

Change Your Brain. Another good one is ***Sleeping, Dreaming and Dying.***

Here is a prayer that you might find helpful to get you started in your transformation of overcoming fear. I found it in a book by Yogananda and it seemed to fit the situation we find ourselves in.

Feel that your love is going forth like an invisible X-ray, coursing through space into the hearts of the dictators and prime ministers and heads of all nations, that they may bring peace and international prosperity on earth instead of destruction. Include in the powerful radiation of your love all peoples of the world. May our united healing rays of love be surcharged by the infinite love of our Father and bathe the entire earth, permeating the hearts of all leaders and citizens of the world, that they may be filled with the universal amity and harmony of Spirit—bringing peace on earth, goodwill toward all, under the Fatherhood of God.



The Chart of the U.S. based on the signing of the Treaty by Cornwallis, taken from the diaries of George Washington. Updated for the Spring Equinox.

first class mail



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LONGEVITY CIRCUIT
GINGER CORNELL



Dear Readers, Paul and I took a long trip this winter from Malaga, Spain to northern Africa, The Canary Islands, the Windward Islands, and down the coast of South America to Tierra del Fuego.

Three things made the greatest impression: the horrifying disparity within cultures as to socio-economic advantages and freedom; the rockhopper penguins pictured to the left who were as close as they seem without any fear of humans; and the Southern Cross constellation with the Pointer Stars, *alpha* and *beta centauri*. *Alpha centauri* is the nearest star system to ours that could have life. Our astrological bracelets are 'tuned' to it by Adano.

Please go to www.lcircuit.com and click on pictures to see many of the photos we took. Love, Ginger

THE FIRE PIG 1947 AND 2007

Active, outgoing and extroverted, Fire Pigs breathe new life into everything they do. These Pigs are vivid, motivated individuals who cannot be deterred from a goal once they have set it. They are emotional and passionate about their loved ones, their occupations and their objectives. They are bold and vivacious, unafraid to take risks despite the consequences. They

make great bosses because they do work so hard and because they are so spirited. But don't doublecross a Fire Pig. They have the ability to be quite abrasive when things don't turn out as they planned. Happy New Year!