



LONGEVITY CIRCUIT

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CURRENT TRENDS

Happy New Year, everyone! We made it through 1990 and many of you are breathing a huge sigh of relief! and not without good reason. The last weeks of '90 were troubled and tense with three personal planets retrograde together with 6 planets grouped in Capricorn.

Mercury and Mars went direct the first days in January, but Jupiter will continue in its apparent backward motion until the end of March. What this means is that your big plans will be delayed if they were made after Nov. 30. A retrograde Jupiter deflates and minimizes after a period of charging ahead with great ideas. This can act on our behalf politically by stemming inflationary practises (notice how the stock market has been falling regularly since Jupiter went retrograde), but it is only temporary and when Jupiter goes direct again in Leo there will be plenty of egos out there getting noticed, for Jupiter in Leo is flamboyant, attention getting and full of fun.



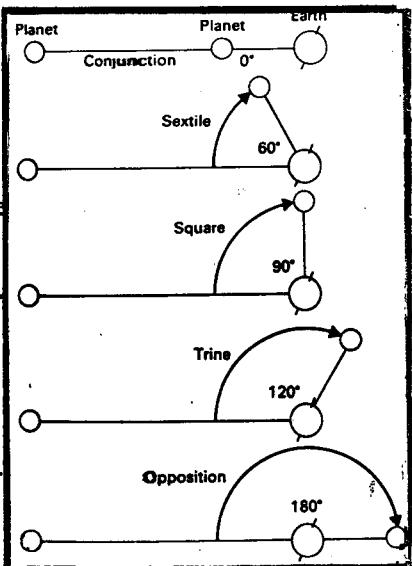
In our next quarter Saturn will be moving out of Capricorn on Feb. 6, going into Aquarius. We've had 2 1/2 years of structuring our lives, being practical and responsible, letting go. Now as Saturn changes signs this "old man" of the Zodiac will lighten up a bit as he moves from earth into air. In the next couple of years, look for scientific advancements, practical humanitarianism, a larger global view. On a personal level, with the release from Aquarius, there will be a tendency to spend energies wastefully at first, especially when Jupiter goes direct the end of March. Hold something in reserve. Don't be radical or eccentric: Saturn won't
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AQUARIAN ASTROLOGY, CONTINUED

We've talked a lot in recent issues about the new Aquarian Astrology as we've seen the emergence of computer generated programs that access deeper levels of a chart. In Piscean Astrology what you see is what you get, meaning that the major part of a chart reading comes from accessing information visually.

Pythagoras said, "God geometrizes." Astrology is simple geometry on the visible level. We talk about

squares (90°), trines (120°), oppositions (180°), and sextiles (60°). These geometrical relationships of the planets to the earth and each other describe easy or tense energy fields. For example, a Square between two planets implies a block, a set pattern, something solid; thus moving through it creates tension and stress until the energy is integrated, while trines tend to be smoother transitions as the energies are in less conflict.



In Astrology there are 12 spheres of activity that we call "houses," but the meaning of those houses comes from the intrinsic meaning of the number. On a simple level we could say that God (0) created Heaven (1) and Earth (2) and filled it with people (3) who needed shelter (4). They had children or created a human race (5), and after they gathered food from the earth (6), they talked by the fire at night (7) sometimes about the mysteries of the night sky (8). When they slept they often dreamed about the future and taught their clans what they had learned (9), so the cycle could continue. Then man developed an occupation (10), fulfilled his dreams (11) and withdrew into contemplation and service (12).

Notice the Zero. There is no Zero House or sphere of activity, but it is the very absence of the 0 that provides for Astrology impelling, and NOT compelling. The Zero is the ability to get outside the
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allow it, but DO bring your higher consciousness down to earth for the good of all. Intuition and timing will be enhanced but in connection with one's logical methodical investigative process. Develop detached mental thinking. Bring the left and right brain hemispheres together. More on this later.

Nest comes the Chinese New Year. February 15 ushers in the Sheep or Goat. After the race course excitement of the Horse, this year by comparison will lack adventure and ambition. The Sheep is simply not a mover and shaker. He loves security, is passive, charitable and charming. He is also irresponsible, intrusive (he loves his rich friends and is known to turn a 3-day visit into months!). He is definitely artistic, and a follower, and calm if his needs (read wants) are met, but whiney and discontented if lacking. He is also religious but not fanatical, preferring the supernatural, occult and astrology (Hurrah!). So slow down and smell the flowers; be content with "muddling through." And be creative: it's generally a wonderful year for all artists.

Some Sheep or Goats in 1943 are Mick Jagger, Chevy Chase, Robert De Niro, and in 1931 Baaarbaara Walters and Larry Hagman. Politically the Sheep is more peaceful but a quick view of the last Sheep year, 1979, reveals the gas shortage; 3 Mile Island nuclear reactor accident; Komeini government in Iran and the U.S. hostages taken there; USSR invaded Afghanistan; U.S. had 18% inflation. But it was also the year of the great peace treaty between Egypt and Isreal! A good example of a Sheep year. Baaaa, Baaaa.

Mars will be in Gemini for most of this quarter. It is useless to focus on one thing when Mars, the planet of activity and personal energy is posited in Gemini the multi-interest sign. If your energies feel scattered, they are. So sow your seeds in directions that will serve you in the future and forget about all those rules your mother taught you about doing only one thing at a time!

Finally, Uranus and Neptune are inching closer and closer together, until they retrograde in April. Keep working with those other brain level states, and as you soar higher and higher into the invisible realms, don't forget mother Earth! While Saturn in Aquarius is going to loosen the restrictions we've been under, he still requires form and function. A great way to work all the energies together is through art: sculpture, painting, wood working and even the theatre. Get those hands dirty!



ECOLOGY TIP, NO. 1

How to help in the oil crisis:

Fill up with Supreme Obedience at the Selfless Service Island.

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chart, to overcome the energies of manifestation; the Zero implies individuation, wholeness, dissolving the ego in the Ego, Man merging with God. Astrology and the 12 houses describe manifestation. The Zero is the reality beyond the archetypes of manifestation. All the great religions have the Zero concept, the divinity in man that can cancel out suffering: Zen, the Void, the Medicine Wheel. In Astrology it is signified by the glyph of the Sun which is a circle with a dot in it; when we take out the dot, manifestation, we have the Zero.

MIDPOINTS

Astrology and mathematics have always been interrelated, so the computer naturally adapts itself to Astrology and vice versa. Midpoints relate any two planets in a chart to each other. Because two bodies cannot occupy the same space simultaneously this arbitrary point becomes the theoretical place where the energies of those two bodies merge. Although the bodies can't occupy the same place, their energies CAN.

Midpoints locate high energy spots which can color a natal planet; or they can be triggered by a transiting planet. These "spots" are very difficult to perceive with the eye, and require a bit of arithmetic to determine but the computer does it instantly, opening up to the forecaster new information. With the computer, these invisible areas of the chart emerge giving more detailed or specific information.

For example, when a chart visually reveals a long term transit such as Pluto square the Moon, we know that the person will experience at least one year of deep transformation and reorganization in his personal life. And with the help of computer assisted math, we can be more specific and say which weeks, or even which days will be most intense and perhaps crisis oriented. And we can research it to see if it holds true! The problem may now be "information-overload."

All this relates to the Uranus/Neptune conjunction coming up next year which energy brings to us the opportunity to experience different states of consciousness that feel mystical and magical as ordinary consciousness is undermined or dissolved so that something new may emerge. In terms of modern technology, Uranus/Neptune can bring us great advances in the technology of artificial intelligence and a brain shift due to explosive new levels of awareness. Look at the new popular interest in scientific books such as Chaos and A Brief History of Time. We are already feeling this exciting energy.

On a personal level there are many ways to work with it. EXPLORE other brain level states through meditation, art and repetitive activities to feel the shift from beta to alpha waves.

PRACTISE using intuition instead of logic until you experience the difference. (Then you can choose according to the need.)

CONSIDER finding unusual solutions to the same old problems; look for grays instead of black and white.

EXPERIMENT with role playing; be unpredictable and pretend you're someone else: if you're a parent, act out being childless; if you're old, act young, etc.

DILATE: be open, breathe, and don't panic.

HEALTH CORNER

This issue looks at nutrition as a source of longevity and health. SOLAR NUTRITION is more than just a system of eating; it is a way of life. It is an ancient technique that pops up around the globe from time to time and brings together Eastern and Western thought and health techniques. It has recently been revived and perfected by the great man, Swami Nityananda Saraswati, and is so named because the growth patterns of the foods you eat are correlated to the endocrine secretions of your body, with the Sun being the regulating force or energy. Hence it is called "Solar Nutrition." It is a way of life because WHEN you eat something takes precedents over WHAT. Timing is everything.

In the morning the Sun is low on the horizon, shining up on the trees. Thus the appropriate morning foods are fruits and nuts, anything that grows above 4 feet. (Obviously, a watermelon which is a fruit would be

inappropriate as it does not grow on a tree!)

Lunch expresses itself through the Sun in its overhead position. Now anything that grows on top of the earth is spotlighted. Here we find the largest source of edibles to enjoy. All the grains, the vegetables above the ground, and the 2 and 4 legged creatures are included. (Chickens don't fly!)

When night falls and the Sun is gracing the other side, eat the foods that grow in darkness, underground or in the water. Thus we find the root vegetables such as the potato, mushrooms, and fish.

What can you expect by eating solarly? If you try it for 30 days you will see the effects on your body. You will experience less stress, more healthiness and a better sense of timing in your life. Then go back to your old pattern of eating and compare the two months. Because your food is being utilized more efficiently you will notice perhaps a weight loss or a desire to eat less, and less

intestinal problems. Many have found an emotional uplifting as well. Swami Nityananda said, "The timing of the daily events in your life is the evidence that Creative Intelligence is directing your existence." Test it out!

A TYPICAL MENU

A.M. Almonds, prunes, apricots

Noon: For vegetarians, brown rice, kidney beans, and a salad. Or for the meat-eaters, roasted chicken with pasta and salad, and perhaps a glass of wine

P.M. Dover Sole with baked potato and asparagus

Before bed, a glass of pineapple juice and 100percent Tequila.

This article is only an introduction to the concept of eating on time. We will discuss it in further detail in later issues of Longevity Circuit. Please direct your inquiries to the editor. (Thank you Adanc Ley for contributing this article on nutrition. Adano can be reached at 10 Omega Way, Alpha Centauri. He welcomes all who contact him.)



THE MOVIE CRITIC

"Tie two birds together. Even though they have 4 wings they cannot fly." Circle of Iron starts with this quote from the Blind man. This timeless movie, set in the ever-present Now, stars David Carradine as the Blind martial artist/flute player/Teacher, and Jeff Cooper as Cord, the young martial artist and seeker of Zitan. Christopher Lee, Roddy McDowell and Eli Wallach are also starred.

It is an allegory of man's search for truth depicted by Cord's determined quest to read the book of Zitan. In his search he meets the blind man (only Cord can hear his flute) who presents him with challenges that he must overcome. When Cord asks who he is, he replies, "Whatever you think I am or want me to be I am." and, "One is taught in accordance with one's fitness to learn."

The first test is the monkey. Cord learns that when you unmask the ego you find the

coward and the solution is to play the fool. The second test begins with the man in the pot of oil (Eli Wallach) and through sex the paths of avoidance and confrontation are explored. "The embrace of love held too tightly destroys the one you love." Cord then meets Death "Come anytime welcome guest" and the fallacy of the senses. He asks the Blind Man, "How long have you been blind?" The answer: "How long have you been blind?" And finally after learning timing he finds Zitan and The Book, the contents of which may surprise you. As Zitan explains, "We have found the best way is for the teacher and the student to produce the teaching together."

This movie has everything: humor, love, lust, and violence, to name a few of the emotions. It is also beautiful, redeeming, and uplifting. Carradine is wonderful and plays several roles in this picture. See if you can find them all. You will never forget this film and will want to see it over and

over again. (Thank you, Casper Leblond of Santa Fe, N.M. for your contribution.)

YOGANANDA on Astrology

"The astral system of a human being, with 6(12 by polarity)inner constellations revolving around the sun of the omniscient spiritual eye, is interrelated with the physical sun and the 12 zodiacal signs. All men are thus affected by an inner and an outer universe."

"Astrology is the study of man's response to planetary stimuli. The stars have no conscious benevolence or animosity; they merely send forth positive and negative radiations. Of themselves, these do not help or harm humanity, but offer a lawful channel for the outward operation of cause-effect equilibriums that each man has set into motion in the past...to arouse man's will to escape his universal thralldom. What he has done, he can undo. None other than himself was the instigator of the causes of whatever effects are now prevalent in his life. He can overcome any limitation, because he created it by his own actions in the first place."



LIFE'S A BEACH !

"Matter is nothing but gravitationally trapped light. The ring singularity of a rotating blackhole or whitehole is pictured as a photon (particle of light) or a neutrino (another type of elementary particle) moving in a circle ("chasing its own tail"). This occurs because of the self-gravitation of the photon or neutrino. The circular path moves through two space-time sheets, that is, an ordinary universe of positive mass and a ghost universe of negative mass. The two universes are connected through the ring, which acts as a magic looking glass." Bob Toben, Space-time and Beyond.

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