



LONGEVITY CIRCUIT

P.O. Box 9624, Santa Fe, N.M. 87504

Vol. 3, No. 1, Summer, 1991

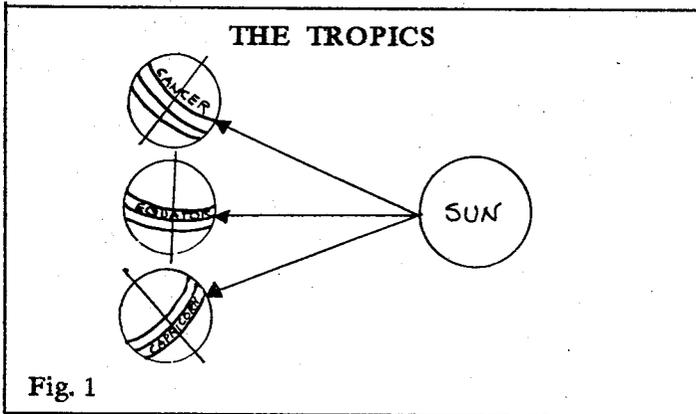
CURRENT TRENDS

"Lord what fools these mortals be!"
Shakespeare, from A Midsummer-Night's Dream

THE SUMMER SOLSTICE is marked by the Sun entering the constellation of Cancer. It occurs this year on June 21, at 3:20 PM MDT. The summer solstice is an astronomical phenomenon in which the Sun is overhead on the Tropic of Cancer, an imaginary line $23\ 1/2^\circ$ above the Equator. The Tropics describe global latitudes relating to the axis of the earth in its changing relation to the Sun. $23\ 1/2^\circ$ south of the Equator is the Tropic of Capricorn where the Sun is overhead on or about Dec. 21, signaling the onset of Winter. (See Fig. 1) The Earth's axis is responsible for the seasons.

During the summer the north pole tips towards the Sun increasing the directness of the sun's rays: resulting in warmer weather in the northern hemisphere, colder in the southern. In the northern hemisphere we will experience the longest day of the year on June 21, but gradually the days will be come shorter as the sun comes to rest on the Equator on Sept 23, when the days and nights will be equal in length.

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AQUARIAN ASTROLOGY

ECLIPSES

ORDER OR CHAOS?

There will be a Solar Eclipse occurring on July 11. Eclipses are astronomical events in which the Sun, Moon and Earth are aligned. For a Solar Eclipse we find that the Moon and Sun are conjunct, that is, the Moon is between the Sun and the Earth and as a result has intercepted the light from the Sun.

A Lunar Eclipse, which occurs about two weeks later, is also an alignment, but instead is an opposition with the Earth coming between the Sun and the Moon, so that the Moon's reflected light is blocked by the Earth. These are remarkable phenomena if due only to the fact that totally blocking out the Sun or Moon's lights requires a mathematically proportioned Moon and Sun at specific distances from the Earth.

If we ever wanted proof that "God Geometrizes," or that there is order in the Universe we need only look at an eclipse. (See Fig. 2)

WHAT DOES THIS MEAN ASTROLOGICALLY?

Beginning with the Chaldeans in 3000 B.C. (who some historians say are the 'modern' authors of Astrology) the ancients have long watched for and predicted eclipses. Horoscopes were only drawn up then for kings, priests and countries, and their effects noted only for mundane (worldly) matters. Other eclipse watchers, the esoterists, claim that an eclipse is the time for evil spirits to leave the earth plane and go into the cosmos. Other traditions hold that eclipses are negative forces, and medical astrologers hold that eclipses signal the onset of disease or physical trauma. Some believe that Solar Eclipses affect men more and Lunar Eclipses women more.

(Continued on page 2)

SOLAR NUTRITION for Summer

Well, shorts and bathingsuits have made their appearance again with the warm weather, and more of us is showing, and not just because we have less clothes on! We want to be both healthy and beautiful/handsome, right? Right. So this season's nutrition article concerns weightloss Solar eating, meaning that it is possible to lose weight without any loss of vitality, energy or regeneration. Remember, Solar Nutrition is a cornerstone to the longevity lifestyle. We are eating our way to butterflyhood, to quote Swami Nityananda, but butterflies are beautiful as well as indestructable. Here's the plan:

A.M instead of eating the usual prunes and peaches with your almonds try instead having a grapefruit. Remember that you can take 1 almond for every 10 pounds you want

(Continued on page three)



Dear Friends



To all of you who sent donations in response to my wanting to add a page in this newsletter, please accept my heart-felt gratitude. This extra page has given me a chance to improve the layout with more spaces and pictures which is easier on the eyes and more inviting to read, but also to fulfill the original intention of this newsletter which is to disseminate astrological information BEFORE you need it so that WHEN you need it, you'll have it. If you want the extra page to continue, please keep those donations coming. My heart is warm with your support.

MORE ON THE POST OFFICE

Several of you have written in asking me why I don't use bulk mailing. There are three reasons: First, there is a large annual fee for using bulk mail and I would rather put that money into the newsletter. Secondly, bulk mail in Santa Fe is not given priority, consequently it could be weeks before the newsletters are mailed, and yet the newsletter involves timed material. Thirdly, as a group you move around alot: first-class mail is returned to me, often with your new address.

Leiz Giger

CURRENT TRENDS, CONTINUED

Why the astronomy lesson in an astrological newsletter? Well, the Summer Solstice was originally a religious celebration for ancient peoples when astrology and astronomy were considered the same science. There are still many intact edifices that attest to the importance the ancient religions placed on the Sun's position, i.e the Pyramid at Giza and the stones at Stonehenge. Its magic and myth continue in our consciousness even now. It is a time for fecundating, planting seeds, basking in the sunlight of higher consciousness. You can read more about it in historical Druid and Celtic material, or in a book like The Mists of Avalon.

Aquarianize this moment by CELEBRATING YOURSELF, to commemorate the winning principle inherent in all life due to the fact that the sperm made it to the ovum against all odds: "Spirit and Nature dancing together, victory to Spirit and victory to Nature." (Yogananda chant)

LEO ALIGNMENT

Just before the Summer Solstice on June 17, there will be a very nice alignment of Jupiter, Venus, Mars and the Moon in Leo (around 11 degrees). You'll be able to see this one at sunset: look to the west. The creative juices are flowing now bringing out the child inside us all, enhancing our self-esteem and flair for the dramatic. In short, it's a time for fun and frolic, spirited animation, open-heart therapy. Happy New You!

ECLIPSE

On the 11 of July there will be an eclipse of the Sun at 18° Cancer 59, at 1:06 pm MDT. As this is a total eclipse visible from our part of the world it is getting

SUMMER CALENDAR OF EVENTS

Leo Alignment June 17
Summer Solstice June 21, 3:20 PM, MDT
Lunar Eclipse, June 26, 8:59 PM, MDT
Venus in Virgo, July 10
Total Solar Eclipse, July 11, 1:07 PM, MDT
Mars in Virgo, July 15
Sun in Leo, July 23
Pluto Direct, July 28 at 17 Scorpio 34
Venus retrograde, August 1, Direct Sept 13
Mercury Retrograde, Aug. 7, 5:58 PM, MDT
Sun in Virgo, August 23
Mercury Direct August 31, 8:27 AM, MDT
Mars in Libra, September 1
Jupiter in Virgo, September 11
Uranus Direct Sept 19
Autumnal Equinox, and Sun in Libra, Sept 23

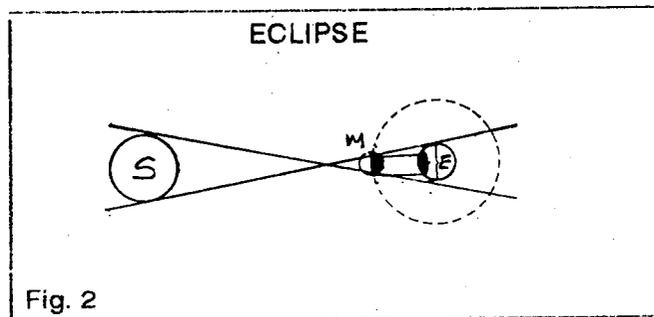
ECLIPSES, CONTINUED

A MUNDANE EXAMPLE

Alan Leo, in his Dictionary of Astrology, uses mundane astrology to predict that the July 11 eclipse will "drieth up rivers and fountains, and causeth petulant and grievous mortalities." Remembering the previous eclipse on Jan. 15 at 23° Capricorn, Leo's prediction said it would "induceth the tumultuary motion of the king and causeth famine." Does your knowledge of world events at that time correlate?

WHO IS AFFECTED?

But how about in your own chart? Only recently has modern astrology been democratized and personalized and thus eclipses researched for individual effects. The strongest effects will be in those charts that have the natal Sun, Moon, Ascendent, or other angle at 18 degrees. The effects may be immediate or triggered later by transiting planets to those degrees.



Even if you don't have a planet or angle at 18°, every chart has a house or sector which contains 18° Cancer. Look in your own chart to see which house holds that degree of Cancer. The focus will be on the sphere of activity indicated by that house. And if you have a planet at 18 degrees pay special attention to those energies as well.

For example, suppose you have Mercury at 18° Capricorn. For the next 6-12 months you would be watching your communications, or finding that travel, research or business were issues that needed to be addressed more so than usual. You might find that mental ideoms need dissolving or that feelings long forgotten are surfacing, but always the thrust is on balancing the psyche, bringing the mental and the emotional into harmony.

Or suppose that the eclipse takes place in the 7th house in your natal chart. Now the emphasis will be on relationships. Have your personal needs gotten in the way of a satisfying relationship? Have you had to put your feelings aside in order to accomplish something else, and is it worth it? Perhaps you have presented yourself in a false manner that belies who
(Continued on page five)

 **SOLAR NUTRITION, CONT.**
to weigh. This 'programs' the body to seek out the balance per units of basic elements.

Maintenance, on the other hand, requires 1 almond for every 10 pounds you do weigh. But remember, grapefruit, or any citrus fruit, is best eaten alone, except with almonds.

In fact, you might want to try a 'fast' of eating nothing all day but grapefruits and almonds. This is particularly good for tonifying the heart and saturating the body with Vitamin C and the basic 12 elements. It is good for breaking down cholesterol while supplying a lot of energy. Eat as much of both as you want, but eat them together.

One further note: you will have to stagger the drinking of your coffee until an hour before or after eating the grapefruit, i.e., try having 3 almonds first thing with your solar coffee, and then eating the remaining almonds with the grapefruit later. Or, you can substitute Genseng tea in the morning if you are a woman. (Men, drink genseng at night.)

 Noon: Here's the middle of the day list of weightloss vegetables: broccoli, brussel sprouts, cabbage, cauliflower, celery, cucumber, endive, lettuce, parsley, tomatoes. Tofu is good, too, for high protein and low fat, the 'musts' for weight reduction. For meat eaters, try ground or sliced turkey breast instead of red meat.

 Drink lots of water and local natural juices, like cranberry from concentrate, herbal teas, particularly those that have a mild diuretic effect such as the mints.

 P.M. Weightless veggies in this time slot are asparagus, beets, carrots, garlic, onions, radishes and turnip. Chop up fine, add a little tofu and you have a refreshing energizing salad. Tuna fish, and one egg are fine if you are in the B or O blood group.

These are just some ideas to get you started. Be creative and make up your own combinations in each time cycle. If you want more information, drop me a line. Remember, you are eating on time to get the most out of what you ingest with the least amount of residue, so gradually eating less and less is part of the plan.

Here's to seeing less of you!
(Please note, refer to the Winter, 1990 or the Spring, 1991 issues of Longevity Circuit for the basic premises of Solar Nutrition as expounded by Swami Nityananda Saraswati, Adano C. Ley. You may write to the Editor for those copies.)

AXIAL WOBBLE OF THE EARTH

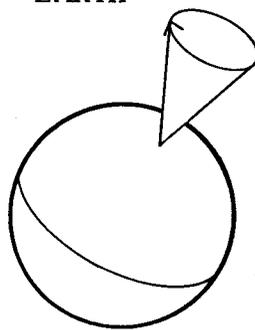


Fig. 3



PRECESSION DIGRESSION

A Reader writes:

Dear Ginger,

Why is it that the 'ages' in astrology go backwards? Shouldn't we be entering the Age of Aries (instead of the Age of Aquarius)?

Curiously,
Tom Lumpkin, Euless, Texas

Thank you Tom. This one comes up often so I'll try to deal with the difficult-to-explain subject called "The Precession of the Equinoxes." The Earth is like a gyroscope having two (in this context) motions: rotation about its axis, which produces night and day, and the seasons; and orbit around the sun. In this age (Pisces going into Aquarius), the axis is pointing

toward Polaris,  or the Pole Star, but it is not constant. The ancient Egyptians and later the Greeks (200 B.C) knew about this 'wandering' axis which produces the slow western motion of the equinoctial points through the ecliptic ('path' of the Sun) and which accounts for the **BACKWARDS MOTION.**

Consequently the Vernal Equinox is no longer identical with 0° Aries astronomically. In fact, we are 28°

(See Fig. 3)

off! 

People who 'know' often use this fact as the basis of their criticism toward Astrology because we in the West generally adhere to the tropical Zodiac or pre-Christian era position. However, there are modern

astrologers who use the Sidereal Zodiac, which is corrected for the Precession, and Hindu and middle eastern Astrology always take it into account. My research shows that using either of these systems yields the same account, only the names have been changed.

Perhaps this is because we are working with universal archetypes whose meanings transcend vocabulary; perhaps because Astrology is so closely linked with the seasons that to call those born in April Pisceans instead of Arians doesn't fit, or perhaps because we are working with subtle electro-magnetic wavelengths that are absolute.

"The fact that astrology nevertheless yields valid results proves that it is not the apparent positions of the stars which work, but rather the times which are measured or determined by arbitrarily named stellar positions. Time thus proves to be a stream of energy filled with qualities and not, as our philosophy would have it, an abstract concept or precondition of knowledge." Carl Jung

A good research project would be to have both types of charts read and compare the difference. I did that myself years ago and found the information to be the same.

Incidentally, The constellation Aries only coincides with 0° Aries once every 15,500 years. And it was the Greek astronomer Hipparchus who fixed the position for us in 190 B.C. This system has been working for a very long time.

... W.h.e.w!...



I knew I could, I knew I could.



MIND:

Me-mory
Internally
Navigating
Desire/Decision

Adano C. Ley

MEMORY...

is a crazy woman that hoards colored
rags and throws away food.

Austin O'Malley

CURRENT TRENDS, CONTINUED

alot of press. It will be most visible from Baja California and Hawaii. A solar eclipse is a conjunction between the Sun and the Moon in which the Moon comes between the Sun and the Earth and blots out the Sun's light. See The Article on Aquarian Astrology for an in-depth look at eclipses in general and the current one specifically.

Use this energy to look at emerging emotional issues; the rational is occluded, the intuitive is accentuated, implying a real opportunity to find those unusual solutions.

"DON'T RUSH IT!" (A.C.L.)

Lately I have encountered many clients who have been asking me how they can speed up their karma. This is an interesting idea in that the concept of karma precludes a set pattern. It's almost an oxymoron, a contradiction of terms, but one which typifies the polarized energies we live in these days. It's in part due to Pluto now being in Scorpio, the constellation that Pluto travels through the fastest (12 years instead of the 35 years it takes to get through Taurus).

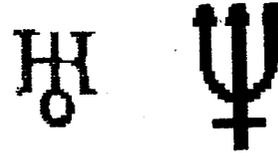
We consequently feel alot of intensity, things seem to confront us alot faster; our mistakes are like cold dead fish that hit us in the face almost immediately as the correction is inherent in the deviation.

Many are feeling, too, the ideological pressures from the dire predictions of the anxiously heralded Age of Aquarius, the Millenium, the Apocalypse. These negative remonstrances wield their way into our psyches and fill us with unconscious undercurrents of fear which in turn produce a tension that is ready to explode into anger momentarily. It's like going to the dentist: we want to get it over with as quickly as possible and we're mad that we have to do it at all!

So what do we do? Well, Swami Nityananda had this to say in response to those who wanted to work faster:

"ACCELERATION IS A CHANGE OF ATTITUDE WHICH INCREASES PRESSURE."

In other words, a change in attitude will do it but not without some feedback. To quote Ste. Therese, "More tears are shed over answered prayer than unfulfilled desire." Or, as the Boy Scouts are wont to say: "Be prepared."



THE URANUS/NEPTUNE CONJUNCT

The Summer Solstice, the Leo alignment and the Solar Eclipse indicating success, creative and intuitive energies are gifts to us to enhance our effectiveness in using the Uranus-Neptune conjunct coming up.

This conjunct which increases in intensity in 1992 and lasts into 1994 is already showing its strength: are you having trouble sleeping or are you up alot at night? Feeling tension, anxiety, or restlessness? Have your dreams increased? Is your waking consciousness dreamlike or altered? If so, you are not alone.

With Neptune and Uranus retrograde some of these feelings will become less conscious for now, but in the Fall be ready, for they will come together at 18 degrees Capricorn.

For those born between 1950 and 1954 this conjunct will be particularly strong: you are naturally experiencing a mid-life crisis anyway. But all ages with Cardinal signs, whether planets or angles, are emphasized in the 16-22 degree area.

As I've said before, this can be an extremely creative opportunity to explore the invisible ranges, but it demands putting aside your rational, fixated thought patterns in order to investigate the unknown.

So take advantage of the winningness principle of beating the odds (The Solstice), develop your creative self-awareness (The Leo Alignment) and rely on your intuition (The Eclipse). You'll be ready.

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THANKS

LongevityCirucit is published quarterly and is dedicated to perpetuating techniques which contribute to a longevity lifestyle. **It is completely dependent on your donation.** Please send your contributions to Virginia Cornell, P.O. Box 9624, Santa Fe, N.M. 87504 or call (505)983-5911 for suggestions and other contributions. Your help is greatly appreciated. **THANKS!**



GINGER'S ASTROLOGICAL PRODUCT LINE

Since you've wanted to know what is available, Forthwith is a list of astrological tools you can order and a brief description:

Location Analysis. You receive 3 maps and a 30 min. phone analysis using two interrelated computer programs identifying your planetary power zones. \$35.

Natal, Progressed and Transited Horoscope. By mail, you receive a 90 min. tape, and may follow up with a phone call to clarify. \$100.

Updates. Periodic reviews using progressions, transits and midpoints to forecast and prepare for future events, by phone or mail, 60 minutes. \$50

Synastry Reading. 1 hour taped chart comparison between two people. \$50. (provided I have already read both charts)

Health Astrology. \$50. (after initial natal reading)

Computer Print-Out of Natal Chart. \$ 5.

Newsletter. Subscriptions are on a donation basis.

Back issues are available by sending a self-addressed stamped envelop. Of course donations are happily accepted!

Please note: several people have requested a **Decorative Personal Chart** for gift-giving purposes. If you are interested, let me know. If there are enough requests I will work on making that available, too, in the \$15-\$20 range.

ECLIPSES, CONTINUED

you really are and you are no longer getting the desired results. Would you rather be right than be free?

Basically we can say that blocking out the light from the Sun due to the interference of the Moon can indicate a shift in consciousness and awareness from one's basic ego preservation to a more feeling context. Perhaps it's a time to center more on one's instinctual self, to get in touch with deeper, hidden layers of the psyche that are asking for attention. Has your life become too outer-directed, too goal-oriented, too self-possessed?



HOW LONG?

Solar eclipses last longer than lunar eclipses, but how long? The old rule is that the energy lasts as long in years as the eclipse lasts in hours. Some students of astrology maintain the energy lasts for 6 months, some for 1 year, and some say until the next eclipse.

HEALTH ISSUES

Astrology views the person as a BODYMIND, so look in your chart to see where the Moon is blocking the Sun's energies in a corrective attempt to integrate alienated feelings and intuitive knowledge. People get sick because of unresolved early childhood traumas, medical astrology says. Thus physical problems associated with eclipses are really healing crises. You can avoid the body effects by being willing to look at emotional issues voluntarily. Preempt the physical discomfort by addressing the emotional dis-ease.

CURRENT TRENDS, CONTINUED

SUN IN CANCER AND LEO

The Sun in Cancer is a time to recharge your batteries, visit with your family, nurture self and others. Remember the crab, how he retreats into his hole in the sand. Now's the the time to go deeply into your Self to find renewal.

On July 24, the Sun enters Leo. Recharged and revitalized now you can go out and enjoy. Leo brings entertainment, hobbies and pastimes. Be creative, let the ideas flow, express yourself. But add a measure of research, organization and practicality: Venus goes into Virgo on July 12, Mars on July 16, and Mercury on July 27. Pay attention to details, look into natural healing techniques, enjoy a massage, do a juice fast.

4 JUPITER IS IN LEO for most of the summer. It's principle is expansion which is operating in Leo, the sign of creative self expression, resulting in increased self-esteem and a desire to succeed. Jupiter, however, can also exaggerate so the down-side is an over-inflated ego, or over-extended needs, ambitions or pocketbook or tummy!

On the positive side look for generosity, dignity or nobility. Remember, astrological energies flow both ways so you can either originate or receive [or both] the manifestations. The lesson is basically, don't make promises you can't keep.

JUPITER ENTERS VIRGO ON SEPT 12 at 2 minutes A.M. MDT. not an easy position for Jupiter who finds himself confined by facts and figures. Watch out for intellectualism, detail orientation, and cynicism (prove it to me!) The spontaneity of Leo is gone and a limiting formalism can take its place.

The bright side manifests as success in writing and research, learning to play the game according to the rules (paying one's dues), and a practical approach to life. Now's the time to develop pragmatism, computer technology, and knowledge. Jupiter in Virgo can work particularly well with the Uranus/Neptune conjunct in Capricorn. More on this in the next issue.

Saturn, Uranus, Neptune and Pluto mostly remain in Retrograde motion taking their universal archetypes underground (unconscious) for a while. The forward motions of Uranus and Neptune usher in the Fall Equinox on Sept.24 at which time Saturn will have reached its starting position of 0 degrees Aquarius again making ready for its direct motion and fresh starts.

ON THE WHOLE it appears to be a highly creative summer (all artists take note). At the worst its the lull-before-the-storm kind of summer. Take advantage of it to contemplate and mull over your goals for the immediate future. The Fall is going to be a literal and figurative harvest for the Summer's work. And, as usual,

DON'T FORGET TO BREATHE!



YOUR FUTURE IS ENCLOSED! See Page 1

Collectors Edition

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ASCENDENT GUIDE

Here's a handy little chart for determining your ascendent. However, it only gives a rough approximation. If you are born near the beginning or end of a sign it may not be accurate. Also don't forget to subtract 1 hour if you were born during Daylight Savings Time.

1	ARIES	5-7 AM	+0
2	TAURUS	7-9 AM	+1
3	GEMINI	9-11AM	+2
4	CANCER	11-1 PM	+3
5	LEO	1-3 PM	+4
6	VIRGO	3-5 PM	+5
7	LIBRA	5-7 PM	+6
8	SCORPIO	7-9 PM	+7
9	SAGITTARIUS	9-11 PM	+8
10	CAPRICORN	11-1 AM	+9
11	AQUARIUS	1-3 AM	+10
12	PISCES	3-5 AM	+11

HOW TO USE IT:

First find your Sun Sign in column 2 and note the number. Next find your

birth hour in the middle column and add that to the number of your Sun Sign. For instance, if you are a Capricorn and your birthday is Jan. 10 and you were born between 11-1AM then you would add 10 + 9 which equals 19. Subtract 12 if the number is over 12, equaling 7. Thus you have determined that you have a Libra Rising, or a Libra Ascendent.

The ascendent is very important to know as the chart wheel is derived from your accurate birth time. Please see a professional astrologer or get a computer print-out to determine your correct Ascendent. This table can be 1 sign off.

I have included this table so that people who are interested in determining in which house the upcoming Solar Eclipse will fall will have the opportunity of making a rough approximation.

See inside for more details concerning the location of the Solar Eclipse.