



# LONGEVITY CIRCUIT

P.O. BOX 9624, SANTA FE, N.M. 87504

VOL. 3, NO.3, WINTER, 1992

## CURRENT TRENDS

"The trumpet of a prophecy! O Wind,  
If winter comes, can spring be far behind?"

Bercy Bysse Shelley

WINTER officially arrived on Sunday morning, Dec. 22, when the Sun entered Capricorn. As has been the trend, a full moon preceded this astronomical event, adding a punch to the energy. The Winter Solstice means the axis of the earth, for those living in the Northern Hemisphere is tipped away from the Sun. Consequently we have shorter days, longer nights, and less heat from the Sun. Conversely, those in the Southern half are in the midst of summer. The ancient Celts celebrated the solstices because, being less rational and left-brained than those of us in modern times, they felt the switch in energy that the axial shift brings and understood this cusp or transition as being important.

After the Fall Equinox we began to gear down and reap the harvest. Now we are in a time of reflection, introspection and healing. And after the 22nd of December, the axis of the earth slowly begins to turn back toward the Sun giving us hope for renewal and fresh starts.

During this Winter quarter, we find the Moon continues to precede the Sun entering a new constellation resuming our opportunity to research those fluctuations in energy. These are great times to FEEL.

The SUN IN CAPRICORN, until Jan. 20 brings  
( cont. on page 2)

## AQUARIAN ASTROLOGY

### FRIENDSHIP

(This issue concludes the two-part article on new perspectives on astrology concerning the art of friendship as a tool for using, rather than being used by, astrological energies. In the last issue we related this art to the first 6 sectors, or houses.)

**THE 7th HOUSE** is the house of marriage and one-to-one relationships and partnerships. It is also opposite the 1st house. Jung taught us alot about how this 1-7 axis works when he showed that our hating or loving our partner really reflects some unconscious hate or love towards ourselves. Equality is inferred by the seventh house. Business partners have different but equal strength and expertise. They cooperate and respect each other's contribution. Marriages can be the same if the concept of friendship permeates the relationship. But how many couples do we all know who treat their friends better than each other?

**THE 8TH HOUSE:** Here things get a little complicated because the 8th house is such a richly interwoven fabric of opposites. In terms of friendship the issues revolve around shared experiences and shared resources versus House 2, one's own resources. This is the house of alimony, inheritances, divorce settlements, monies and possessions that are often the result of a personal loss. Are we on good terms with loss and change? Are we willing to let our friends go,

(Cont. on page 2)

## SOLAR NUTRITION: Winter Housecleaning

So far we have discussed two major tenets in Solar Nutrition:

"A LITTLE OF ANYTHING IS MEDICINE FOR THE SYSTEM, TOO MUCH IS TOXIC." and

"THERE IS A TIME AND A PLACE AND A SEASON FOR EVERYTHING."

Thus it's not what you eat, but when you eat. These rules apply to cleaning up the body as well as nourishing it. And there are appropriate times of the year to work on detoxifying specific areas of our bodies. Looking below at the Solar Chart developed by Swami Nityananda you will see a section called Winter with 3 organ subdivisions. These are the thyroid, the gall bladder and the liver. Now that the holiday are over, and taken temptation with them, we can balance out by cleaning up, making January a good time to pamper the

P.2



CURRENT, cont.

security and stability issues to the surface. This sign wants results so finish up those undone things and find practical applications for your ideas. It's a good time to do those odd jobs in the house. Dec 30 finds JUPITER IN RETROGRADE until the end of April. The normal go-ahead we get from the direct Jupiter goes in abeyance. As I've said before, these are actually good times to tighten up the plans department: to review, check details, make contacts etc. If Jupiter were direct all the time we would get too hyper, wound up and consequently careless and complacent. We need these periods of balance and reflection. This VIRGO JUPITER is already expressing himself through arts, particularly the crafts, clothing design and textiles. He's not overjoyed, however, to be in a constellation that requires critical judgement and observance of details so we especially can benefit from the retrograde motion.

On Jan 1, VENUS MOVES INTO SAGITTARIUS lightening up, being more 'out there' and lively. This is good for skiing, and any outdoor sports and fun in general. But MARS GOES INTO CAPRICORN on the 10th bringing some resistance to the normal flow of energy, fatigue, and uneven energy levels, so don't push yourself recklessly. The good side, however, is finding stamina to complete. On Jan 20, the SUN ENTERS AQUARIUS.. This air sign enhances one's broad vision, a welcome change from the introverted Capricorn. The tendency now is to make plans, make changes, be with or make new friends. Be different! However, during the month of January, no less than 5 planets will be dancing through Capricorn, so conservatism, security and tradition will still be strong motivators.

PISCES replaces Aquarius on Feb. 19th. Now feel the need for service and quiet to surface. Pisces is also trendy, seductive, and illusory. Imagination soars, meditation is easier, ideals are lofty, but woe to reality! At the same time VENUS AND MARS ENTER AQUARIUS together bringing some electrical tension to the scene. Should I go out or stay home? Meditate or meet my friends? Feel the energy shift from flying to swimming, detachment to self-pity. Well, volatility can be fun!

(Cont. on p. 4)

AQUARIAN, cont.

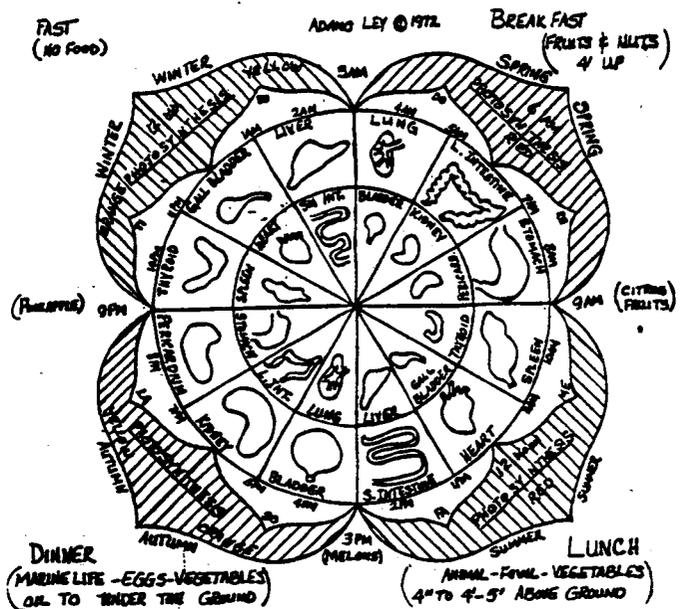
whether on cosmic vacation or to another partner. Can we see this as an advantage, a transformation, and that change and transmutation can be our greatest friend?

THE 9TH HOUSE focusses on our teachers, our philosophy and religion and the issue of reverence vs. friendship. If you place your guru, teacher, or your God on a pedestal out of reach, your relative position will always be inferior. Friendship based on equality (even if it's potential) allows one to achieve one's highest good. Incidentally, in the Aquarian age everyone is a teacher, and everyone is a student.

THE 10TH HOUSE: Here we find the authoritative parent as opposed to the nurturing parent in the 4th house, which is why many people find it harder to make friends with one parent than the other. But this is also the sector of our chart where we learn to play the game according to the rules. There's a strong sense of destiny here in terms of playing the hand we were dealt. It is our opportunity to use friendship as the alchemy that turns fate into faith.

(cont. on page 5)

# SOLAR NUTRITION



SOLAR, Cont.

body. Here are some suggestions:

HERBS can work well as blood cleansers. Try burdock and red clover in the afternoon as teas.

THE MASTER CLEANSER, a well-known detoxifying therapy, consists of 1 tblsp of honey, 1/10 tsp cayenne pepper, and 1 tblspn of maple syrup, grade B or C preferred. Add to 10 oz. of water and drink as often as desired throughout the day.

VINEGAR AND HONEY, 2 tsp of each in a glass of warm water is excellent with lunch and dinner to aid digestion and excretion, and many have found it to help aching joints and sore muscles from over-exertion.

THE LIVER FLUSH is also highly beneficial: Just before retiring, mix together in your blender: 1 clove garlic, juice of 1/2 lemon, 1 tblsp olive oil, and a spring of parsley and drink. This can be repeated 3 nights in a row, no more, or 1 night a week. And, don't overdo: it takes a long time to breakdown the body, and natural healings need time, too. Remember, "Cleanliness is next to Godliness."



**HERBS for HEALTH**

(Janet, Snowden, L.Ac, and O.M.D, brings us two more readily available herbs to enhance your longevity lifestyle. As before, she has contributed the wonderful line drawings to aid in identification.)

**JUNIPERUS** spp. Family cupressaceae is a slow growing drought resistant 10-15 ft. evergreen shrub or tree found worldwide on rocky limestone hillsides and canyons, and where left undisturbed may form into thickets. (It is often referred to as "cedar" but, but the true cedars occur only in the Mediterranean region and in the Himalaya Mountains in Asia.) The monosperma species is unisexual, i.e. each individual plant bears either male pollen cones or female seed cones; the male pollen cone 'activates' at certain times of the year giving the entire plant a rusty appearance and creating a source of irritation to allergy sufferers. The female seed cone ripens in the fall bearing soft juicy blue to purple berries. The leaves of both sexes are appressed, overlapping like shingles, a drought resistant adaption. The fruit is eaten by many types of wildlife and has been used for many years as a culinary flavor in gin and liquers.

**AS A FOLK REMEDY**, the fruits are eaten raw or used in tea as an antiseptic diuretic for mild to chronic cystitis/urethritis, a carminative for stomachaches or flatulence, or as an anti- rheumatic, internally and

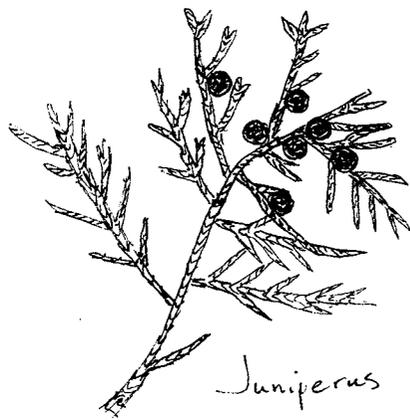
externally for sore joints. The berries are also chewed to sweeten the breath and heal infected gums. Steamed inhalations of berries/leaves help to break up excess phlegm in cold or cough related complaints.

**TO MAKE A TEA** more soothing to the mucous membranes, combine with mallow (mentioned in last quarter's column).

**CONTRAINDICATIONS:** Avoid in chronic kidney infection, weakness or during pregnancy.

**INFUSION:** 1 cup boiling H2O over 1 tsp crushed berries, steep for 20 minutes; drink 1-3 times a day. Limit to six weeks use.

**LINIMENT:** external for sore joints: a 2-5% dilution Of essential oil in vegetable oil, or 2 oz dried herb in a pint of oil. Soak 2 - 3 weeks, shaking twice daily, strain and stote in a dark jar.



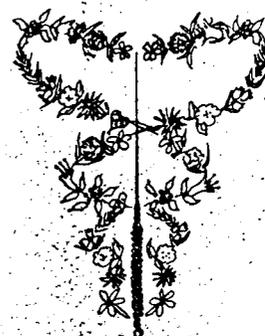
*Juniperus*



*Rhus glabra*

**RHUS GLABRA/COPELLINA** Family anacardaceae or Cashew also known as smooth sumac, shining sumac, and lemonade berry is a fast growing short-lived shrub or tree 3-20 ft; found in fields, bottomlands and along fence rows. It tends to form in thickets. Though many varieties are scattered across N.America the above mentioned species are probably the most predominant. In autumn it is quickly recognized with its bright shades of orange-scarlet pinnate leaves and clusters of brilliant red velvety berries. Fruit, twigs and leaves are relished by birds and mammals.

You may be raising your eyebrows suspiciously at the mention of Sumac, and rightly so, as it is in the same family as Poison Sumac and Poison Ivy! However, the general



rule of thumb is that **RED-BERRIED SPECIES ARE SAFE**, while white berries are to be avoided.

Sumac was adopted into the U.S. Pharmacopoeia from the Native American repertoire during the last century. Leaves, twigs and bark are collected when green, while berries may be picked after ripening to red during fall and early winter.

All parts have varying degrees of tannic or **ASTRINGENT** properties. American Indians used berries to treat mouth sores and urinary incontinence or bedwetting in all ages. The astringent actions of the berries or leaves restore urinary tone and help shrink and dry ulcerated tissues, bleeding or spongy gums while being mildly disinfecting. Prepare as a decoction, tincture or salve.

**DECOCTION:** 1 tsp herb, berries or leaves, to 1 cup H2O, cover and boil. Use as gargle, mouthwash, or swab.

**SALVE:** Dried leaves: by volume 1 part powdered to 2 parts vaseline, cocoa butter or skin food; use externally on ulcers or fissures of skin, mouth and genitals.

"Rhusade" is a tart refreshing tea high in Vitamin C: steep a heaped tablespoon of berries in 1 cup hot h2o for 20 minutes.



HAPPY NEW YOU!

"The tricksome little monkey,  
 The goat with tangled hair,  
 The donkey,  
 And the clumsy-fingered bear  
 A great quartet had planned to  
 start;  
 They got the notes, viola, fiddles,  
 bass,  
 And sat beneath a lime tree, on  
 the grass,  
 To charm creation with their  
 art."  
 Ivan Krylov

The Chinese year of the  
 Monkey enters on February 4,  
 1992 usurping the Goat with  
 his tangled hair! Where before  
 we had security, dependence  
 and craft, now look for  
 craftiness and mischief.  
 Expect the unexpected, like  
 anarchy, risk-taking, and new  
 ventures. At least you won't  
 be bored!



LETTERS TO THE EDITOR

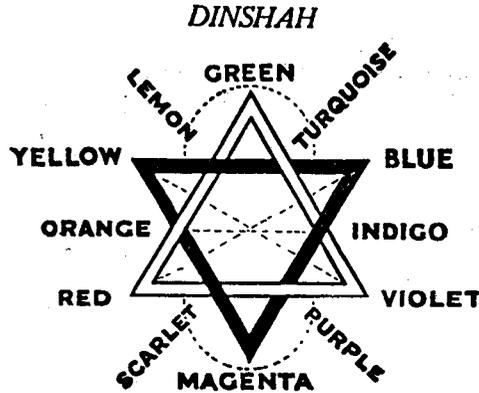
Aloe Ginger!

It's thyme I rose to the  
 occasion and woad to you.  
 Verbena very comfrey and  
 myhrr bee-sy than elder here  
 at Hog Creek. Basil has had  
 the hyssops since Maidenhair  
 and Gin-sengs incessantly; I  
 get so nettled that I hemp to  
 pull the nightshade down at  
 evening primrose.

Elecampanes daily and  
 Magnolia is still mullein over  
 her dodder. I had mint to  
 write senna, (sorrel), but the  
 dogwood not listen and  
 bitterroot(poison) whereupon  
 we had to caraway and indigo  
 to hospiital and introduce an  
 ivy. What a yarrowing  
 experience!

David is sassafras as ever, of  
 gorse, and full of horseradish,  
 and that's a flax! Rosemary  
 asks for remembrance and  
 yucca sends lots of laughs. do  
 poppy over soon, Blossom, ya  
 know what I mean, Fern?

Dill we meet again, much  
 lovage from your angelica  
 sister, Jan.



SPECTRO-CHROME THERAPY

(This is the second article  
 about spectro-chrome  
 therapy, an alternative health  
 method of curing various  
 ailments by the use of  
 colored light, taken from a  
 document written by John  
 Provost for a clinic in Santa  
 Fe which had inquired as to  
 its efficacy in their health  
 plan. For more information  
 you can reach John at  
 (505)982-2561.)

COLORED LIGHT CAN  
 PRODUCE FAVORABLE  
 CHANGES in a person's  
 constitution. Most diseases  
 are essentially a state of  
 chemical imbalance being  
 either too fast or too slow. If  
 the transportation of  
 chemicals within a specific  
 area of the body is deficient  
 at a given time it means the  
 chemicals are arriving too  
 slowly. The opposite is also  
 true. All traumas, whether  
 physical, mental, or  
 emotional will register a  
 specific color, or frequency  
 on the memory of the cell.  
 Therefore TO CORRECT AN  
 IMBALANCE it is possible to  
 tonate the area of disease  
 with a specific color to either  
 speed up or slow down for  
 both deficiency or excess  
 diseases.

THE METHOD of projecting  
 light on the body requires the  
 use of a projector, or light  
 box. Anyone can make one.  
 It basically requires a  
 shielded light bulb with a  
 receptacle for colored  
 (Cont. p. 5)

CURRENT, cont.

Finally, on the 24th, PLUTO  
 RETROGRADES at 22  
 degrees, providing the space  
 for those transformation seeds  
 to take root that were planted  
 during the summer.  
 MERCURY TURNS  
 RETROGRADE on Mar 16  
 throwing a monkeywrench in  
 our plans. Hold off on  
 decisions until April 9.

During this quarter  
 SATURN maintains his trek  
 through Aquarius. He's  
 co-ruler of this sign and is  
 giving a big boost to changing  
 political systems and personal  
 lifestyles. But it's only the  
 beginning. Working alongside  
 Saturn is the intensifying  
 URANUS/NEPTUNE CON-  
 JUNCT, bringing new forms  
 of networking, energy, and  
 brain-level states. By the end  
 of this period (Mar 21) it will  
 be within one degree of exact  
 (17 and 18 degrees respec-  
 tively) and numerically  
 paralleling Saturn, empha-  
 sizing responsibility and form.  
 I feel the Retrograde Jupiter  
 and Pluto, at this time, are a  
 God-send to help us feel out  
 this revolutionary energy  
 pervading the planet. Later in  
 the year we won't have this  
 period of reflection, so this is  
 our opportunity to test the  
 waters. Astrologers generally  
 feel that 1992 is a big year of  
 change. So as usual:

DON'T FORGET TO BREATHE!



LIGHT, CONT.

filters. The required wattage of the bulb continues to be researched but good results can be obtained from 25 to 2000 watts. I have experienced positive results using only a 60 watt bulb.

The filters are chosen according to various factors such as deficiency or excess, chronic or acute. Once the correct color is picked and placed in the frame, the clothing is removed to expose the areas to be toned. But again positive results have been obtained by looking at the light or leaving the clothes on.

THE LENGTH OF TIME needed for positive tonations is still being researched. Adano Ley needed only 5 minutes to effect results, whereas other practitioners recommend longer periods, up to one hour. Furthermore, Dr. Ley stated that every physical disease known can be either totally eradicated or one's immunity level can be strengthened to such an extent that one can fight the disease successfully, provided the disease has not become too embedded.

The difficulty with spectro-chrome therapy is that it requires so much time for treating physiological diseases. However, even though this therapy takes time to effect a change, once it happens the change is permanent.

PSYCHOLOGICAL PROBLEMS respond to color therapy, too. A preference for one color over another, or a dislike of a particular color definitely indicates a certain state of mind. A person "sees red" when he's angry, or he "feels blue" when depressed. Thus it is possible to tone with dark-blue to calm down the violent person or treat with red the manic-depressive. And those who have studied with Dr. Ley know that he showed that colors were related to a specific emotional discharge of energy.

THE COST varies with the sophistication of the

equipment. It is possible to spend as little as \$60 or as much as \$10,000. All that is needed is a projector, or some type of light source, the 12 colored filters, and a reference guide to the physiological and psychological attributes to the specific colors, making this therapy available to all.



AQUARIAN, cont.

THE 11th HOUSE. As the opposite house to the 5th, the attention is on groups of friends and the society to which you belong. Do you get lost in the crowd? Do you have so many friends that you have none? Are commitment and detachment problems for you? And since this house also rules goals, are you equally at ease with success and failure?

THE 12TH HOUSE energy centers around selfless service as well as the unconscious or dream state. Learning the art of giving without becoming a door-mat seldom comes naturally. Discrimination in realizing friendship is a difficult lesson. Real friends are part of our solution, not the problem, yet friendship knows that we all share the same common denominator. And when we have learned all the lessons of friendship from the other 11 houses, we will make friends with Death, our greatest advisor and teacher of living to Live.

Mastering the 12 houses of friendship takes us out of the limitations and restrictions of astrological energies. Because we are no longer threatened, we act rather than react to our human environment. Nor need we avoid in an effort to repress fear and pain. We now can live moment-to-moment, knowing that each of our Nows carries with it the entire resources of the Universe.



POTTS'S WAY WITH WORDS

Cellulite Fear

My neighbor jumps rope every Sunday. She pounds her heels into my ceiling to the time of a flamenco record. Her once a week attempt to get in shape gives me a headache so great, I can't go run my mile to keep in shape and grab all the men she jumps for.



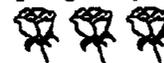
Manishevitz Mongooses

Eating only kosher rodents praying on the sabbath yentas and ostracizing all pagans, christ followers even though we are all going to the same place.....

Andrea Potts

THANKS !

*Longevity Circuit* 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!



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WINTER PREDICTIONS - Including the Year of the Monkey

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POTTS POETRY I See page 5•PLUS lots of original art.

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*from gumpz*

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➡ **FELIZ Y PROSPERO AÑO NUEVO!  
HAPPY NEW YEAR!  
HAPPY NEW YOU! and  
GESUNDHEIT!**

no comments from the peanut gallery.

I STILL HAVE MY  ON YOU!