



VOL. 4, NO 1, SUMMER, 1992

# LONGEVITY CIRCUIT

The quarterly newsletter dedicated to perpetuating techniques which contribute to a longevity lifestyle. **THANK YOU FOR YOUR DONATION.** Please send your check to P.O.Box 9624, Santa Fe NM 87504

## CURRENT TRENDS

"In New Mexico he always awoke a young man...that lightness, that dry aromatic odor...one could breathe that only on the bright edges of the world...Something soft and wild and free; something that whispered to the ear on the pillow, lightened the heart, softly, softly picked the lock, slid the bolts, and released the prisoned spirit of man into the wind, into the blue and gold, into the morning, into the morning." Willa Cather

The above excerpt from My Antonia gives the feeling of the current Uranus (More on the next page)

## AQUARIAN ASTROLOGY

### ADDICTIONS

This article completes our look at addictions from the modern Aquarian view which says any breathing human on this planet has at least the one addiction to unconsciousness unless s/he has demonstrated

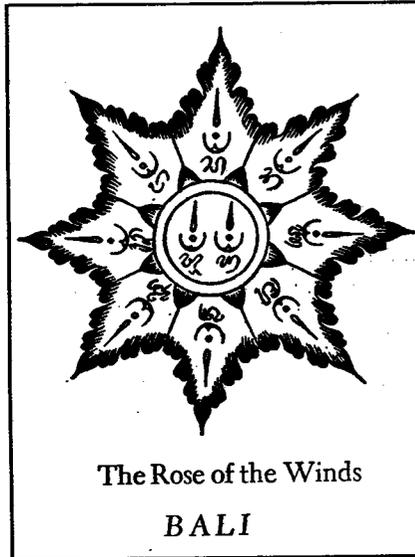
15 minutes of suspended animation in the delta brain-level state and thus is known as a God-realized person. Swami Nityananda called this capability "The Fifteen minutes Silence in the Soul" which is available to all in the Aquarian Age who are willing to clean up their bodies.

Some of us have addictions that are more offensive to society such as smoking, but the seemingly noble addiction to suffering can be just as toxic to the body. In

the last issue we looked at the particular vulnerabilities of the first 4 houses, particularly where one's Neptune, the indicator of addictions, is placed. Typical synonyms for addiction are: compulsion, enslavement, craving, fixation, dependence, habit and obsession.

Hopefully, by looking at our greatest weakness we can also locate our greatest strength.

**HOUSE 5** Problems here center around childish behaviors, taking too many risks, putting on an act, being seductive in order to get something, needing to be the center of attention, problems with self-esteem and exaggeration. However, the creative possibilities with this house are great. Neptune here is found in the



The Rose of the Winds  
BALI

charts of film makers, theatre people and highly creative people in general.

**HOUSE 6** This house of health and work brings out the

(Continued on page 5)



### BALI

(This concludes my impressions of a Balinese trip I took last September.)

I asked the 'white' priest about the so-called coming change of age which is frequently forecasted with doom and gloom in the western world. He replied that the Balinese never think about that! Their concern is naturally for the moment, or the maximum time it takes to bring in the next rice crop.

You don't see many sick people. Older people are productive and healthy. Mumul, the attendant manicurist of the rice paddy surrounding the house, has 70 years and works many hours everyday. He has the lean

(More on the next page)

Neptune conjunction which is tuning us onto higher consciousness, angel power, poetic resonance. If we can let go of our fears and relax into this extraordinary energy the web of so-called reality will lift and we can participate in the invisible reality.

I recently chanced upon a Victorian Astrology book which proposed that **any Uranian transit is a good one**, regardless of the type. I tend to agree, providing the recipient of the transit is committed to self-growth. Uranus wants to bring us higher consciousness at all costs, "to be wild and free". Consequently Uranian transits are unpredictable: what is required to set us on a new path suddenly, irrevocably? If we could predict those events we would find ways around them, or avoid them. No, Uranus must work shockingly in order to redirect our paths. No wonder he is known as the Rebellor.

But look at his travelling companion, Neptune, the Utopian. His influence penetrates slowly, softly, creeps in before we know it. He is subconscious, poetic, roseate, refined, spiritual: if he is good to you! But when Neptune aims his trident at you, beware of trends, denial, avoidance, delusions, deceptions.

Together this odd couple has exciting possibilities particularly since they will be traveling a *deux* for almost two years. Psychic abilities can be developed now but also the dangers of their misuse. What can be trusted, what is valid, where does this energy stem from in the individual, what is an E.T., a channeler, a guru, a psychic, etc. These are just a few of the questions we will all be asking in the next couple of year.

Fortunately Saturn is in proximity by degree to these two mystical and nebulous planets giving some form and structure. But later, Saturn will march ahead, relaxing his restraint. If you are easily influenced or impressionable then tighten up your psychic borders. Or if you are cynical and negative, open up and receive. Listen and feel, but intuit and research.

On another vein, the 4 outer planets are retrograde for most of the summer giving us the opportunity to internalize what we encountered this Spring. But don't be fooled into complacency as by October everything will be full speed again. I am often asked these days when this intensity, or that turmoil, or this disruption will be over. Let me reiterate: those days of processing, the plateaus, the smoothing out times are gone. This is it, and the pace is going to increase; the models are gone, and it's you and me, baby, on this whirling rock heading for an unknown destiny. If you have just the slightest bit of curiosity and child-like awe left in you, this adventure will thrill to the bone and we will awake from this group dream. All Aboard!

Here's a tip: experiment with different rhythms of respiration, i.e. don't just breathe, breathe consciously!



An Eclipse — Ka's Rahu Swallowing the Moon



## BALI, Cont.

sinewy body of a man in his forties. Balinese are never in a hurry: they saunter, they stroll, they look around, they talk and laugh constantly with whoever comes into their immediate environment. And their sense of community sustains, no one is ever alone.

### BALINESE ASTROLOGY

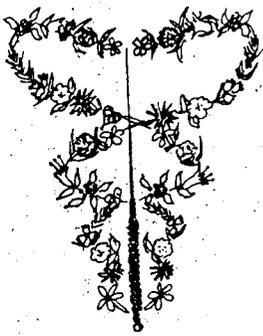
What with all the complicated overlapping calendars, Balinese Astrology sounds mathematical and irrevocable, but this is not so. When I asked the high priest if it were possible to overcome one's astrology, he responded affirmatively. "After all," he said, "that's what I'm here for!" If one has been born on a so-called inauspicious day, one goes to the priest for incantations to dissipate the negative energy. One also goes to the priest to determine the right days for any important activity. On particularly bad days many spirit offerings are found round about, just as on good days there are temple celebrations. Obviously, then, no day needs to be a bad day.

And good days or bad days don't matter for priests! Apparently, the reason that priests exclusively study astrology is because they are the only ones who can figure out the intricacies of the several calendars! And astrology is only taught to a priest by a priest. There are no books such as we have, although the priest alluded to the great tomes at one point, perhaps the Indian works. The Balinese priests also use palmistry, particularly for health, and numerology with no numbers above 10, i.e. the Western spiritual numbers of 11, 22, and 33 are not considered. They also associate colors for planets and days.

Due to the various calendars, it was often difficult to determine a person's birthday according to the Western Calendar. In Bali people only remember that they were born on the first Monday of a certain month, for instance, and birthdays are not celebrated after the first year. During that first year there are many temple celebrations for the new born. The infant mortality rate is quite high in Bali and perhaps this emphasis on the first year is meant to assuage the bad spirits who will then leave the infant alone so he can grow into a healthy child.

All in all a very different astrology for a very different culture. Yet we can learn so much from it. For example: it is less stressful to live in the here-and-now rather than worrying about the future. It is healthier to utilize our intuitive natures rather than rely on logic. It is more relaxing to let go of fears and trust the universe rather than people. It is wholistic to embrace our personal darkness as well as our light.





# HERBS FOR HEALTH

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

## RED CLOVER

*Trifolium pratense* of the Leguminosae Family native to Europe and Asia has become a widespread short season perennial. This "good luck" legume is also known as Trefoil meaning three leaves. The oval-shaped leaflets which have finely toothed margins and distinctive V markings are whorled around a stem atop which pinkish-red ovoid blossoms appear between May and September.

In America, clover has long been considered an important forage and cover crop. As a legume it fixes nitrogen and therefore aerates the soil. It has also been used in the U.S. for over a century as an anti-cancer herb (perhaps it aerates our bodily soil in a sense), though there is no scientific data to support this claim as yet. High in mineral content, some of its constituents include iron, chromium, calcium, Vitamin C and coumerol, an estrogen.

Red clover is a blood purifier and may be used alone or in combination with other herbs as a highly nutritive supplement in all forms of chronic and degenerative disease. Its moistening and cooling nature soothe overactive dry and inflamed conditions. **Use as an infusion** to treat chronic skin conditions: ulcers, psoriasis, eczema, burns, internally or topically.

Combine with yellow dock, nettles or chaparral. **As an expectorant** for coughs, bronchitis and whooping cough, red clover tea relaxes and cleanses. Gather the flowering tops and upper leaves; dry and prepare an infusion for skin, lung or bladder complaints. Drink 3-4 cups per day to increase calcium absorption.

## STINGING NETTLE

*Urtica Dioica* of the Urticaceae Family, a Eurasian native, has spread worldwide—thankfully for some of us and not so thankfully for others who happen upon it unknowingly! *Dioica* L. means "two houses" implying

that male flowers grow on one plant while female flowers grow on another. Nettle is a nitrogen loving weed which appears from May to October and generally found in colonies reaching about 1-4 feet in height. It is a lush green plant bearing ovate to heart-shaped leaves with deeply serrated margins all on a hairy stem. The tiny green flowers become tiny green seeds which hang in clusters borne from leaf axils.

The entire plant is covered with downy stinging hairs which when touched express formic acid

(like ants!) resulting in skin irritation. The burning sensation is dissipated by cooking or drying and also by its own juice or that of dock often found growing nearby. So don't get 'nettled' unnecessarily; and gather cautiously with gloves. Nettles date back to the Bronze Age and were widely used and cultivated in Scotland, Denmark and Norway. Up until 20th Century Europe, nettles were employed in beer-making, dyes, fiber for clothing, livestock fodder, spring greens, soups, hair rinses and making commercial chlorophyll.

Its constituents include formic acid, mucilage, iron, calcium, potassium, silicon, vitamins C and A. Considered a blood purifier and builder, its action is also mildly astringent. Typically used for anemic conditions it is also anti-hemorrhagic. For example, the powdered leaves arrest nosebleed. As an anti-asthmatic the fresh juice is taken. For goiter the seeds are infused. Arthritics have traditionally flailed themselves with the fresh plant to relieve joint pain, and taken it internally to excrete uric acid which tends to build up in the joints.

Nettles and red clover are good sources of calcium when taken alone or combined. Gather above-ground parts and prepare an infusion. A note of interest to eager and non-eager fans of *Urtica*: "Cut down 3 times in 3 consecutive seasons they will disappear." from the Royal Horticultural Society, 1926.



## SOLAR NUTRITION

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 it.

Summer is the time when most people travel. One frequently hears

### MORE QUOTES from ADANO C. LEY

"We cannot break a law of nature, but we can break our cells against those laws by incorrect decisions. That is why there is no condemnation and no punishment--only self-correction."

"Every experience is neither good nor bad; it is only an opportunity to experience love."

how difficult it is to continue with the Solar Diet while on the road or in a foreign country. It takes a little getting used to, but with some forethought it is possible. Consider this TRAVEL PACK:

**ALMONDS** set the Hydrochloric Acid level in the body. They are the number one essential in Solar Nutrition, providing all the basic 12 elements. They are best soaked over-night, to sprout, for morning consumption, but they can be packed in your suitcase dry and will keep their freshness for months. The soaking activates the life force within to increase their vitality. Remember: 1 almond for every 10 lbs of body weight you want each morning.

**APPLE CIDER VINEGAR.** Fortunately in our country this essential is relatively easy to buy, but these days it is important to read the label as many bottles are actually vinegar that is distilled from grain. Look for the word, "Flavored" and if you see it don't buy it. Apple cider vinegar is malic acid, a back-up survival therapy for many problems. It's medicinal value has long been known by natural

healers. Together with

**HONEY** and distilled water you have an excellent neutralizer for intestinal gas for those times when you think it is just not possible to find the right food at the right time of day. The proportions are: 2 tspns honey, 2 tspns Apple Cider Vinegar 1 glass of warm distilled (preferred) water. Drink with or just after your non-solar meal. Honey is also excellent as a preservative and healing agent for cuts.

**CAYENNE PEPPER** is included in your travel pack as a remedy for both the stomach and skin lesions. If you have a deep cut from a knife, for example, sprinkle on cayenne pepper and put a band-aid over it. Surprisingly, it does not sting as you would expect. It does cause a throbbing sensation but this is due to the contracting effect the cayenne has on the cells stemming the blood flow and bringing about a swift healing without a scar. For those of you who have tried this it is an amazing thing to experience.

**VITAMIN C** All round essential vitamin good for such a wide range of complaints, but especially handy for those summer colds and high stress periods that travel often contains.

**BREWERS YEAST** is mighty handy, especially for vegetarians who are A or AB blood types. It's high in protein and the B vitamins including that hard to find B-12 often found lacking in the non-meat diet. The high-niacin, dark yellow type that Red Star produces is the most efficient, if you can find it.

And for those times when you feel your food choices didn't choose you, here's a list of **NEUTRALIZING FRUITS**: Prunes for the AM; Melons for the afternoon {and remember eat them alone or leave them alone}; and Pineapple for evening. Bon voyage!

Time to clean up the **SUMMER ORGANS**. This period locates the Spleen, Heart and Small Intestine. Since the Spleen needs silicon in order to sort and condition, eat plenty of cucumbers with the skin (you might want to wash off the oil used to prolong shelf life, unless its organic), choose corn oil for the middle of the day, and drink silicon tea: oat straw, nettle and cornsilk steeped in boiling water. At night

add jerusalem artichokes to your dinner, fresh or cooked.

The heart is tonified with 100% tomato juice with 1 tblspn blackstrap molasses as a drink after 11 AM biological time. Or do a "fast" of citrus and almonds all day long.

The Small Intestine is cleaned up with Prunes and Aloe Vera, 4 oz of each, AM and PM.

These cleansers/toners are easy to do and especially beneficial since we are moving into a period of heightened activity this Fall.

(Thanks again to Swami Nityananda for sharing these ideas with us. As usual, he can be reached at 10 Delta Road, Alpha Centauri, 10010.)

### POTTS'S WAY WITH WORDS

#### SO WHAT

So what if suntans flake  
and donate themselves  
to poor white souls  
slaving in fluorescent offices.

#### HIGHWAY PHANTOMS Eyelids

become your enemies  
as trucks turn into kings  
of the night  
along the highway  
to Las Vegas.

Flashing  
an arsenal of beams  
and deafening car ears  
with blasts as they pass  
you  
in your tiny six cylinders.  
Dreams made from asphalt  
curl and conjure friends  
and relatives hanging  
from meat hooks along the  
highway  
and faces

you tried to forget from old horror  
movies  
are seen huddling  
under old indian blankets  
staring blankly  
at you  
whizzing by.

[Thanks to Andrea Potts, of San

Francisco] 

# WOW! THEY'RE FINALLY READY!

LONGEVITY CIRCUIT  
P.O. Box 9624  
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CANCER  
HAPPY BIRTHDAY!  
Congratulations on revolving  
around the Sun one more time.

You've heard me talking about the Astrological Birthday Cards for over a year, and, now.....

they are finally ready! My artist sister, Nancy Wightman, in New Hampshire has produced a series of sensitive, beautiful pen and ink drawings for each sign in the zodiac. Her perception of astrological awareness is easily apparent. These **original drawings** are worth keeping for your own enjoyment.

Each card also has a special **humorous but supportive** description of each sign, (see the example for Pisces on the other side) meant to amuse as well as uplift its recipient. After all, Birthdays, or Revolutions Days, can be stressful.

See for yourself what's so special about these cards. They're not just for Astrology fans but for everyone interested in finding that perfect remembrance for a loved-one on his/her "Big Day."

For the sake of the planet, these cards are **MADE OF RECYCLABLE MATERIALS ONLY**, allowing you to nurture Mother Earth at the same time you are sending love to a friend.

As an **INTRODUCTORY OFFER**, *siStars* is offering a complete set of 12 cards, one for each astrological sign, for only \$12.00, plus shipping and handling ( store price, \$16.00)

**ORDER NOW!**

*THE MANUAL OF PRACTICAL ASTROLOGY* is now available by mail.

This handy guide was written for my clients as well as others interested in astrology to aid in the transition from Piscean to Aquarian awareness. It covers many important and current issues of interest to all, including health and relationship astrology as well as current trends. It is available for a limited time at the old price of \$9.95 plus shipping and handling.



**DUE TO POPULAR DEMAND!**  
**LONGEVITY CIRCUIT T-SHIRTS ARE NOW AVAILABLE.**

These handsome shirts are made in San Diego by a master silk screen artist. The design is an original concept of Christopher Doyle, and the name, *Longevity Circuit*, was coined by Adano C. Ley. They come in a variety of sizes, red on white. Order one now for everyone member of your family. Only \$15. each plus postage and handling.

**NEW ITEM!**

**POCKET-SIZED Location Maps** for the traveller. These smaller sized maps locating high energy zones around the world are now being made for the convenience the vacationer. \$35.



**SAGITT**

HAPPY  
Congratulations  
around the



**CANCER**

HAPPY BIRTHDAY!  
Congratulations on revolving  
around the Sun one more time.

**TAURUS**



**VIRGO**

HAPPY BIRTHDAY!  
Congratulations on revolving  
around the Sun one more time.

**LEO**

HAPPY BIRTHDAY!  
Congratulations on revolving  
around the Sun one more time.



**GEMINI**

HAPPY BIRTHDAY!  
Congratulations on revolving  
around the Sun one more time.



**LIBRA**

HAPPY BIRTHDAY!  
Congratulations on revolving  
around the Sun one more time.



**ARIES**

HAPPY BIRTHDAY!  
Congratulations on revolving  
around the Sun one more time.

# 12 Astrology Birth Cards

**AS A PISCES,**  
you are very sensitive and caring, often forgetting your own needs. You tend to wear rose-colored glasses to maintain your belief that people can be perfect. You are the master of illusion.

Living a life of service is very important to you - a delight to your partner in bed who frequently finds you unable to say "No." Your idealism makes you a fine appreciator of art.

**WITHOUT PISCES**  
the world would be without  
Compassion  
**THANKS FOR BEING BORN!**



Astrology cards  
© 1992

## PRODUCT LIST AND ORDERING FORM

- Set of 12 ASTROLOGY BIRTHDAY CARDS \$12.00  
(Regularly \$16.00)
- SHIRT with LONGEVITY CIRCUIT LOGO 15.00
- ANNUAL OF PRACTICAL ASTROLOGY, 10.00  
(Regularly 12.00)
- Packet-sized LOCATION MAPS,(set of 3) 35.00  
includes 20 minute (approx)  
consultation in person or on the phone

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Name		Phone	
Address (No P.O. Boxes please)			
City		State	Zip
Quantity	Item	Cost Each	Total
<input type="checkbox"/> Check Enclosed		Subtotal	
Signature		Shipping	EA. ITEM \$1.00
		Total	

potential for addiction to being sick, psychosomatic illness and victimization in the work field. Often one sees a super-sensitivity that corrodes a healthy ego, the need to see every defect and the subsequent addiction to perfection. Conversely, however, the positive use of Neptune in this house is demonstrated by healers, health care professionals and craftsmen.

**HOUSE 7** This is the relationship house, whether for marriage or business. Addictions found here include attracting partners who are needy or sick, deceptive or in denial. Sometimes there is a compulsion to elevate the partner, or seek someone who is perfect, as an excuse to resist commitment. Positively one can use this energy to bond on a spiritual level, to enjoy platonic relationship and to experience unconditional love.

**HOUSE 8** This complex house of death, mysticism, big money and sex issues affords many opportunities to explore the field of addictions- for the sense of revenge is great on the unenlightened side. Generally the underlying addiction is that to self-destruction. This is frequently seen as depression, substance abuse and negative sexuality. The enlightened use of these energies is very powerful for spiritual development and developing a life style geared toward merging with one's higher power.

**HOUSE 9** The archer shoots off



LEO



VIRGO

his arrow into the unknown and misuse of this energy results in the addiction to living in your head, ideas without manifesting them, and armchair philosophy, particularly difficult habits when the Aquarian Age demands experiencing the truth rather than believing it. On the other hand, Neptune can mark the prophet, priest and Teacher who hands over his knowledge after realizing it.

**HOUSE 10** Profession and public esteem issues create addictions to gaining status through devious or deceptive means, problems caused by unrealistic goals and self-esteem difficulties which prevent others from giving respect. Yet Neptune here can characterize the person who is truly committed to service.

**HOUSE 11** Unreliable and negative friendships are often found here demonstrating the enslavement to being influenced negatively: trusting the untrustable, something for nothing consciousness, insincerity. Conversely the right use of this energy creates lofty ideals, soul friendships, ease in accessing higher brain level states.

**HOUSE 12** The house of self-undoing lends itself to addictive patterns. A poorly aspected Neptune in this house makes it all too easy to be addicted to addictions, to suffering, to victimization. Yet the two fishes travel in opposite directions indicating ease in meditation, ability to heal (self & others) artistic endeavors and sensitivity toward others.



LETTERS  
TO THE EDITOR

Dear Ginger

...Having my chart read has given me the opportunity to really work on myself and the more I work on myself, the more I understand the chart.

Love, Graham  
Hants, England

Dear Graham and all Readers:  
This sums up for me one of the greatest resources that Astrology has to offer. Thank You, Graham, for putting it into words!

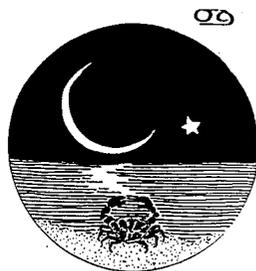
Another friend writes:

Once again this year, at the beginning of every summer, Mr. Isaac Froll of Haslemere will go on the crash diet which he hopes will reduce his weight to eleven stone in time for his August holiday in St. Tropez. A health food buff, Mr. Froll distills all his own whisky from organically raised potatoes and all his own beer from the residual yeast from which he bakes his own bread.

Essentially, this diet is all about yin and yang. The theory is that whiskey distilled from the potatoes combines with the potatoes in the diet to form a united carbohydrate front against bad Karma, just as the beer combines with its father, the loaf. There is no flesh, fish egg or green vegetables in this diet; they resonate badly with the tuber gods."

For breakfast, Mr. Froll eats thirty-one pounds of potatoes, washed down with two pints of whisky. For lunch, whisky soup with potato dumplings, followed by potato sandwiches and a gallon of beer, with bread pudding in whisky sauce for dessert. Dinner consists of potatoes rolled in breadcrumbs and seethed in beer, with cold potato loaf and chips to follow and whisky baba for dessert. By the end of his diet last July he weighed forty-four stone. "Multiples of eleven stone are very good Karma, too," he says.

Love from Sheila,  
Down Under



CANCER

NEEDS FOR YOUR NEEDS! Open to P:3

SURVIVAL TRAVEL PACK FOR VACATIONERS, see SOLAR P. 4



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## ➡ SOME MORE TIDBITS

Did you know that a British Stone equals 14 American lbs.? Valuable information for having fun with a story inside. Check it out.

Astrology is the study of the negative force of time: Kal. Inner astrology is always immortal. Quoted from A.C.L.

"You cannot move without influencing everything in your universe. You cannot even observe anything without changing the object and even yourself. ...It is even possible that just thinking about an object can change it and yourself." From *Space-Time and Beyond* by Bob Toben.

Last, but not least: **THANKS** for all the support this last quarter. This issue begins the 4th year of *Longevity Circuit* and I'm amazed and gratified for all the help you've given. Since the mailing list is getting so large and expenses are increasing, let me know if you **NO LONGER ARE** interested in receiving the newsletter. After all, if I haven't heard from you in a long time you won't be hurt if I drop your name, will you?

As always,  still have my  on **U!**

love, Ginger