



VOL. 4, NO. 2, FALL, 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, N.M. 87504**

CURRENT TRENDS

*Crown'd with the sickle, and the wheaten sheaf,
While Autumn, nodding o'er the yellow plain,
Comes jovial on,
For loveliness
Needs not the foreign aid of ornament,
But is when unadorn'd adorn'd the most.*

James Thomson, "Autumn"

On September 22, at 12:43 PM MDT the sun will be directly over the Equator again ushering in Autumn. On the same day Uranus will go direct followed in a few days by Neptune. A major shift in energy, as these two planets continue their march through the zodiac. Please look at the articles on "Aquarian Astrology"

(Cont. on page 5)

AQUARIAN ASTROLOGY & PERFECTION

There is an Indian weaver of traditional designs who was here this summer in Santa Fe for Indian Market who said: "There is traditionally one mistake deliberately woven into each rug. Navajos believe perfection can only be achieved by the gods."

The planet in Astrology relating to perfection is Neptune, the Constellation, Pisces. In the last year I've written alot about these archetypes because Neptune and Uranus are travelling together and are having a particularly strong influence on the whole globe. In the last two issues, I related Neptune to addiction: now here is the other side: perfection. Could it be that our desire to be perfect creates the addiction to suffering? Or as Swami Nityananda said, "We are addicted to our own imagination through the craving pattern." A totally Neptunian statement.

The American Indian is also ruled by Neptune because of his tribal consciousness, i.e. little emphasis on individuality. Individuality is a Uranian function, so there we are, back again to the Uranus/Neptune conjunct, and our weaver who purposely makes one mistake to achieve the essence of non-perfection. The misapplied thread is also the essence of individuality. Thus, we could say that individuality equals imperfection! So you can see why Nityananda would say, "Individuality is a condition of being created without our consent." Uranus and Neptune.

I am constantly confronted by large number of clients whose lack of self worth

(Cont. on next page)

NEURAL NETWORKS: The Brain in the Box?

By Paul

The Deal of the Century

Have I got a deal for you. I've got a computer with over 100 billion microprocessors (more than the number of stars in our galaxy). It fits in a one foot square container, weighs approximately 5 pounds, and uses about 20 watts of power (equivalent to a clock radio). There's no software to load, and it's performance improves with use, you even have free access to it...It's your brain.

The human brain is full of paradoxes. It runs very slowly compared to its electronic counterpart, taking milliseconds (thousands of a second) to send messages around, while today's digital computers send messages in nanoseconds (0.000000001 second. There are as many nanoseconds in a second as there are seconds in over 30 years). But speed isn't everything. Where the digital computer sends its messages one at a time (very very quickly), the human brain sends billions of messages around and calculates billions of results all in the same

(Continued on next page)

Aquarian, Cont.



emanate from their own sense of imperfection about who they are as individuals: another Uranus/Neptune conflict. The addiction to an idealized version of who we are supposed to be creates a warped sense of individuality, guilt and shame, anxiety and fear. Hopefully the Uranus/Neptune Conjunction will marry these opposites within us. Then we could say that as individuals we are perfect... or that we are perfectly imperfect and leave the perfection up to the god within us and go about our business, letting that Energy Source do its own thing.

The Uranus/Neptune conjunction is teaching us new things about intimacy as well. Merging with the loved one, soul mates, losing one's identity in the other; these are all Neptunian arenas. But the Uranus part says, do your own thing, be an individual, develop a partnership between equals. How can you have it both ways?

Uranus and Neptune beckon us to find new ways to be in relationship, but the tension of the opposites is exquisite, even terrifying. This is why we see so many couples splitting up, going their separate ways. Yet some are trying inventing new models of living: two city relationships, age and culture differences, separate but adjoining condos, etc. Others crave relationship and when they get it, can't tolerate it. Some will stay in any relationship, even though self-destructive and hostile, to assuage being alone or for the sake of convenience. All of us, in some way or another, are looking at the Uranus/Neptune conflict within ourselves. How are you handling this energy?

In terms of the outer world, the Uranus/Neptune energy creates the need for such inventions as the Neural Networks described in the adjoining article. Why? Uranus rules computers, the visionary, the innovator and Neptune is the dream, the ideal and the illusion! Why not try to recreate the human brain in an attempt to perfect it, knowing that individuality can't be programmed.

Political systems (Uranus) are corroding (Neptune) and attempting to delude (more Neptune) the voter (Uranus). Watch to see what happens when these planets go direct the end of this month.



The two hurricanes, one in Florida, the other on the island of Kauai in Hawaii, are also Uranus and Neptune combinations: The unexpected wind, the chaos are Uranian and the water damage is Neptune. A devastating combination in this context.

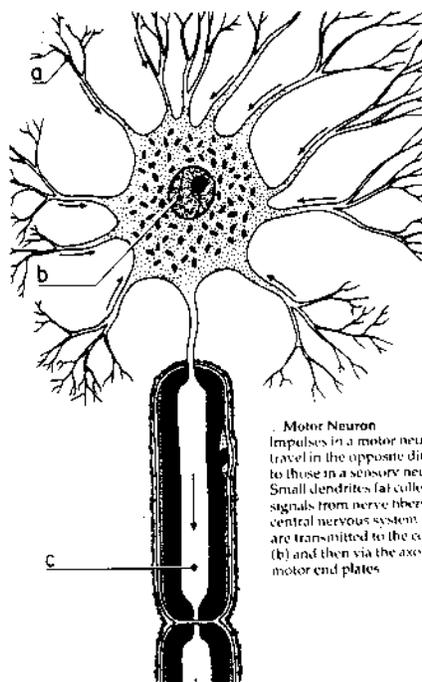
Perfection and individuality have an endless combination of structures. While you're breathing consciously, use your intuition to locate their form in you. Have fun!



Neural, Cont.

moment, a phenomenon called a "massively parallel computer." The home computer is great for doing all the math calculations on your income tax in a few seconds and playing a tough game of chess, but it still can't compose a symphony, write a novel, or even simply recognize handwriting... or can it?

Origins of Neural Networks--The latest and greatest from computer science used to be something called Artificial Intelligence (AI).



Motor Neuron
Impulses in a motor neuron travel in the opposite direction to those in a sensory neuron. Small dendrites (a) collect signals from nerve fibers in the central nervous system. These are transmitted to the cell body (b) and then via the axon (c) to motor end plates.

This type of computer programming makes the computer act like it has intelligence by performing complex programs that seems to "think" like the human brain. However, these programs still follow the traditional programming framework of one inspection being executed at a time. The speed of the computer and the intelligence of the programmer define the limits of the

program's "knowledge." Even AI programs that are so called "self-teaching" programs only learn in the areas in which they are programmed to learn.

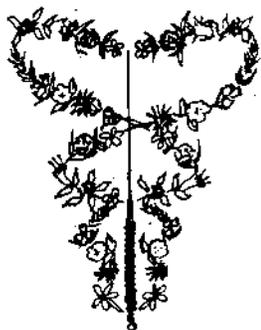
A new approach was needed to cope with the more complex problems that were arising in the AI field, and the human brain obviously held the secrets to incredible computing power, so the first electronic neural networks were constructed using brain cells, called neurons, as models. The earliest neural networks consisted mainly of motors, gears, and relays, (much like the earliest computers) and did tasks like recognizing one letter of the alphabet at a time, not a particularly practical task for the projects at that time so they were considerably less useful than their early computer counterparts. The breakthrough came as this decade's computers provided the powerful processing capabilities needed to perform the complex mathematical tasks that a practical neural network requires.

Today's commercial neural networks perform tasks ranging from controlling robotic arms for manufacturing, recognizing handwritten characters (on insurance forms for example), to compressing digital images to be stored in a computer's memory.

Continued on page four

HERBS FOR HEALTH

JANET SNOWDEN, I.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. If you have further questions for Jan. please call her at (505) 388-5288 or write her at P.O. 6342, Silver City, N.M.88062.



ROSA spp., rose, rosaceae Family, a favorite garden ornamental around the world is today a much overlooked source of natural medicine.

The flower of love and spiritual unfoldment originated in Persia where it was highly prized by physicians as well as epicureans and cosmeticians. Early in the 17th century, the Arabs made a serendipitous discovery of the oil distillation process where upon Oil of Roses and its precursor spread to Greece, Italy and the rest of Europe.

Though many varieties are adequate, the species *Rosa Rugosa* is particularly sought after for its large fruits or hips which are high in Vitamin C. *Rugosa* means "wrinkled" referring to its distinctively wrinkled leaves. A thorny shrub from 2 to 6 ft in height with white or deep pink five petalled flowers with yellow centers, pistil and stamens, it is found growing wild, often in thickets near the sea-sides of the West and East coasts. The mountain rose variety is also a good source though a smaller and more refined version of *rugosa* with smooth leaves. The petals may be gathered during bloom periods while the rosehips reach fruition (a ripe red) in late summer to early autumn.

Petals are more specific as a carminative and emmenagogue (menstrual stimulant) while the hips are astringent, anti-diuretic and tonic. Together they contain Vit. C, citric acid, malic acid and tannins. With anti-bacterial, anti-viral, astringent and decongestant properties, hips have been used for bronchial



rose hip



Rosa

complaints, mouth and throat ulcers, headaches, bleeding gums, diarrhea, frequent urination, leukorrhea, and as an eyewash for inflamed orbs.

The Mescalero Apaches were known to have drunk rose hip tea to treat gonorrhea. Quien sabe?

Flowers or fruits may be infused for tea or a cleansing douche. Add to vinegar for salad dressing or a facial freshener. As an eyewash, add 1/4 tsp. salt per cup water and prepare infusion. Add to sandwiches, soups or salads and be sure to avoid plants that have been sprayed.

P.S. Eros is an anagram for rose.

SOLIDAGO spp., Goldenrod, a.k.a. Aaron's rod or woundwort of the Compositae Family tends to form in colonies and is a familiar sight along roadsides and in open meadows in late summer through late fall. It appears as a hairy stiffly upright 3-6 foot perennial with alternate

lance-shaped leaves and flowers which bloom densely on terminal clusters in striking golden-yellow profusion at the peak of autumn.

The Latin name, *Solidago*, means "to make whole" alluding to its wound healing properties. Though commonly blamed for hayfever, the

true culprit is most often ragweed (*Ambrosia*). *Solidago* flowers are insect pollinated and therefore don't release significant amounts of pollen into the air.

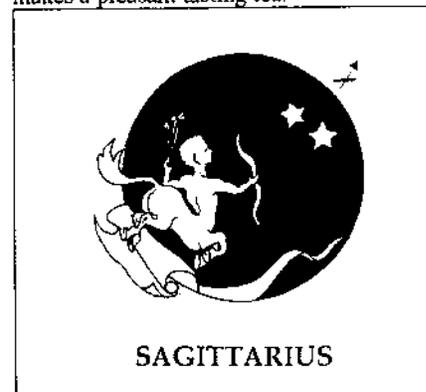
Some of its constituents include tannins, flavonoids, saponins, citric, tartaric, and oxalic acids. Its action is anti-inflammatory, expectorant, astringent and diuretic. Extensively prescribed in homeopathy for its ability to cleanse by stimulating the liver and kidneys to eliminate waste matter, it is considered an excellent diuretic and hence efficacious in eliminating bladderstones and urogenital inflammations.

The American Indians chewed the flowers or drank flower tea to cure sore throats, aid digestion, and promote diaphoresis in fevers. The root was used for burns. External poultices or washes were applied to promote tissue healing in chronic skin conditions or wounds. The whole plant may be gathered in fall, the leaves and flowers being most useful. Used fresh or dry as a standard infusion, it makes a pleasant tasting tea.



Solidago

tices or washes were applied to promote tissue healing in chronic skin conditions or wounds. The whole plant may be gathered in fall, the leaves and flowers being most useful. Used fresh or dry as a standard infusion, it makes a pleasant tasting tea.



 Neural Cont.

Operation of Neural Networks

Neural networks today mostly operate on the principal of interconnected electronic "neurons." These neurons are simplistic models of the neurons in our brain. A neuron is a cell that has inputs (brought in by the "dendrites" and an output (sent out through the "axon"). (see Figure on page two) In simple terms, the dendrites bring data into the neuron from other neurons, the data is summed up in the cell body and if the sum of the inputs from the dendrites exceeds a certain value, the neuron "fires" sending a signal down the axon to other neurons. Some inputs from dendrites to the neuron are more powerful than others for chemical reasons, while other dendrites tend to inhibit the neuron from firing.

Electronic neurons operate on basically the same principal. The inputs come either from the outputs of other "neurons" inside the network or from data outside the network, they are multiplied by the "weights" (which simulates the chemical relationships between the neurons in our brain) and are summed up. If this sum is greater than a certain value then an output is sent out of the electronic neuron.

Practically, there are some mathematics that govern what the output actually looks like (it is usually a number between -1 and 1), but this is the basic theory.

Programs that simulate neural networks generally connect neurons in multiple layers, again similar to the human brain. The sizes and connections between these multiple layers are based on the amount of data that must be processed and stored by the network and the specific use for the network.

(The conclusion of this article will appear in the next issue. Paul is an electrical engineer working on environmental systems for Betel in Seattle, Washington.) ☸ ☸ ☸ ☸ ☸

SOLAR NUTRITION

And Stress

"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." (It's not what you eat, but when you eat it)

"Why eat Solar?" The reasons are myriad. Obviously some people follow the Solar Lifestyle for their health, for longevity, for spiritual reasons, and for emotional balancing. All of these are valid reasons.

Another very good reason to eat according to Solar principles is for **stress management**. Stress from ordinary daily living is a big issue these days.

There is emotional stress from the breakdown of traditional paradigms for living; political and economic stress (especially this year!); environmental stress from pollution and other toxic substances in the air and in our food; and astrological stress caused by the increased speed of Pluto, the Uranus/Neptune conjunction and the approaching Saturn/Pluto square in 1993.

Who among us doubts that it would be beneficial to reduce that load and many people have ideas on how to do it. There are rituals, vitamins, religious rites, exercise, sex and other pastimes; they all take time and/or money. One's eating patterns, however, are there all the time; most people on this planet still eat! (there are some exceptions though). With a simple alteration in timing what you eat, you have an easy stress reduction system with no extra money or time. When one's body is not under

stress, the mind is left free to do its work. Have you ever tried to study with a bellyache? Sell a product with a headache? Work on a computer with an angry colon? Furthermore, "eating Solar" lightens emotional stress by helping to reduce the intensity of the sentiment. It also aids in bringing trauma to the surface thus lessening repressed fears and angers that cause stress. Thirdly, solar puts us in time, all the time so that we are not fighting being where we are; when we walk in the door the phone rings, not while we are outside fumbling for keys.

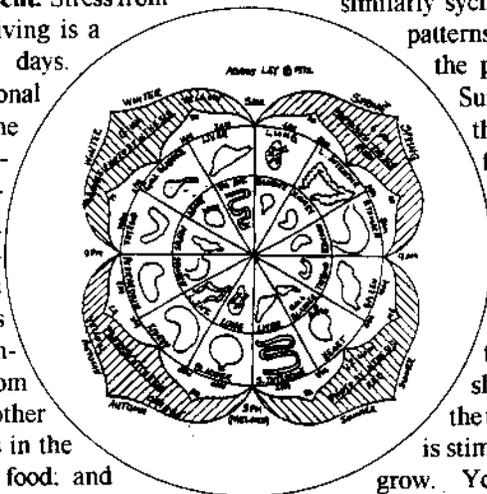
How does this work? The founder of Solar Nutrition, Swami Nityananda taught that by following the Sun's daily path and synchronizing with its effects on the growth pattern of the plants and animals, the human was

similarly synchronizing his own patterns with the path of the planet around the Sun. In simple terms, that means **eat the food at the same time of day that it is growing.**

For instance, eat almonds in the morning because the sun, which shines on the nut in the tree in the morning is stimulating that nut to grow. You are getting the greatest nutrient use of that nut at the same time that your body needs the greatest amount of that nutrient and can break it down for use with the least amount of energy depletion.

Another example: eating meat at night causes a lot of stress to the body simply because the necessary chemistry to break it down doesn't occur in the digestive tract until the middle of the day. So why not eat fish at night and save the burger for lunch? when the sun goes down: every good fisherman knows that. Cows on the other hand are eating grass all DAY long. Similarly, eating an avocado with bean curd is considered a stress protein. Two very different diges-

Continued on next page



SOLAR CONT.

five enzymes occurring at different times of day in the body are needed to accommodate a fruit that grows in the tree with a legume that grows above the ground. One of those enzymes will not be present when needed, consequently causing stress in the body while it holds the food until the appropriate chemistry is available.

To recap: **MORNING:** Eat fruits and nuts that grow in the trees: the Sun at the horizon shines up into the trees fostering growth **LUNCH:** The overhead Sun shines down on the fields and gardens, and animals. The noon meal provides the greatest assortment of foods. **EVENING:** The Sun going below the horizon nourishes those plants and animals that need darkness to grow such as fish, mushrooms, roots, and some exceptional plants such as the bromeliads (cactus). Bon appetit!



CURRENT, CONT.

and Neural Networks for two different approaches to this exciting but often unpredictable energy. In October Saturn also takes the direct approach on the 15th bringing all the planets into forward motion. This fall promises to be full of activity and surprises. Those summer plans should have all their kinks removed and be ready to roll. With the **Uranus/Neptune Conjunct** working toward exact in January there will be an intensity and urgency coloring an already painted cosmos. There's no time for looking back. Another interesting phenomena is **Mars entering Cancer**. Although this happens every two years, what is different is that Mars will spend almost 8 months instead of the usual two in this constellation, from Sept 11th to April 28. There will be a big emphasis on relationships, home and family. Mars in Cancer is very sensuous, touchy/feely, moody, emotional, instinctive. It also gives distorted energy similar to walking through water instead of floating on it. It will bring issues of sentimentality and tradition to the fore. There can be a lot of emotional anger vented during this time if old "stuff" hasn't been resolved. And for you holiday travellers, prepare for the **Mercury Retrograde** on November 11 until December 2nd by making those plane reservations before then and releasing expectations for the Thanksgiving Holiday. Carry with you what you can and always have a bag of necessities with you just in case.

Fall signals the return to school for many and since a number of Longevity Circuit readers have asked for a **review course on the definitions** of astrological terms, here are some of the important ones: **ASPECT** - two or more planets are said to be in aspect to each other when they create a geometrical relationship to each other in the sky. For instance, Saturn and Pluto will **Square** each other in 1993 indicating that they will be 90 degrees apart from the vantage point of Earth. The square forces a developmental change through stress. Aspects or geometrical interrelationships create a release of energy whether stressful or easy. By understanding the energies, we can increase our options how to deal with them. Other important aspects are the **Conjunct** - two planets appearing to occupy the same space creating a merging or marriage between them causing a crisis or event; the **Opposition**: two planets opposite or 180 degrees apart with the Earth in the center, creating a facing off, a confrontation, an interface with a person or experience. **DIRECT/RETROGRADE** - These words indicate the apparent motion of a planet. When Uranus is direct, for instance, it's energy is moving forward, things happen suddenly and unpredictably. When Uranus is retrograde, however, it's apparent motion from the vantage point of earth is backward, and its energy is latent, less readily available. Consider being on a train passing another train. The train being passed seems to be going backward, but in reality is not. The retrograde positions give us time to mull things over, catch up with ourselves and reconsider.



POTTS'S WAY WITH WORDS

SWEET DREAMS

Rain
sneaked around my house
last night
it rattled the leaves as
thunder splashed in mud
washed the lawn
turned on the birds
and put out
the sun.



WEDDING RECEPTION

Discount sterling silver
Instruments of love.
joined in holy shit-lock
Saddened with parental consent, social cement.
The groom may now fuck the bride.

(Thanks Andrea Potts of San Francisco, Ca.)

PRODUCT LIST

Box of 12 Astrology Birthday Cards\$12./set
Original drawings, supportive yet humorous
descriptions and environmentally sound
recycled paper.

T-Shirt with Longevity Circuit Logo in red....15. ea.
Unisex sizes L and XL.

Manual of Practical Astrology.....12. ea

Please include \$2.00 for each item for postage and handling. New Mexico Residents must add 6% tax.

Please mail your check or money order to:
P.O.Box 9624, Santa Fe, N.M. 87604

These would make wonderful Christmas or Hanukkah presents.

THE BRAIN IN THE BOX, SEE PAGE 1

STRESS MANAGEMENT AND NUTRITION ON PAGE 4

A Recycled Paper



FIRST CLASS MAIL

LONGEVITY CIRCUIT
P.O. BOX 9624
SANTA FE, NM 87504



Dear Readers —

SOME MORE TIDBITS

From *Awareness*, by Anthony deMello:

Let me tell you a story. Somebody once asked, "What is enlightenment like? What is awakening like?" It's like the tramp in London who was settling in for the night. He'd hardly been able to get a crust of bread to eat. Then he reaches this embankment on the river Thames. There was a slight drizzle, so he huddled in his old tattered cloak. He was about to go to sleep when suddenly a chauffeur-driver Rolls-Royce pulls up. Out of the car steps a beautiful young lady who says to him, "My poor man, are you planning on spending the night here on this embankment?" And the tramp says, "Yes." She says, "I won't have it. You're coming to my house and you're going to spend a comfortable night and you're going to get a good dinner." She insists on his getting into the car. Well, they ride out of London and get to a place where she has a sprawling mansion with large grounds. They are ushered in by the butler, to whom she says, "James, please make sure he's put in the servants' quarters and treated well." Which is what James does. The young lady had undressed and was about to go to bed when she suddenly remembers her guest for the night. So she slips something on and pads along the corridor to the servants' quarters. She sees a little chink of light from the room where the tramp was put up. She taps lightly at the door, opens it, and finds the man awake. She says, "What's the trouble, my good man, didn't you get a good meal?" He said, "Never had a better meal in my life, lady." "Are you warm enough?" He says, "Yes, lovely warm bed." Then she says, "Maybe you need a little company. Why don't you move over a bit." And she comes closer to him and he moves over and falls right into the river Thames.

Love, Qingqer