

Hi!



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LONGEVITY CIRCUIT

The quarterly newsletter dedicated to perpetuating techniques which contribute to a longevity lifestyle. **THANK YOU FOR YOUR DONATION.** Send inquiries to P.O.B. 9624, Santa Fe, N.M.

Current Trends

SOLSTICE *fr. sol sun + stitium from status to come to a stand, cause to stand or stop. Miriam Webster*

On December 21 at 7.44 AM MST, the Sun enters Capricorn and comes to a stop. This is cause for great celebration by instinctual people of all times and places! In our heart of hearts we are relieved that the days will stop shortening and that the light will build again once more. It is no accident that newer religions incorporate candles and the transmission of light into their winter holidays. The worst is over and life is reborn. **HAPPY HOLY DAYS TO ALL OF YOU!** And as the days grow longer and brighter may also your prosperity.

(Continued on page 4)

Adapting to the Economic Changes of a New Era.

By J.R. Collier

The mystics have always said everthing is ok, everything is well; even if it looks like a mess everthing is working out like it's supposed to. In this modern world we are reaching a point where the role of money in our economy has attained a critical transformation. Ninety percent of our human history (or at least history as taught to us by modern academicians) was spent as hunters and gatherers, five or six percent as agriculturists and a minute few percent as industrialists; and now we are reaching a post-industrial era. During this past history, subsistence by hunting or agriculture didn't really require one to concentrate on the acquisition of money or some form of currency. Barter and subsistence agriculture took care of human needs. However in the post-modern era we have come to the point where in our technological age money is fast becoming our only means of subsistence and we are all hard pressed to acquire this means of exchange. In our modern world with the advent of mass communication and computers, satellite t.v. and instant communication even the most mote areas of human existence, especially in the U.S. are no longer isolated. Even the ideal of 'back to nature' type of living has become almost as impossibility without some money to pay the tariff of taxes or purchase

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Neural Networks: The Brain in the Box?

This concludes the article by Paul about computers attempting to copy the function of the brain.

Teaching Neural Networks—Just like people, neural networks learn from experience, not from traditional programming. They are trained by repeatedly presenting examples of both inputs (information a person would use to make a decision) and outputs (the resulting decision, prediction, or response). For example, a network could be designed to predict next month's Dow Jones average. It might be provided the inflation rate, consumer price index (CPI), price of crude oil, prime interest rate and gross national product (GNP) as input. It's best to give a network lots of data. Even if some seems useless, the network will learn which items are important and which ones can be ignored. A typical training set like this one might use data collected monthly for the last several years. During training, the network tries to learn each of the examples from previous month's data (the training set).

(Continued on next page)

MONEY, Cont.

of land.

At the same time, money has become itself an abstract entity, an entity that exists as blips on a computer screen, something that is no longer tied to real commodities or precious metals but is created at the whim of governments and whipsawed into line by various world markets.

What does this mean? Well it means that money is more accessible to everyone and it is much harder for it to be hoarded as was goods, land, livestock, etc. in the past. It means that we all have greater access to this concentrated energy called money if we are willing to use our inner resources to create that access. It also means that we will soon come to an era that through this greater access by all, lack of resources will at sometime become a thing of the past.

But my purpose here is not to prophecy, but to point out that if we use the resources available to us we can gain access to this entity that solves man's material problems and helps us move more smoothly and efficiently through the material plane so that we may accomplish our earthly goals. A man once said "money is not the root of all evil, lack of money is the root of all evil," and I think if you reflect upon this statement you will find it to be true. If each of us with means helped one or two other people to start a business with the understanding that the people we helped were obligated to help one or two other people to get started we would create a lot of prosperity and a lot of jobs. It just takes a little yeast to make the dough rise.

Now some of us don't seem to have trouble with this aspect of life, so they can help those of us who do to get started; and for those of us who have not been achieving as well as we would like to, we must work on ourselves to find out why not, or search for the secrets that will open this door for us. Money itself is not the answer for it will go away from those who do not understand its secrets, so we must learn the skills of its usage and understand the programs that we have accepted that have blocked our facility. As you may have guessed the search for these secrets and blockages will gain you great insight and development in ways you never thought possible.

"Everyone can perform magic, everyone can reach his goal, if he can think, wait, and fast."

Herman Hesse, *Siddhartha*

Suggested reading:

1. Napoleon Hill, *Think and Grow Rich*;
Grow Rich with Peace of Mind
2. Mark Fisher, *The Instant Millionaire*
3. Hazrat Inayat Khan, *Sufi Message: Vol iv, The Mind World*

(Thanks to J.R. Collier, financial consultant and entrepreneur in San Francisco, Ca.)

NEURAL, Cont.

For example, the network first calculates an output based on the inputs from January, 1985, then the training program compares the output of the network to the actual Dow Jones average for January, 1985. The error, if any, is used to change the 'weights' between neurons in the network, thus changing the strength between its internal connections. This 'trial and error' process continues with many, many passes through the rest of the data in the training set until the network reaches the specified level of accuracy. A network might take hundreds of thousands of cycles through this monthly data to 'learn' it. Once the error is low enough, the input could be this month's data (the CPI, oil prices, interest rate, and GNP) and next month's Dow should be output. Are you going to trust it?

RELIABILITY—Like the humans whose brain structure they mimic, neural networks have a certain degree of unpredictability. In our Dow Jones example above, even training for several million cycles (a few weeks of computer time) might not get the network to the point of predicting next month's Dow Jones average accurately, maybe 20 years of training data is needed, or maybe more neurons are needed in the network to 'learn' all of the data. There are other mathematical problems with training that include setting parameters properly for changing the 'weights' during training, feeding back the error correctly, and choosing the 'right' configuration for the network. Any one or a combination of these factors could cause the network not to 'learn' or to have unpredictable output. Unless every possible input is tried, there is no way to be certain how the network will behave under all circumstances. If the network is controlling the autopilot of an airplane, what level of accuracy is acceptable (will each network need a pilot's license)?

A related difficulty lies in the inability of the theorists to explain how neural networks solve problems. The internal representation (the connections between neurons, the weights that results from training are so complex that they defy analysis in all but trivial cases (usually only up to several neurons).

CONCLUSION—Neural networks provide an exciting alternative to conventional artificial intelligence in getting computers to perform complex automated behavior. For some problems, such as image compression and financial forecasting, strong arguments can be made that the neural network is the way to go, but for other problems, such as electronic Bach, the jury is still out. It is important to notice that in many areas where neural networks appear promising, they have been tested only on severely scaled down versions of the problem, otherwise why wouldn't all stock brokers use the Dow Jones predictor network to make a bundle of money. It remains to be seen whether larger neural networks (millions of neurons) can be trained as easily, or perhaps whether new techniques can be developed to speed up and improve the quality of training. Even

(Continued on page four)

HERBS FOR HEALTH

Janet Snowden, L.Ac, O.M.D. brings us two more readily available herbs to enhance our longevity lifestyles, and two more fine line drawings to aid in identification. For more information, write Jan at P.O. Box 6342, Silver City, N.m. 88062

SMILAX OFFICINALIS, also known as sarsaparilla, catbriar, and green briar, is a member of the lily family—liliaceae. It ranges from New England and Indiana to Florida and Texas, and yet further south into central and south America. A perennial woody vine with prickly stems, it bears dark green and ribbed oval or heart shaped leaves red to purple berries appearing in late summer, and a large underground stem. It is found in thickets climbing by means of its tendrils, often enveloping trees or bushes that are in close proximity.

Its name sarza: a bramble, and parilla: vine, is derived from being exported to Europe from Central America by the Spaniards in the 16th century. It gained attention as a potential cure for syphilis and up until the 19th century was established for use as an alterative in rheumatic, syphilitic, scrophulous and dermatological conditons. Though no longer used for this purpose except in China, it is recognized for its value in aiding elimination of uric acid. Commercially it is used as a flovouring in soft drinks.

Diaphoretic, alterative, diuretic and tonic, it was once widely used by the American Indians as a blood purifier; it has been known to treat skin disorders (especially those caused

by blood impurities), chronic liver problems, V.D., herpes, rheumatism and urinary infection.

The current Chinese pharmacopeia states that it can neutralize mercury poisoning and is effective in the treatment of syphilis, particularly in the secondary and tertiary stages. It combines well with sassafras, burdock, dandelion root and red clover. Make a dried root decoction.



Smilax officinalis

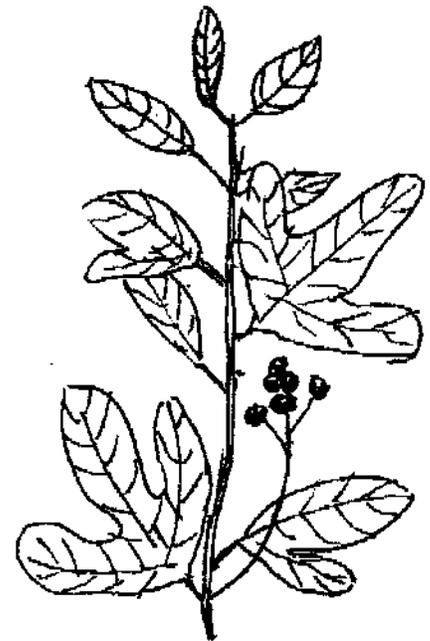
SASSAFRAS ALBIDUM, also known as Ague tree, Cinnamon wood, Saloop, and Saxifrax, is a member of the laurel family-Lauraceae. A native of North America, it extends from Maine, S. Ontario and Michigan to Texas and Florida. This aromatic deciduous is found in thickly wooded areas and may grow up to 100 ft. in height and 6 ft. in diameter though it is generally small: 10-20 ft. and sometimes shrubby. The leaves are oval, mitten-lobed or tri-lobed, bright green with downy undersides in summer turning to rich shades of yellow, orange and red in the fall; greenish flowers transform into a dark blue fruit which ripens on red pedicels in midsummer; the reddish brown bark contains many oil cells (especially root bark) which exude the familiar aroma of root beer.

Originally used by the American Indians as a cure for diverse ills including syphilis, it was discovered by the Spaniards in the 16th century and shipped to Spain and the rest of Europe.

In Louisiana the leaves are still

dried and used as a condiment in bases for soup stocks and sauces including the well-known Cajun dish Filet Gumbo. Sassafras oil is used in food flavouring, tobacco flavoring and perfumery. The properties of sassafras root bark are antiseptic, stimulant, carminative, diuretic, and diaphoretic.

The root bark is decocted into a tea for use as a blood tonic and blood purifier; as a folk remedy for stomach aches, gout, arthritis, rheumatism, high blood pressure, fevers and skin eruptions. The mucilaginous twig pith and leaves may be used as a wash or poultice for bruises, ulcers or eye ailments. Traditionally it is combined with sarsaparilla to induce sweating. Decoct and add honey for a delicious tasting tea.



Sassafras

NEURAL, cont.

with the fastest computers today and the most complex networks, the technology is still far from the complexity of an animal brain, much less the human consciousness, but the challenge of playing the creator has always been an enticing one for humans, hopefully it won't be a responsibility we will take lightly. (Thanks to Paul Electrical Engineer at Batelle in Seattle.)

POTTS WAY WITH WORDS

Snow in 3 Acts

White falls forming
angel food sheet cakes
on the hungry
window ledge.

Well fed flakes race
in an infinite army
silently screaming
"Bonzai."

Late model cars
hide
under white cloaks refusing
to start
the day.

(Thanks to Andrea Potts, of San Francisco!)

**CURRENT, Cont.**

And speaking of prosperity, a special message to all the **Geminis** whether by Sun, Moon, or Rising: This is **YOUR** year for occupational success. Both Jupiter and Saturn will be trining Gemini throughout '93. Say, "Yes" to every opportunity that the environment offers, and be willing to do the dirty work. It's an unbeatable combination in any year, but especially this coming one.

As for the rest of us, we have quite a year ahead. I have talked ad nauseum about the **Uranus/Neptune conjunct** which is exact throughout 1993. All those changes I've been predicting are eminent. See past issues of *Longevity Circuit* for more on this. But to recap it's new energy bringing creative solutions and the breakdown of old structures. Be prepared for the unpredictable and unasked for brain level states. Also watch for an increase in interest in Virtual Reality systems, Neural Networks and any escapist tendencies through electronic devices, and that includes those monsters, television, Nintendo, the telephone and Game Boy! Of course if you're using any of these appliances for work, then of course they are fine companions! (I just said that so you won't feel guilty...)

Add to that volatile conjunction the fact that **Saturn and Pluto will be in a squared** relation to each other and you begin to see the intensity developing. Destiny and Obsession confront each other. Push comes to shove, an immovable object meets an equal driving force. The square is developmental, confrontational and change effecting. Since the whole planet is receiving these energies we can expect alot more difficulty, frustration and incipient anger arising among any peoples or experiences demanding to be heard: The disenfranchised in any area be it financial, cultural, racial, or political. In your personal life you will feel cheated, or treated cold-heartedly and want to make demands to improve your position. You will be able to but at great expenditure of

energy and tenacity. You will also be able to use the Uranus/Neptune Conjunction to give you intuitive and unusual solutions.

To this soup, **enter Jupiter**, bringing in another **Square**, this time to the **Uranus/Neptune conjunct**. Now we can add exaggeration, additional confrontation, self-aggrandizement and the need to keep up appearances. Oh Boy, what a year! With Pluto entering his last degrees of Scorpio we can expect alot of polarizing.



But that's not all folks, if you like this excitement you can also relate to **Mars in Cancer**, the planet of anger, energy and action which is **also squared the Uranus/Neptune conjunct** though April 1993. What we are looking at here, big time, is alot of emotional dumping, volatility, expressing heretofore repressed hostilities openly and confrontationally on a very personal level. You have two obvious choices: deny your anger and let others mirror it to you, or express you anger to those who you've been avoiding; OR find a neutral in-between way: siphon your angers into something productive like a project, an occupation, a creation.

All of this is going to create more stress. And if you have been thinking you have more time to get ready for the BIG Event, the End Of the World, the Holocaust, The Rapture, The New Age... well, you're in it already. Happy New you! (as Swami Nityananda was wont to say.) Also one of my clients recently taught me: spell **"STRESSED" backwards.** And Happy New Year, too!

SOLAR NUTRITION

EATING ON THE RUN

"A little of anything is medicine for the system, too much is toxic."

"There is a time and a place and a season for everything."

(IT'S NOT WHAT YOU EAT, BUT WHEN YOU EAT IT.)

How often does one say, I can't eat 'Solar' because of the Christmas holidays, or because I work, I'm on vacation, I'm too busy, etc. Actually solar nutrition lends itself to any kind of lifestyle. If you were a gourmet cook before switching to eating on time, then you can still be a gourmet; if you've been a fast food junkie then you can still be one! Of course the better quality food and preparation, the better for the body. Nevertheless, some people are caught in the fast lane and don't have the time to give to the best preparations. Actually, one's life can take on a less tense flow just by watching the timing of the food so that eventually there will be the allotted time for correct eating. But you have to start somewhere, and it's usually more practical to start at the beginning!

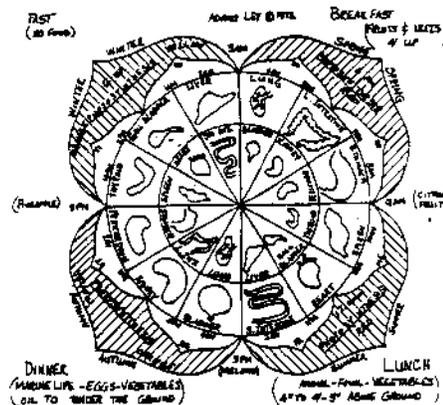
So here are some fast-food tips:

Morning: Keep a bag of raw, natural, unsalted Almonds in your car and eat them on the way to work. Or keep a jar of soaked almonds in your business refrigerator. Eat a raw apple in the car or any other fruit that grows on a tree and is manageable while driving. Take a grapefruit or orange to the office instead of a coffee break. Or keep canned citrus juice frozen in the freezer and spoon out a little and add to water around 10 A.M. Remember, citrus is eaten alone. Have your coffee before or after. Take cocoa and maple syrup to the office. Keep it on hand. Volunteer to get the office coffee and make it Folgers! Have rice crispies and a banana with almond milk at home. Try almond butter on a rice cracker.

LUNCH If you're not a vegetarian

have a hamburger but try to find a place that serves meat not contaminated by hormones and other drugs. Have a salad, or at least lettuce and hopefully a decent slice of tomato for the nitrogen balance; and if your life style allows, have a glass of red wine to help break down the tissue and make it more digestible. Or have a salad at a salad bar and select only those vegetables that grow on top of the ground. That means, skip the onions (P.M.) and the olives (A.M.) for example. Since most of the foods humanoids eat grow in the middle of the day, lunch is the easiest meal to accommodate. Since this is a holiday season, remember alcoholic beverages are also imbibed by the timing of their food: Beer, wine, grain vodka, etc. (A bloody mary also gives you vitamin C and a little silicon from the celery, but

SOLAR NUTRITION



skip the black pepper and ask for cayenne instead!) are middle of the day drinks. In the afternoon, stock up on bottled juices: cranberry, grape, raspberry, etc. Keep them on hand for an afternoon lift. A piece of strawberry pie, or blueberry or cardamon or poppy seed cake are also good for those afternoon blahs. Most fast food chains and bakeries can easily accommodate you. Although these sweets may have an ingredient or two that are not strictly solar, such as the egg in the cake, at least it's a beginning and gradually you will find more and more products that are completely on time. If you come

home beat at the end of a stressfilled work day, put your feet up with a really good glass of wine and relax: Even the bible says, it's acceptable to have a little wine for the stomach's sake.

Evening. Quite frankly, most people have the greatest difficulty figuring out a solar dinner. There are less foods to choose from and besides the problem of being tired and having little time, there can be a boredom challenge as well. However, there are solutions: a baked potato with ghee, garlic and saute'd mushrooms, or even, yuk, canned mushrooms. Canned tuna or salmon takes no preparation. Make a big pot of vegetable soup with miso and package it in dinner sizes in the freezer. A good liver therapy soup would incorporate onions, carrots, garlic, ginger, and beets. You can add mushrooms, turnips, potatoes as well for added heartiness. Or, how about a watercress salad with radishes and raw carrots? Add a hard-boiled egg for extra protein. Caviar on toasted rice bread, sushi or sashimi (but be sure to drink a little saki to protect yourself from any undesirable life-forms living with the fish!) are other possibilities. Did you know that Thai and Chinese food are easy solar solutions for nighttime? These recipes often fall naturally into the nighttime category. Don't forget the nighttime beverages: pineapple juice, aloe vera and 100% agave tequila. Take together for a liver toner. Or potato vodka, or saki which comes from rice. Read the labels.

And finally, remember all you solar nutritionists out there, Swami Nityananda provided us with a life saver when all else fails: bless your food. And remember during this holiday season that any food cooked in love in your behalf is not worth making an issue over. Yogananda once told an initiate of his who was making an issue about some chicken presented for lunch that the love in its preparation was more important than being rude warranted.



EATING SOLAR ON THE RUN. See page 5

MONEY AND THE NEW AGE. See page 1

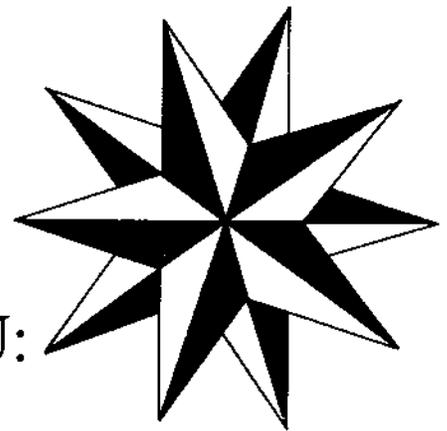


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FIRST CLASS MAIL



A SPECIAL MESSAGE FOR YOU:

**May you enjoy the happiest of holidays
and a New Year filled with
prosperity, joy and health!**

With Love from
 Ginger