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LONGEVITY CIRCUIT

The quarterly newsletter dedi-
cated to perpetuating techniques
which contribute to a longevity
lifestyle. **PLEASE SEND YOUR
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XYPPENT TPENΔΣ

If this looks like Greek to you, it is! But then, everything is going to look like Greek to all of us this year. So everybody, quick! Take a big breath and **JUMP!** Things are just not going to be the same anymore. What's going on? Two outer planets (which is the description given to planets that are not visible to the eye, and therefore "transpersonal") Uranus and Pluto are leaving their old digs behind and settling in new quarters. Uranus, the Revolutionary, and Pluto, the Fascist, aren't playing the same game any longer so it's up to you to learn the new rules to keep your winning hand.

In the last issue of *Longevity Circuit* we took an in-depth look at Sagittarius in preparation for Pluto's entrance this year. Since January 17th Pluto has been occupying 0° of Sag. And with a retrograde motion beginning on March 3rd, he will stay there until April 21. Uranus, on the other hand is making his entrance into Aquarius on April 2, and will also remain at 0° until June 9th, including a retrograde motion on May 5th. These prolonged periods

Continued on page 4

Sound-The Music of the Spheres

It is not really known when music became associated mathematically with the stars and planets but some say as early as 6 century B.C. in Babylonia, which is often given as the source place of Astrology as well. But we do have Pythagoras on record as the 1st Greek who defined the universe in terms of music. It is he who gave us a tonal scale with 8 notes based on the intervals of the planets between the earth and the stars contributing the idea that sounds emanating from each stellar or planetary body contribute to all life including us Earthlings. Kepler in the 1600's mathematically worked out the orbital ratios of the visible planets giving us a scale and octaves that are very similar to what we have now. Even though Pythagoras changed his tune (pun intended) the 3-fold nature of music was born: the Music of the Universe that most cannot hear, the music of the Earth that some can hear, and the music of men, instrumental music, that all can hear.



The Eastern world also evolved its own approach to music at the same time. India got its music from the God Siva who translated the cosmic sounds into earthly music for his wife, but it took Brahma to pity human life and to give music to Earth, which is why Saraswati, Brahma's consort is worshipped as the Goddess of Music. For those who are Swami Nityananda Saraswati's students, you will well remember the healing music that he gave. The ragas and raginis come from this period in history, as well as the concept of "Nada" which says that vibration is the cause of

Continued on the next page.

SOUND

creation and our music mirrors that creation. *Nada* recalls the western idea of the three-fold nature of music since it connotes the musical, the physical and the metaphysical. Initiates of Shabd Yoga are aware of the cosmic sound current.

Using the elementals and the harmony between the earth and the heaven, Yin and Yang, the Chinese developed the 5 tone scale. Still in current Traditional Chinese medicine, a Chi Gong practise entails sounding the 5 tones of the 5 element law representing the five basic organs of liver, heart, spleen, lungs and kidney.

The Bible states that "In the beginning was the Word," indicating that sound is the origin of our physical existence. As technology has begun to describe scientifically what the ancients have known all along, we find that sound can be broken down into the brain level states of beta, alpha, theta, delta, and omega. These brain waves define states of creativity, meditation, bliss and in the case of beta, the monkey chatter brain state of internal dialogue. Music has been used since early times to induce different brain states. Music can induce anger, war, peace, etc. It's not surprising, then, that with technology we can use sound to heal. Even Western medicine is using sound to blast apart kidney stones, thus reducing the risk of major kidney surgery, and to determine the sex of unborn children, etc.

In alternative health care, specific notes are directed to the ear to tonify and heal deficiencies. Those of you who studied with Swami Nityananda Saraswati in the early 70's will remember the unforgettable teaching retreat he did with sound. An initiate had brought a Steinway piano to the ashram, and by correlating the notes on the piano with the chakras and places of dis-ease on the human body, sound was physically transmitted from the piano via

the "healer's" finger to the one needing help. The technique is very similar to the Chinese Chi gong technique in that the hands and fingers are the conduit for the sound of the voice. Since we all heard the notes, we were all benefited. From there Adano (Swami's familiar name) branched out into audio tapes of recognizable music using theta and delta mixing for general healing. Just before he left the body he was teaching the scale of the human body and how vibration can tonify and heal, and was preparing audio cassettes with pure tones for general distribution.

Technology continues to offer new approaches. At Longevity Life-Styles in Santa Fe, we are using electronic equipment and computers to break down a person's voice into its' 12 tonal components and using these notes, frequencies and intensities, to identify emotional trauma as well as basic and trace mineral, hormonal, and nutritional deficiencies, and to supply the necessary tones to regain homeostasis and health in the body.

We hope soon to have audio tapes with the balancing tones that we can provide clients who don't have musical instruments at home, or who want more rapid balancing with deeper sounds in the theta or delta ranges. One of our colleagues, Jeanne Kreider, a Naturopath in Seattle, Washington, who is trained in physical healing is using sound in treating the so-called untreatable, those with chronic and life-threatening illnesses. This is very exciting work and shows great promise.



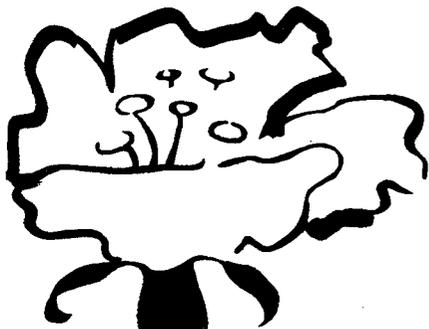
Some quotes from the *Mahabharata*. (It's a great video. Check it out.)

Krishna said, "Resist what resists in you: Become yourself."

The storyteller, Vyasa: "There are some acts a word can check. Others nothing can stop."

Kunti: "If you fear death, why were you given life? Burn like a torch, if only for an instant."

(and breathe)



Calendar

Three months at a glance

March

20th: 7:14 PM MST. The Sun enters Aries: The first day of Spring. This is an equi-nox meaning equal days and equal nights because the Sun is directly over the Equator. It's moving northward toward the Tropic of Cancer (Summer).

24th: At last, Mars goes Direct at 9:18 am MST, making a station at 13° Leo from March 7th to April 7th. I know this is getting old, but Mars in Leo runs very hot, tempers flair and unconscious anger can be very physically destructive. Mars rules motor driven appliances and vehicles. Try not to use them when you're seething. Mars also rules the urge to act so put that energy into something creative like sex and other work-outs.

April

1st: The millennium is here. Ha- Ha, April Fool's Day! A very busy day. Honest! Jupiter goes Retrograde at 15° Sag. From now until August 1 make sure all those plans are viable. Check and recheck your ideas. This is not the ideal time to go forward, but to take a reflective look at what you want in the future. Uranus enters Aquarius at 0°. For more on this see "Current Trends." Mercury also goes into a new sign, Aries. That's a lot of fire: the Sun, Mercury, Mars, Jupiter, and Pluto being fanned by the air of Uranus. Write down those rapidly incoming ideas. Capture them on paper for later reflection. Take a cold shower. Exercise. Fall in love with Life, or whatever. Luckily, the Moon moves into Taurus to provide a little earth to keep us grounded.

2nd: Daylight Savings starts. Spring forward! Solar nerds and nists remember to push you meals back one hour to keep the biological time clock in sync.

15th: Full Moon in Libra with a partial lunar eclipse at 25° Libra. An eclipse of the Moon happens because the Earth occludes the light from the Sun and prevents its reflection. Emotions can be blocked now, but this is beneficial for seeing something in its intellectual clarity. If the eclipse highlights a planet or angle in your chart, that will be your issue.

16th: Mercury goes into Taurus. Easter

Have an Easter egg hunt!

20th: The Sun enters Taurus and Pluto moves backward into Scorpio. Pluto will go back to 27° Taurus where it will make a station from mid July to early September. This is "crossing the t's and dotting the i's" period before Pluto's absolute entrance into Sag. Remember the sting of the scorpion tale.

21st: Venus enters Aries (more fire). Love heats up!

27th: Neptune goes retrograde after making a station at 25° since early March.

29th: New Moon and annular eclipse of the Sun at 8° Taurus.

May

4th: Uranus goes retrograde at 0° Aquarius.

14th: Full Moon in Scorpio.

16th: Venus enters Taurus.

21st: Sun enters Gemini.

24th: Mercury goes retrograde at 18° Gemini until June 17th when it reverses its motion at 8° Gemini. Remember to watch communications, travel plans, and contracts. This is especially powerful in Gemini which rules those things. Best to study, get more information and wait until signing anything, or have plans completed before today.

25th: At last, after nearly 8 months in Leo, Mars enters Virgo. Fiery Mars gets grounded. A good place to put your energy now is in the garden, or on the potter's wheel, or in a massage class. Or take all those ideas you wrote down and concretize them now.

June

8th: Uranus retrogrades back into Capricorn to 26° before moving forward again in October.

10th: Venus enters Gemini.

12th: Full Moon in Sagittarius.

17th: Mercury goes direct at 12:51 AM MDT.

21st: Sun enters Cancer. Summer Solstice. Look for the next issue of *Longevity Circuit*.

CURRENT TRENDS, cont.

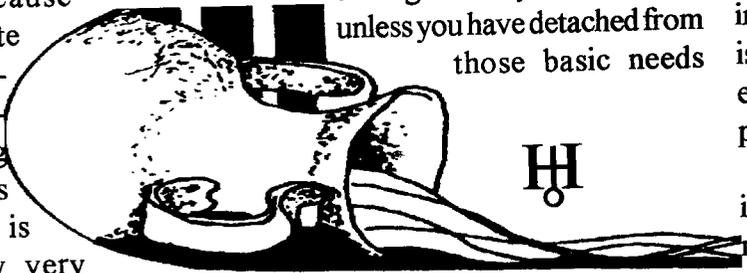


of 1° are called "stations" because the planet appears to be stationary from the vantage point of planet Earth. These illusions of no motion are called "fate" degrees because they indicate that energies are redefining themselves and there is personally very little control. You could call it the making of a new archetype or paradigm, because we humans are collectively being dragged along to a new consciousness. I say dragged, because there are very few people who are willing to change voluntarily; and yet the horoscope is designed to get you out of the whole scope of the horror.

P ✕ **♅** Pluto and Uranus are sextile, meaning they are travelling together harmoniously, but at arms-length to provide opportunity to go with them effortlessly toward a complete and total change of life-style. Together they are the movers and shakers of the zodiac, and working together as they are this last year and all of 1995 and 1996 they are forging a new path. Any planets you have between 26° and 5° will be spotlighted sometime during the next two years.

For the last 7 years these two planets have been in control signs: Pluto in Scorpio, and Ura-

nus is Capricorn. These constellations are known for keeping a tight rein on things although in distinctly different ways. Scorpio is manipulative particularly through money and sex, and unless you have detached from those basic needs



you have been vulnerable in those areas. In general terms look at how basically different we as a country are about sex, now. Pluto in Scorpio has taught us that sex can be dangerous and consequently we have been forced to look at sexual addictions and deviancy. We have been manipulated by sex to change our attitudes to each other in a basic way.

V Capricorn, on the other hand, controls by guilt and fear, particularly the fear of "what will they say if they find out." Here is where the planet of enlightenment, autonomy, and freedom has been situated for the last 7 years. What happened here to change the collective was the expression "Walk your talk." While Uranus was in Sag beginning in 1981-82 we began to believe we were what we thought. Then in 1988, Uranus went into Capricorn and we had to prove ourselves: we had to explore the efficacy of our new philosophies,

test them out, show their results, concretize them. If we couldn't do that, then we either got stuck in verbiage or imagination, or we changed what didn't work. Those of us who were students of Adano Ley know what I mean; suddenly, with his passing, we had to test out his principles and make them our own. Politically we have seen this in the seemingly fickle public who is more than ready to dump which ever side doesn't live up to its promises.

Now the controls are being loosened as both planets are moving into more adaptable environments: Pluto into fire, and Uranus into air, allowing new ideas to emerge into an apparently limitless world. At first that might seem wonderful, but freedom is often ignored or abused by the unenlightened. To be able to utilize these impersonal planets will take consciousness and detachment.

Pluto is already giving us some clues about his new energy. The fundamentally religious new right shows the danger of combining politics and religion and this could include an equally dangerous religious new left! Scott Peck reminds us that our vision of the world IS our religion. Since Sagittarius rules how we perceive our world, there will be big changes in religion during the next 12+ years.

Typically, with Pluto there is the evidence of dis-ease at the beginning; i.e. AIDS appeared when Pluto was just entering Scorpio. The redemption or the restructuring comes towards the end of Pluto's travel through a sign. So whatever is dark, shadowy, malign

Continued on page 6

SOLAR NUTRITION

The Stomach

Solar Nutrition is a method of eating based on timing in order that one may synchronize with the planet, and in so doing, lower stress, conserve energy and live a longevity life-style. It was modernized by Swami Nityananda Saraswati, who said, "Eat your way to butterflyhood." The 5 basic principles are:

1. There is a time, a place, and a season for everything.
2. A little of anything is medicine for the system.
3. Live to eat to get sick.
4. Live to eat to get well.
5. Live to eat in order to live NOT to eat.

Continuing with the organs of the Biological Time Clock we'll take a look at the Stomach Meridian, whose hours for nourishment are from 7-9 am. Healthy people eat breakfast between these hours in order to get the system going. Ingested first, the almonds, (remember, 1 soaked almond for each 10lbs. of body weight) set the hydrochloric acid tolerance for the stomach for the rest of the day. This organ also needs chlorine and vitamin U found in the oil from the olive tree in the morning, raw cabbage in the middle of the day and aloe vera and plantain in the evening. These foods are especially beneficial for people prone to ulcers.

The emotional factor involved in the stomach is the crav-

ing to eat imposed by certain impulses from reproduction. "Stomach people" also have issues with authority, security, and following their 'gut' reactions.

Healthy Vegetarian Solar Nutrition

It seems appropriate to talk about Solar Vegetarian while discussing the Stomach Meridian. Adano taught that not all

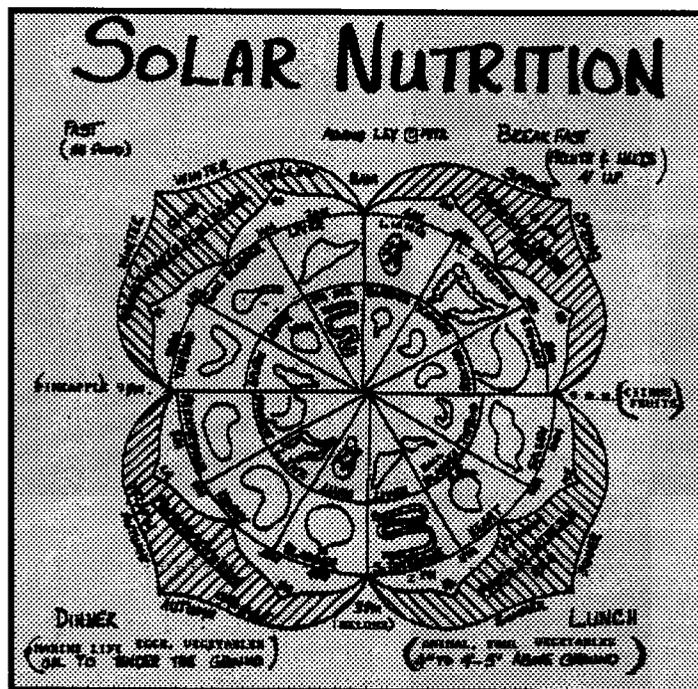
you when YOU ARE a sperm and an ovum!). If you are eating vegetarian for religious reasons, then lunar eating is good for balancing your blood with one of the more acid foods. During the lunar cycle, the three days before the full moon, the full moon and the 3 days following (a total of 1 week) there is greater pressure to push out tissue foods while also balancing the blood. Even Yogananda said that it is possible to have too pure of a body which then has lowered immunity to the current life-style we all find ourselves in.

If you are eating very little meat or other tissue products, be sure to add plenty of Brewer's Yeast to your diet in order to get the B12 that is easily found in red meat and hard to find elsewhere. Eat more tofu as well, and make it yourself if you

prefer the more 'meaty' type.

Eating the foods according to the solar clock assures good food combining for plenty of protein as well as getting the other 4 food groups...and all without a lot of planning and research. In other words, it's effortless!

(If you need the list of foods, send a SASE envelope and a donation to this newsletter and I'll mail you one.)



blood types can be 100% vegetarian, such as the O's and B's. However, A's and AB's can be 100% vegetarian. So the first thing to do is determine your blood type. O's and B's need a slightly more acidic balance, while A and AB need more alkalinity. Therefore, O and B need a little alcohol (St. Paul said, "A little wine for the stomach's sake") or a little meat, fish or egg. (Adano used to say, "How can an occasional egg or bit of fish hurt

Current Trends, cont.

nant or hidden, becomes exposed so that it can be redeemed and restructured. Another Pluto in Sag issue is the so-called "information highway." Here again we find the possibility for abuse from both the general public (have you heard of "flaming," yet?) and from possible government intervention. (The Internet could become the real Orwellian Big Brother we were all afraid of in '1984')

Information is itself becoming a religion. Read Toffler who calls it the "Third Wave," or "Age of Information" (the first being the agrarian age, the second the industrial age.) Buckminster Fuller predicted a mind explosion among other changes for the 90's and certainly one can be quickly left out of mainstream society by not keeping oneself informed. Lack of computers expertise is most often the source of isolation because that knowledge opens the door to information dissemination and integration. This is why Newt wants every person to have a computer!

If you already know that Uranus and Aquarius are part rulers of computers, then you have probably jumped to the same conclusion that I have, since Pluto with his current passion for information is in harmony with Uranus. Computers as retrieval systems for information will become our new Gods. If you don't know how to work one now and you want to stay in mainstream

America, (this includes using your telephone, talking with your children, getting cash from an ATM, etc.) then learn as fast as you can!

But what about those of you who adamantly decide you *don't* want to be part of

the mainstream American techiefreakcollective?

These two planets speak a powerful message about consciousness. Sagittarius rules inner space travel, prophecy, "Dreaming," the transmission of energy from teacher to student, and Pluto as ruler of the masses indicates that these energies could well reroute our metaphysical thinking altogether. Uranus and Aquarius could combine to bring a new quest for freedom. Altogether, there could be a renewal in space travel, interest in or even proof of UFO's, even a heightened desire to "live and die daily in the Lord" as St. Paul did. What this means is that technology and religion could marry, breaking illusions and attachments that keep us in bondage to our true essence.

And if you like working

with computers and "talking" to people around the world instantaneously, AND you are drawn to discover the truth of yourself, well, in the next 7 years you can have both!

In short, Pluto leaving Scorpio and moving into Sag is the difference between remaining in your "story" of drama-trauma and self-destruction (the Scorpio part) or leaving that behind in favor of the new challenge of expanding your life's consciousness by moving into vistas as yet unknown (the Sagittarius part).

This reminds me of an Adano story. In the 70's Adano had been brought an adorable red haired young boy who, while on his bike, had been hit by a truck on the street in Houston. The brain damage had left him immobile and speechless and the Western medical group wrote him off. His father brought him to Adano who saw that if he was to ever regain independence he would have to by-pass the Beta brain level state where all the damage was and live in Alpha as the norm. (Most people live in the monkey-brain chatter of Beta). I just happened to be there when the little boy said, for his first words, "I... am... a... win...ner." The last I heard, the young patient was in high-school on crutches and doing just fine. This is an example of by-passing the trauma. Teachers of Dodzchen and the

Continued on next page



More Current Trends

work of Ramana, Papaji and Gangaji also teach to give up one's history and go directly to the Source.

And finally, Pluto and Uranus in their new constellations take us into the next century, the millennium. The new age is now. - See? It wasn't all that bad, was it? You probably already jumped and didn't know it.

And...

Saturn, still in Pisces, ♄ / ♋ is the energy responsible for the down scaling of dress. Pisces rules glamor, and Saturn constricts or holds back. When Saturn goes into Aries, there will probably be a new look.... Pisces also rules the feet, and Saturn here is responsible for so many sore and aching feet, the podiatrist's dream. Soaking one's ped's in an apple cider

vinegar bath really helps. Since we die from the feet up, it's really important to listen to that part of our body and take good care of it. Foot reflexology is one of the best ways to keep the body healthy. If you haven't already, do try it as a viable alternative health practise... Uranus in Aquarius ♃ / ♒ is probably responsible for the freedom or die attitude we see in such groups as the Texas based club that offers a \$500 reward to those who kill in self-defense.... Pluto in Sagittarius ♃ / ♏ is responsible for the changes in the legal system you'll be seeing soon. Maybe legalization of marijuana, changes in the court system (read The Law), thanks to O.J.; and religious and educational changes. The bottom line with Pluto is

money, and no matter what religious affiliation you espouse, or which governmental party, money will be the mover and changer. Since we spend more money keeping a pot smoker in jail than a murderer, and since lengthy trials, religious institutions and educational issues cost taxpayer money, look for some changes here as well as in election laws... Briefly, other issues to watch for: Who will be the next Pope and will there even be one?... Latinos will become an emerging cultural power.... NAFTA and AFTA and the breaking down of national boundaries for the sake of trade.... Jupiter will be in Sag all this year, his home. He will inflate the Sag principles already activated by Pluto: i.e. expansion, law, religion, foreign cultures, trade, philosophy, travel. If these are your interests, you're in luck! Jupiter and Sagittarius are naturally lucky anyway

A Prayer for my children

How can I--whose chaos
Is no secret--ward off blight,
Erect a sturdy fortress
Against the untoward? Raccoons
Uproot the fence, clambering
Mannerless on my turf.
Mites flourish in my garden.
Can I produce protection?

...First freeze finds us ready,
To call a winter's truce.
But frigid February
Brings dreams of seeds and sun.
Sweat and stings forgotten,
We plot regeneration.
In my sprouting children
May there grow an urge
For coaxing sweet abundance
From dense, rock-ridden chaos.

Heather Catto Kohout

In the wind of silk
slowly
I rise
towards emptiness

feelknowing light
dancing in the spaces
warm warming
the nothing know of seem

slowly,
ever so very slowly,

lest fright's
colding
statue me
into a thousand pasts

and

shadows
rim
my
stillness
with echoes
reverberating beyond now.

Jill Peterson



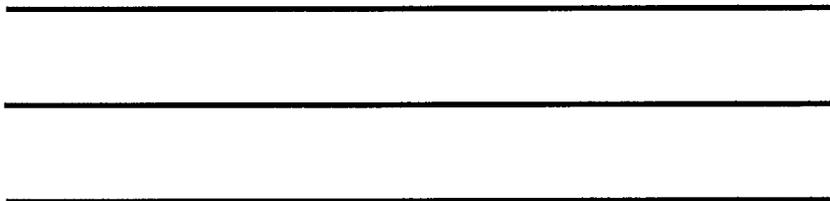
Tam Junction

I'm typing in my underpants
and it's a shame
those well toned thighs
only get peeked at
by my typewriter keys.

Andrea Potts

POETRY

(Longevity Circuit readers are great poets
Send yours, too!)



First Class Mail

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Dear Friends.

Our trip to Maui to sit in Silence with Gangaji was everything we had hoped for and more. This American woman who has received the transmission from her Indian teacher, Poonjaji, of the lineage of Ramana, shows by her example that all who want to dive Now into the Ocean of Bliss, can. It has meant alot to me to be with a woman teacher for it narrows the gap and removes the excuses to be what I am. And there is no conflict with Adano's teaching: Adano taught us how to live to live, Gangaji shows how to die to ourcells. In the tradition of Adano, she does not advertise or charge for her satsangs so if you want more information about her schedule or to obtain the newsletter, videos and cassettes, write the Gangaji Foundation, 2702 6th St., Boulder, CO 80304; Phone: (303)449-6325.

Spring has sprung, the grass has riss, and so has postage! As you know I send this newsletter regardless of any donation but my expenses have increased, so I am forced to reduce the amount I send. If you would like to help by sending a donation I will greatly appreciate it.

Happy Vernal Equinox, or Easter, which ever you prefer. No matter: this is the season of hope, new life, and growth. May all *Longevity Circuit* readers experience it all.

Love, Gangaji

