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LONGEVITY CIRCUM

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



The Bomb

When we look at the horoscope of a country and its rulers, we are using an ancient system called **Mundane Astrology**. Once it was the only astrology and was used to determine the safety of the sovereign, the best time to go to war, etc. Psychological astrology for individuals as we know it today is very new. The three Wisemen mentioned in the Bible were actually astrologers to the kings of their respective countries. Mundane astrology has been notably used in our modern times during World War II by Hitler and then in England (to determine what Hitler's astrologers were predicting!) and consequently the English astrologers predicted that the allied countries would win.

In looking at the mundane chart for the United States, we have to select one chart to use out of the many that have been drawn up for the USA.
(continued on page 4)

Location Analysis and Self-Esteem

Finding the right geographical location on the planet to accomplish or develop a particular talent comes under the province of *Location Analysis*, the astrology of determining where certain energies have stronger influences and when you are 'under' one of those influences your tendency will be to develop or integrate that energy into your life. Adano Ley used to say "the where" was for your pocketbook and commended location analysis for finding one's best geographical place to make money. (He also said, "the when" was timing when you eat your food.)

There was a provocative article in *The New Yorker* this Spring (March 13, 1995) that caused me to look at Location Analysis in a new way. The article dealt with the idea that violence in America is a biological problem due to serotonin levels in the body. The gist of it was that the biochemical, serotonin, a neurotransmitter, is related to status and acceptance and is the body's way of mediating lack of self-esteem and impulsive aggression and thus creating the desire to take risk to confront established authority.

What is particularly interesting was learning that serotonin levels rise when social acceptance rises, and lower when one's status is lowered. To quote, "The... hypothesis is that low self-esteem (and low serotonin) is evolution's way of equipping us for low status should our situation not be conducive to elevation." This thesis is part of a new premise called *evolutionary psychology* and is particularly interesting in these times of problem solving with drugs. The article made me look at what other alternatives we have.

(Continued on the next page)

Location Analysis and Self-Esteem

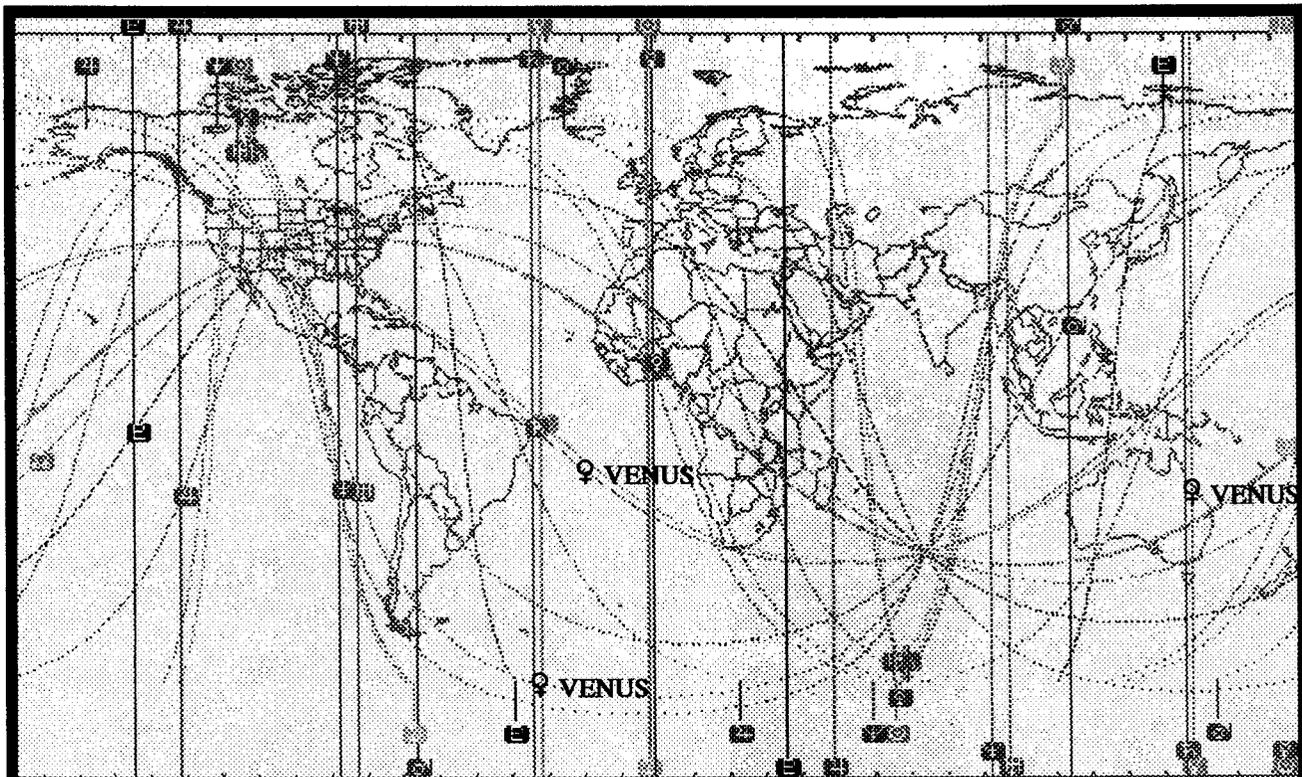
How can one change serotonin blood levels, or must one otherwise be content with lowered status? Taking serotonin is the obvious choice to change self-esteem but that requires a doctor's prescription. The precursor to serotonin is the amino acid, tryptophan, but recently due to a bad pharmaceutical batch in which a couple of people died, the FDA has banned the sale of tryptophan to the general public so one cannot take it as a supplement legally. That leaves us with our daily diet to provide us a sufficiency. Because Solar Nutrition recognizes that all emotions are biochemical, we can use the principles of timing inherent in solar nutrition to take tryptophan during both the noon meal and the evening meal where it is found in greatest abundance or intensity. (The specific foods

are listed in the article on Solar Nutrition on page 5)

But since serotonin levels appear to be dependent on *perceived* status we need something in addition to nutrition. This is where "location analysis" enters as a possible solution.

Location analysis is based on two computer programs that locate the places on Earth where one can experience the most activity of a particular planet. In one program these areas are associated with the angles in the birth chart. In the other, these areas are associated with the paths of energy that the birth planets were cutting through the cosmos. With either system, if you live near a "line" you will be experiencing that planet's greatest resonance and will be aided in developing those qualities in yourself. Suppose you want to find romance, then you would look for the planet Venus on your location map of the world. In the location map below are planet lines showing the paths of energy around the globe. Under the influence of a Venus line one would expect to find intensified energy relating to love, romance, creativity and money. Research bears this out: location analysis is amazingly accurate as anyone who has checked it out will tell.

Continued on Page 6



Map of the World with Location Analysis Lines.



Calendar

Three months at a glance



June 17th, 12:51 am mdt, Mercury goes direct. Since May 24th, this planet of communication has been moving backward through the sky. This apparent motion causes travel plans, communications and negotiations to become muddled. Now you can make new plans, although I want to remind you that Jupiter is still retrograde until August 2 and this planet holds the focus for big plans for the future. Mercury is more surface oriented and teaches us that words tossed out of the mouth lightly can have big repercussions; Jupiter involves plans that can execute our world view. (Also in May, the 25th, Mars finally entered Virgo after nearly 8 months in Leo where it manifested as anger, car accidents and arrogance for a lot of people. In his new constellation Mars is more grounded, organized and detail oriented. You may feel the urge to work with your hands as in crafts, gardening or message therapies now.)

June 21th, 2:34 pm mst The Sun enters Cancer. This is the Summer Solstice, when the Sun appears to stop and we have the longest day of the year.



July 4th is not only Independence Day, but Venus moves into Cancer during all the evening festivities. If you feel more sensuous, touchy-feely, or want to stay at home that's normal for this placement.

July 5th Saturn goes retrograde at 24° Pisces his placement since June 7th to August 5th. If you have that degree in your chart don't be surprised at feelings of heaviness from delays and responsibilities. Remember this energy comes to put us back into the right timing, to indicate areas of guilt and fear that need

dissolving.

July 10th Mercury enters Cancer. You'll feel increased intuition, have communications that are warmer, and more emotional.

July 12th Full Moon 4:49 am mdt

July 21st Mars enters Libra. There may be more battles on the homefront with this energy: open warfare and confrontations. Men use this energy better than women who tend to be unconditioned to the urge to have their own needs met, but some men may find their female partners are more demanding now.

July 22nd The Sun enters Leo. The Sun's at home in Leo which may be one reason why so many people go on holiday during this time.

July 25th Mercury joins the Sun in Leo to bring out our creativity in speech and the need to be heard.

July 29th And Venus joins the group in Leo: altogether wonderful energy for parties, fun, creative self-expression.



Aug. 2nd Jupiter goes Direct at 5° Sagittarius. Altogether he will maintain that 5° for 5 weeks. If you have a planet in your natal chart there, be sure to say "Yes" to everything that comes along that fattens your wallet or makes you feel good. For the rest of us this forward motion is what we've all been waiting for! Jupiter is our hope, our prosperity and our luck. Being retrograde most of the summer is not easy for those short of patience, but it's excellent for confirming, checking, and preparing for those plans we made in the early spring. Now it's full steam ahead

again, but there won't be the time to correct overlooked details: hope you did it before now!

Aug. 8th Pluto also chooses this summer month to go forward again. He's been stuck at 27° Scorpio for the last 3 weeks and has another 3 weeks to go on this degree.

Aug. 9th Mercury enters Virgo: really good for research, study, critical attention to details.

Aug. 10th Full Moon at 12:16 pm mdt.

Aug. 22nd Venus joins Mercury in Virgo. There is a lot of Virgo energy now so don't get too critical, especially of the one's you love and that includes yourself. Concentrate on your art instead.

Aug. 23rd The Sun enters Virgo. Think about your garden, your digestion and how you can organize your life less stressfully. Buy some new fall clothes. "Take a good look at yourself."

Aug. 28th Mercury moves into Libra, joining Mars. Maybe those shouting matches can turn into reasonable communications. Tact returns!



September 7th Mars moves into Scorpio. This is very very intense energy whether sexually or ambitiously directed. It can also be subversive and self-destructive. Don't take it lightly.

Sept. 8th Full Moon at 9:38 pm mdt.

Sept. 15th Venus goes into Libra, her home. Look for harmony, beauty, and balance. Go to the ballet.

Sept. 22nd Mercury goes Retrograde. Make your travel plans and commitments before today!

Sept. 23rd The sun enters Libra, the Fall Equinox. Look for the next issue of Longevity Circuit!

CURRENT TRENDS, cont.

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I have followed Adano Ley's recommendation to use the chart of the birth of the nation as expressed by its symbolic first breath, the entity living on its own with no outside life support like an umbilical cord. For the US that moment was the winning of the Battle at Yorktown. On October 17th, 1781, Cornwallis begged for a truce which was refused by Washington who demanded nothing less than unconditional surrender. On Oct. 19, Cornwallis finally agreed and the Treaty was signed.

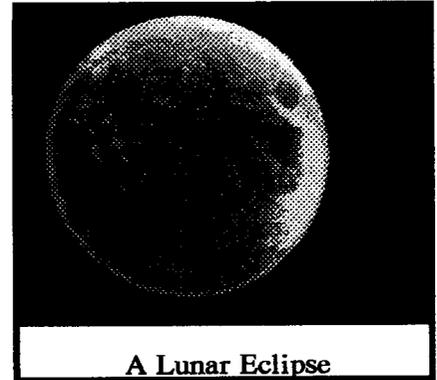
Eclipses - When

What is interesting to note here is that there was an eclipse on October 17th when Cornwallis decided to surrender and that at the same time, Uranus, representing the planet of independence, went through the area we now call Virginia where Yorktown is. (Please see the Location Maps on page 2 and below to see a 'planet line.')

One of the more interesting markers in mundane astrology is eclipses which have proven themselves to be accurate identifiers of significant historic events. Another recent example is the eclipse on January 15, 1991 on the day the US congress voted to fight Saddam Hussein in the Persian Gulf. The subsequently famous airstrike took place within two days. And in this case, at the same time, the line indicating Mars, the planet of war, went through Iran and Iraq.

This year we have had a forceful example of an eclipse as an historical marker: on April 15th there was an eclipse of the Moon at 25° Libra within days of the Oklahoma City bombing. This eclipse exactly conjoined the North Node in the USA chart's 8th house. When an eclipse conjoins a node there is said to be an element of Karma or destiny that cannot be

changed. With the eclipse falling in the 8th house there is the possibility of death, corruption and polarization. My first inclination was to consider an earthquake, which did occur in west Texas, a 5.6 on the Richter scale, but no property or people were hurt. When the news of the Oklahoma City bomb came I knew that this was the



A Lunar Eclipse

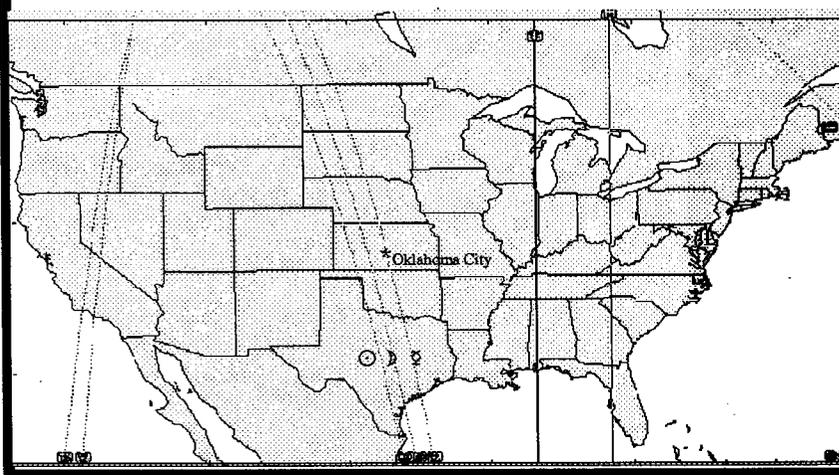
event that was "written in the stars."

Location Analysis - Where

So eclipses as predictors are quite useful, but we would also like to know where the event might occur. Location analysis is the tool for determining where. For instance in the aforementioned eclipse examples, location analysis showed that Uranus was passing through the Yorktown area, Mars was in the Persian Gulf area, and in this April example, Mercury was travelling directly over Oklahoma City! Mercury is the trickster, the con artist, the young person and duality.

Charts done with a computer program called *Astro*Carto*Graphy* plot the eclipse path (which is actually the path of the Sun and Moon) as well as the paths of the planets. The path of the April 15 eclipse swept through Texas from
(Continued on page 6)

Path of the April 15, 1995 Lunar Eclipse through Texas and Oklahoma





SOLAR NUTRITION

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 not get sick.
5. Live to eat in order to live NOT to eat.

The Spleen and Serotonin

As we continue to look at each of the sectors of the Biological Time

Clock, we come to the 4th organ, whose regenerating time is between 9-11 AM. Called The Spleen it regulates the sugar that has just been put into the stomach. Tonifying the spleen also helps the pancreas and the adrenals, which helps to balance many of the mucous diseases.

Since the Spleen represents the emotional attitude of repressed anger, this organ, in a traumatized or toxic state, is often a source of violence due to the

impulsive aggression that repressed anger causes. Working on repressed anger by identifying the authority issues that were not resolved in childhood through regular confrontation also helps.

The original trauma usually occurs when the child is quite small and cannot "stand-up" to an authority that he knows is wrong. This memory of being a child is

the body. Consequently, one of the best "therapies" for the spleen is laughter: it changes rage into cou-rage.

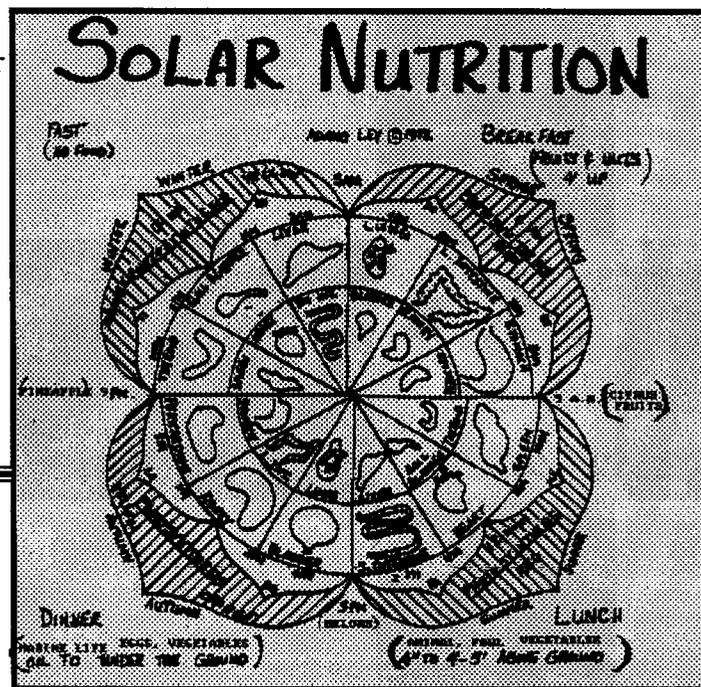
The Spleen figures very prominently in Traditional Chinese Medicine psychiatry, often being the primary force causing an illness. In TCM it is considered to be responsible for too much thinking and worrying about the past or future and unexpressed anger often finds its way into mental tapeloops.

Since the spleen needs inulin, Jerusalem artichokes and jicama are good sources to be eaten at night. The spleen also needs vitamin C and the best source for this organ is citrus fruit, taken between 9-11 AM biological time. (Daylight savings time throws us off by an hour, and the body has not been informed!) But remember to eat citrus alone except

with the almond.

And since serotonin helps mediate violence by building self-esteem, good sources of tryptophan, the precursor to serotonin, are found during the middle of the day in turkey breast, alfalfa, chives, spinach, snapbeans, brussel sprouts, celery, endive dandelion greens, and fennel. At night it is found in tuna, turnips, carrots, and beets.

Bon Appetit!



carried into adulthood and the grown-up acts as if he still feels small.

Many of us have these issues projected onto social authority figures that judge us such as the police, "The Law," God, and any other authority in which you have something invested, i.e. have given away your power. Such rigid, unexamined thinking often results in arthritic conditions requiring detoxification programs for both the mind and

CURRENT TRENDS, cont.

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the Gulf Coast in Texas up into Oklahoma and upward into Canada. For Texas and Oklahoma this meant violent weather, fires, and of course, as everyone knows, the bomb and the death of many innocent people. This combination of mundane astrology, eclipses and location analysis is a strong and useful tool to determine when, where, and what.



For eclipses are said to signify the outbreak of violence, earthquakes and other geophysical disturbances, onsets of war and riots, the death of public figures like kings and presidents and economic or political changes. What happened in Oklahoma involved almost all of those descriptions. And since this eclipse conjoined the Node and fell within 1° of the nation's Sun of 26° Libra, it marks a turning point in our history. There were also several amazing match-ups with the Oklahoma City founding chart.

For one thing it woke this country up to the immensity of some of the national problems we are facing: financial discrepancy, the disenfranchised, the militant right-wing and the awareness of the great number of states with voluntary militias that are storing weapons, ready to take their fears out on the so-called government.

We have been forced to look at the power of the spoken and written word and will no doubt have to take more responsibility publicly despite the freedoms inherent in the 2nd Amendment.

In other research I have done, eclipses have caused a flurry of intense activity but not necessarily of such dramatic magnitude as the ones mentioned here. A lot seems to depend on the path of the eclipse and often it falls in one of our great oceans rather than on land. The eclipse of the Sun we just had on April 29th was thusly located. And its placement at 8°



Taurus did not configure with any planet in the USA chart. So just because we have an eclipse is not cause for alarm: we are already alarmed enough.

We also have to remember we have natural armor: intuition is our best defense and protection. As defined by Swami Nityananda, and many of his initiates will recall this, intuition takes precedence over astrology. Intuition is available to everyone and becomes an increasingly useful tool for those who court it with meditation, a detoxified body

(Continued on page 7)

LOCATION ANALYSIS and Self-esteem, cont.

So back to our serotonin levels. If you want to enhance your status, you could look for a Sun Line that would "spotlight" you. Some Sun Lines allow you to be noticed for doing even a minimal job, illuminating whatever your action and bringing social advancement. With a Sun position your basic vitality and individuality are being expressed in a way that enhances the way you feel about yourself, and consequently we would expect serotonin levels to rise.

Not everyone is the same so some people might feel increased self-esteem by being needed, or by doing the right thing. They might move to a Saturn line. Or those who need to feel intelligent can find status under a Mercury line. And those who feel important being around important people: they will seek out the Jupiter line. For spiritual seekers, the Neptune line lends status, for those who need to feel part of a family, the Moon line is important. And so on for each of the planets.

The big question then is, what gives you status? Some people are content to be big fish in small ponds, and maybe these people have naturally low levels of serotonin from early childhood trauma

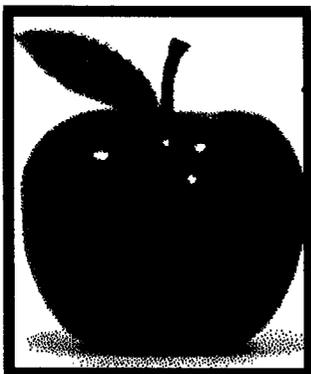


and the natal chart can give additional clues. Some people are appar-

(Continued on page 7)

Current Trends, cont.

and a willingness to listen to it when it speaks, no matter how ridiculous the message. Swami Nityananda also reminded us that the elementals (read environment) came before us and they are here to protect us and correct us, not kill us! And finally, Nityanandaji taught Solar Nutrition and the value of timing, enabling synchronization with the planet so that we can be at the right place at the right time for the right experience. ☺



The temperature of Heaven can be rather accurately computed. Our authority is Isaiah 30:26, "Moreover, the light of the Moon shall be as the light of the Sun and the light of the Sun shall be sevenfold, as the light of seven days." Thus Heaven receives from the Moon as much radiation as we do from the Sun, and in addition 7×7 (49) times as much as the Earth does from the Sun, or 50 times in all. The light we receive from the Moon is one $1/10,000$ of the light we receive from the Sun, so we can ignore that ... The radiation falling on Heaven will heat it to the point where the heat lost by radiation is just equal to the heat received by radiation, i.e., Heaven loses 50 times as much heat as the Earth by radiation. Using the Stefan-Boltzmann law for radiation, $(H/E)^4 = 50$, where E is the absolute temperature of the earth (-300K), given H as 798K (525C). The exact temperature of Hell cannot be computed. [However] Revelations 21:8 says "But the fearful, and unbelieving ... shall have their part in the lake which burneth with fire and brimstone." A lake of molten brimstone means that its temperature must be at or below the boiling point, 444.6C. We have, then, that Heaven, at 525C is hotter than Hell at 445C.

MORE POETRY

SCRATCH FARM

Fat lazy mosquitos mate
on the ceiling of my closet
Raw itchy hands
go, in for the kill
clutching
the latest issue of Vogue

Andrea Potts

Location Analysis, cont.

ently endogenously high in serotonin and are willing to achieve public status, despite early childhood trauma or are significantly programmed in early childhood to achieve, creating high serotonin levels. These are issues we just don't know enough about yet. In fact status is a highly complicated area for in just one day any one of us can feel both rejected and accepted by a myriad of inputs.

To get the best out of location analysis to raise status levels, the two questions you might ask yourself are: What makes me feel good about myself, and how much of it do I need? Once you answer those questions, you have the information you need to look at your own location map of the world, or if you are committed to living in this country, the map of the U.S. Look for

the lines that meet your status needs and move there!

Some readers of LC might quarrel with this idea of moving someplace to get what you need, although Swami Nityananda frequently referred to location analysis when helping people find their right place for making money. Some committed seekers could have a completely different approach in which status is based on 'non-status,' giving up all desires and surrendering to the will of God. In this approach one has been released from one's astrology altogether and consequently energy lines have no effect. There will be joy and gratitude expressed under any circumstance without regard to its effect.

If you have not reached such equanimity yet, don't worry. Perhaps living in a more accepting or nurturing environment might help.

And as always, Breathe! ☺

CRITICAL MASS

God of unbearable beauty...
Why do you come and go...
Come and go...
Come and go!
Is it because the only absolute
is that there are no absolutes?
Or simply because
you are so un bearable?

Alex Tolleson

If you are interested
in obtaining your own
location analysis maps,
call me at:

(505)983-5911.

These maps are in color and use both of the computer programs referred to in these articles. A telephone consultation to interpret them is included in the package.

A special issue on Violence: Can we predict it? Can we prevent it?

First Class Mail

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Swami Nityananda Blessing the Earth

Dear Friends,

It doesn't seem possible, but with this issue we begin our 7th year writing *Longevity Circuit!* And it has only been possible because of readers like you.

This Summer 1995 issue has had a life of its own. Actually all editions do, but this one has at its core a cohesive topic, the problem of violence and some alternative ways that we can look at it. And since this question of violence affects our planet so directly, I am gifting this picture of Adano. It is a rare photo of a Master blessing the Earth and was taken at his request in 1986. It is my way of saying, "Thanks!" to all *Longevity Circuit's* loyal readers.

Love, Ginger

A handwritten signature in cursive script, appearing to read "Ginger".

