

Vol. 7, No. 4. Spring, 1996

LONGEVITY CIRCUIT

A quarterly newsletter dedicated to perpetuating techniques which contribute to a longevity lifestyle.

CURRENT TRENDS

STRESS

(The 29th Degree)

SATURN HAS BEEN in Pisces for the last 2 1/2 years, a very subtle position that has been hard to resolve if you didn't know what you were working with! It's been like playing in a shallow pond, only to discover it was a lot deeper than you thought and you found yourself in over your head. Emotionally, Saturn in Pisces may have worn you down, just as the tiny Colorado river has worn down the mighty cliffs that comprise the Grand Canyon. And if you have been drawing upon your own flexibility and adaptability, perhaps you are in the process of creating something as beautiful and majestic in your own psyche. It all has to do with



(Continued on page 4)

CAUSAL ASTROLOGY

THE WHEEL WE USE in astrology is endless--not too surprising since the symbol itself means eternity. Since we could say that a circle is an infinite series of dots strung together, similarly astrology contains an endless number of interpretive systems. In this newsletter we have taken brief looks at many of them and no doubt many new forms will be developed as we move deeper into this age of Aquarius, the ruler of astrology!

Another definition for a circle is, a straight line whose ends are at infinity, and we might use this analogy to define causal astrology. Causal astrology is the circle, whereas traditional or symptomatic astrology is the straight line which is all we can see with our limited vision. Yet the straight line is our visible indicator of the invisible circle. Traditional astrology which is reading the wheel at face value is wonderful. It tells us when to expect stressful encounters and minimizes them if we prepare for them. It's the old 'carry an umbrella if you know it's going to rain' idea. And it works, and works well. I have often referred to myself as the invisible-weather man for astrological energies can't be seen with the eyes, but they are surely present!

It is interesting to note that one of, if not the original type of, astrology was "mundane" astrology, the astrology for kings and nations. It comes from the root word *mondus*, meaning world or worldly, and today has come to mean ordinary. Webster's Dictionary says, 'belonging to the world and having no concern for the ideal or the heavenly.' That's the

(Continued on the next page)

Causal Astrology, Cont.

perspective that has given astrology such bad press with the fundamentalists. Detractors of astrology are focussing on the worldly expression of this great art/science, not realizing that causal astrology, as well as esoteric astrology are two of the disciplines that focus on the meta-physical.

Causal astrology is born out of health astrology (which used to be called medical astrology) an ancient and traditional astrology that diagnosed illnesses particularly delineating symptoms and their correction. In ancient times, doctors had a working knowledge of astrology at least to some extent, and even today we find a great deal of interest in using astrology to determine best surgery dates.

To my knowledge causal astrology was first formulated by Swami Nityananda (Adano Ley) and given to some of his students who are health-care practitioners to solve an ordinary dilemma: how come so many people spend so much money endlessly correcting symptoms which will always come up in life; and they keep looking for therapy to correct them, never finding the therapy to correct the cause? Adano realized that trying to heal symptoms will only make them come back, whereas controlling the cause will not allow them to build up. Such is the stuff that causal astrology deals with.

Causal astrology is not for everyone. Working on the causal level is called a causal confrontation and is rarely attractive to anyone until he/she has reached the end of the mundane rope, so to speak. Being the humanoids that we are, we look for the band-aid first, the quick cure, the easy way out. Only when the frustration from being stuck reaches its peak do we search out the deeper truth. This is why it is called a causal confrontation: the confrontation is not

between the astrologer and client, but is between the person and himself, the me vs. the I. It's the difference between playing the role as a victim or playing the role as an academy award performance.

Causative and symptomatic conditions are like the left and right hands. On the one side, we have the symptomatic nature which will always be with us: "They got enough buildings out there catering to the symptomatic." On the other hand, uncovering one's causal nature can give an extra push to rise above the symptomatic level so a person doesn't feel strapped or defeated. And we all know how destructive defeated people can be. When trauma reinforces the symptomatic feelings to be equal with the causative level there is such intense self-destruction that it becomes imperative to stimulate an extra push to be a winner in the causative nature. This is why the expression, "It could be worse," releases pressure.

We all have a "causal organ." What this means is that the organ represents symbolically a central core issue we came into the body to work through, and this issue is behind everything else. For one person it might be the "kidney," the life opportunity to release resentment, even though any of the symptoms fail to indicate a kidney problem. For another person it may be the "heart," the need to "give forth" more in order to demonstrate unconditional love. Still another might have "spleen" as the causal organ and be learning how to work

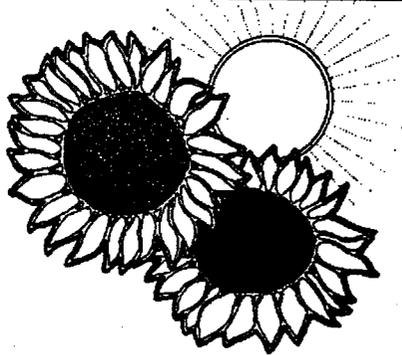


with repressed anger.

The template for these 12 core issues comes from the Chinese Biological Time Clock seen on page 5. And specifically, the individual's natal chart reveals the personal causal organ through the interrelationships of the planets. The natal chart also tells how the causal organ can be nourished, pampered and strengthened so as to keep the symptomatic level of the chart to a minimum.

Knowing your causal organ gives you the freedom to live life from the causal perspective to become aware of your causative nature to function

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Calendar

Three months at a glance

MARCH

[erratum: in the Winter issue of L.C., under March of the Calendar it says that Pluto goes direct. This should have read, Pluto goes retrograde. Sorry!]

RETROGRADES! Pluto went retrograde on the full moon of March 5th beginning the trend of apparent backward motion that occurs this quarter. By the end of spring, joining Pluto will be Neptune on April 29, then Mercury on May 4th, Jupiter on May 5th, Uranus on May 10th, Venus on May 20. Retrograde action signifies that the planets energy is turned inward and acts subjectively. With 3 personal planets and Uranus retrograding in May, we can expect less action and more soul searching in terms of relationships. It matches the season, the time to tend to your garden before the new growth appears. Starting in August the trend will reverse itself, the planets will go direct and we will reap the harvest. It's beneficial to have this synchronicity with the environment, our extended ego: it takes away some of the effort and stress.

March 25th --Mars enters Aries, his natural home. Tempers may flare, actions may take on a sense of urgency. It may feel

like the fast track, but don't get too geared up: See what happens on April 7th.

APRIL

April 4th : Venus enters Gemini pouring on the charm: "Love the one you're with!"

April 7th--Saturn enters Aries (see the related story in Current Trends.) Later in the year, Saturn will again return to this place making a 'station' at 0° Aries, so be hyper-alert at this time (a station is the apparent stop in motion a planet makes when it is changing from direct to retrograde or vice versa, like a train making a stop at the station.) Saturn could put a clamp on Aries actions now in two directions: accomplishing objectives, as well as phasing down the violence of confrontation.

April 8th --Mercury enters Taurus. Interesting note: We have a mutual reception here: Mercury in Venus' home, and Venus in Mercury's home. Lots of light-hearted fun, flirtations, and opportunities for romance. But in the Spring, doesn't a (wo)man's heart turn to thoughts of love anyway?

MAY

The big Retrograde month!

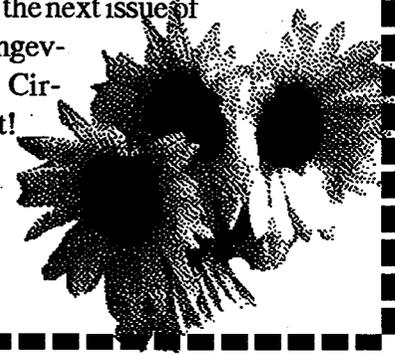
May 4th: Mercury goes retrograde until May 28th: initiating activities of commitment, signing long term contracts, planning trips, these are the things that Mercury fouls up at this time. Why? Because we have

expectations based on insufficient information. So you can do one of two things: either relinquish the expectation and be willing to let things happen in their own way, or, you can postpone. Actually, you can do a third thing: cover all your bases.

JUNE

June, the Gemini month is ever so Gemini this year: Venus remains Retrograde in Gemini the entire month, Mars thrusts into Gemini on the 13th, and Mercury lands in Gemini on the 14th, during the new moon in Gemini! And except for Saturn, the rest of the planets are snoozing in retrograde. There probably will be a lot of time spent in shallow activities and unfocused pastimes. But don't kid yourself, it's just a cover up for the deep stuff going on beneath the surface. Picture a harmless grandmotherly Agatha Christie type old lady baking cookies for the neighborhood children while she's planning the murder of her husband!

June 20: Summer Solstice-- Look for the next issue of Longevity Circuit!



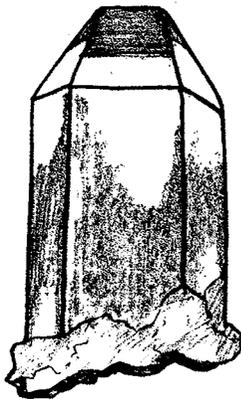
CURRENT TRENDS, cont.

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understanding stress and tension and knowing the difference between them.

In fact, astrology is the map of the stress levels you encounter and how to cope with them. Many of the transits that we now feel as stress actually describe life threatening situations that modern man no longer encounters. For example Uranus and Mars in square or opposition could describe a primitive life that war-rants fear from threatening animals or pioneers traveling to the west in covered wagons vulnerable to bandits, outlaws and retaliatory Indian tribes, or in current times, repressed anger that leads to automobile accidents or cardiovascular problems. The threat whether it is real or imagined is what causes the physical breakdown from stress.

Astrologically, Saturn, as an archetype, figures strongly in any discussion on stress, representing fear, guilt, constriction, limitation, duty, depression, negativity, attachment and coldness--just a few of his poorer qualities



and all of which produce stress. But he has his good side, too: responsibility, phasing down the

violence of confrontation, learning from our mistakes, playing the game according to the rules. He gives structure and form to what we do and these can reduce stress.

Uranus as a stress indicator works quite differently by producing rebellion, independence, breaking bonds of attachment, needing freedom. He also is inventive, innovative and iconoclastic. Uranus and Saturn are as different as night and day, and when they clash by square, conjunction or opposition, stress levels can get really high. For instance, in your natal chart, such configurations can indicate how you handled stress as a child (yet this is by no means the only indicator).

Perhaps some of you are wondering why we are particularly interested in stress now? Well, Saturn is going to be changing signs in early April, moving out of Pisces, the 12th sign of the zodiac. In the process he will be moving through the 29th degree of Pisces and this passage in itself has been known to generate a lot of stress. It is the last degree in the natural zodiac where avoidance and denial often come to a screeching halt. Picture Saturn in Pisces as a worn-out wobbling pick-up truck overloaded above the top with 'stuff,' travelling the path of least resistance, when up ahead

there appears a small and narrow tunnel insufficient in size to allow the heavy laden truck to pass. On the other side of the tunnel is the fast lane: 8 rows of traffic travelling at breakneck speed. Since Saturn has to begin a new turn around the wheel, one of his solutions can be to dump that old stuff and start afresh. And if that means the old stuff has been dumped in our lap, it's hard not to see it! This happens only once in every 29-31 years, so some of that

old stuff can really stink if it's been avoided



all that time!

In addition, Uranus wears news clothes as well, having moved out of Capricorn into Aquarius for the next 7 years. (Those 7 year cycles you hear about are Uranian) We've discussed this often in past issues of L.C. so suffice it to say, Uranus wants evermore freedom now to explore, to act, to revolutionize. Uranus and Saturn can be very compatible in their respective new signs. Aquarius is Air, and Aries, Saturn's new home for the next 2 1/2 years, is Fire, and fire needs air to burn. Right? Well, sort of...air can also extinguish fire as well as fan it. And for Saturn the difficult thing is that he is not particularly happy in Aries, but then, one ordinarily does not find the word 'happy' in the same sentence with Saturn anywhere! Aries likes to leap before looking while Saturn

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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 developed 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.

BLADDER

(For those of you new to *Longevity Circuit*, we have been discussing the Chinese acupuncture Biological Time Clock as a useful tool for cleaning up the body and correcting timing. Each of the 12 segments of the clock, as in astrology, pertains to a particular part of the body and a specific time zone. Nurturing and sustaining the timed organs decreases stress, harmonizes the emotions and increases the utilization of food.)

BLADDER TIME is between 3 and 5 in the afternoon. This is an especially important organ to pamper. The bladder meridian in Traditional Chinese Medicine is the largest with the most amount of points, going from the eyes, over the head, doubling down the back and ending in the feet. All other parts of the body can be treated along this great meridian.

Emotionally, the Bladder rules decision making, choosing and acting according to those

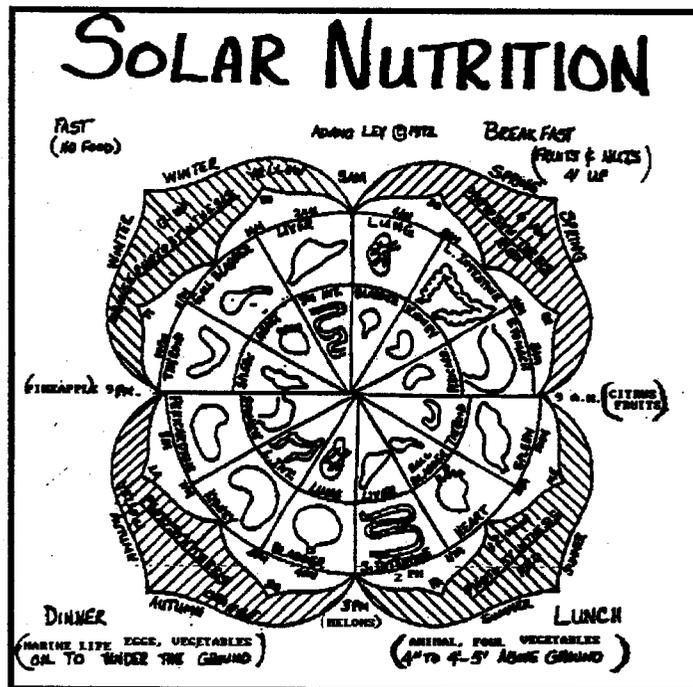
choices. But if you don't know yourself because you are conflicted with your mother and father, then current issues in your daily life put stress on your bladder and create problems. The bladder must expand and constrict, dilate and suppress, core training for the child especially in toilet training, learning how one's own body works, discovering that

member you are both a sperm and an ovum, you have both your mother and your father's contribution embedded cellularly: pick the best and leave the rest. Easy to say, but hard to do. An Adano-favorite technique is to leave difficult to make decisions up to a toss of the coin. This only works, however, if you are clearly indecisive. That is, are you willing to

follow the coin, no matter what? If not, then you are weighted one way or the other and tossing the coin is not necessary or desired. The coin works holographically: the environment being your extended non-ego self.

The foods for the Bladder are: peaches and prunes at breakfast to provide the potassium needed to restore the natural flow of the bladder. At 10 A.M. be sure to have some cit-

rus for the vitamin C. At noon, add canned tomatoes to your lunch menu, also for the C. For your afternoon snack, at bladder time, of course, eat some melon, cantaloupe, watermelon, honeydew. They even look like a bladder! In the evening, eat baked white or red potatoes, *fresh* pineapple, and a little tequila. Also be sure to have plenty of protein. If you run into a problem, drink cucumber tea to release it. And of course, breathe!



mistakes lead to successes, so that as an adult one can choose what is in one's best interests rather than the programming from childhood. These are the areas to explore and resolve if you're having problems with this part of the body.

Expressions like, "I'm pissed off," or "He's in hot water," or "I'm boiling mad," refer to bladder conflicts. People who put their hands in their pockets are indicating the same.

What's the solution? Re-
Longevity Circuit

STRESS, CONT.

wants to read a book about leaping before leaping. So how can we work these divergent, even antagonistic energies without increasing our stress levels?



But first, what IS stress? According to Depak Chopra, stress is an expectation that something will go wrong in the future. It's a perception, and as such certainly fits our understanding of Saturn. From the psychological approach, stress begins with early childhood trauma which affects us all our lives, even altering our ability to cope with stress. That is, stress causes stress!

This may be because stress affects the biochemistry of the brain which then overreacts to cues that may once have been life threatening, but which now are not. For instance a child could accurately perceive a situation from a powerless, invasive perspective and his body secretes fight and flight hormones in order to survive. And even though when he becomes the adult and perceives a similar situation differently, his body's memory is nevertheless entrained by the child's experience, thus there is the over reaction of biochemistry that acts like a poison in the body, creating more stress! This perspective fits our understanding of Uranus.

Well we all know that the stress levels on our planet now seem to be at an all time high, especially the psychological variety. Is there any possibility that this could be good?

Adano C. Ley, a.k.a. Swami Nityananda Saraswati, had a lot to say about stress. In general, he said, stress factors are what we eat, what we think about ourselves and whether we live to live or live to die. He used an acronym for stress to explain his viewpoint:

S= Structure
T= Time,
R= Range, respiration
E= Energizing
S= Security
S= Separation.

Compare this to one version of Adano's acronym for Success to see that it is possible to convert stress into success by a change in perspective.



S: Structure
U: Unlimited
C: Creativity
C: Co-existence
E: Esteem
S: Security
S: Share

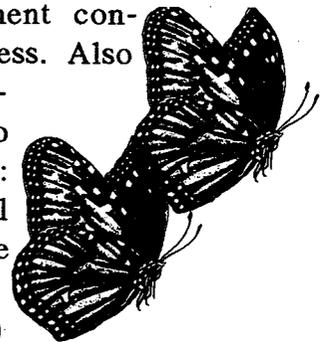
So back to our question if stress can be useful: according to Adano C. Ley, the sacred quality of the touchstone, rosary, akshamala (the Buddhist string of beads) and even japa (repetition of the names of God) for example, developed when they were found to relieve stress. All of them involve repetitions that bring about what is called cellular attenuation, a biological refinement which in

turn brings about an adhesive bond and a tremendous tolerance level to external pressure above the norm, now in a kinetic (experiential) level. In other words, Faith!

"If you want to reduce that down into the simplest devotional attitude: the more you repeat anything, the attitude of expectance, the result will be the transference of the vital flow called Spirit, and this would give you, Thy faith has made thee whole."

Then the answer to our question is "yes," stress can be quite useful for developing immunity. Here are some other Adano quips: "Life is conscious sensory organic motor tension. Death is total relaxation! ... Mind is cellular kinesis..if everything is in a state of potential, then there is no mind... We live with the psychological illusion of what is called Mind... Stress is time, do over... To stress is to emphasize... Stress controls the ego... So if you want to release stress, play a piano or some instrument."

Other stress reducers are using Solar Nutrition, meditation, yoga, tai chi, regular exercise including walking, visualizations of "good body feeling" experiences, and moment-to-moment consciousness. Also don't forget to breathe: it's still one of the best!



CAUSAL ASTROLOGY, continued

You get the freedom to be. And you get more therapy in a shorter space of time biologically and kinesiology to make the quantum leap rather than have to work through a lot of physiological symptoms that the symptomatic level of your chart might indicate. In short, you stop gearing your mind and focussing your thinking to reinforce symptomatic thinking. "You want to stay healthy? You watch the causative condition of those organs. And don't go abusing them."

This article is based on a lecture given by Adano C. Ley. Thanks, Adano!



Lets' shake on it!

WHO GETS LONGEVITY CIRCUIT?

Longevity Circuit is mailed to clients free of charge each year you are current. Otherwise it is available by subscription. Please send all inquiries, suggestions and donations to:

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READ



ITEM: If you are interested in obtaining additional information about Solar Nutrition, copies of articles in past issues of L.C. are available on a donation only basis, to help cover the cost in time and postage, etc. There are no books on Solar Nutrition since this information can be handed over only on a one-on-one basis. That is the way Adano taught it. Several of his initiates are teaching the class, however, and if you are interested in one, I will be glad to send you the name of the person, if there is one, in your area who is teaching it.

ITEM: If you are interested in doing a trade with me, here's an idea: If I am going to improve the quality of this newsletter further, I need *Adobe PageMaker 6.0* software. It's more expensive than what



BIOREFLEXIVE

"Bioreflexiveness is not planning to act, but acting upon response to need. Whatever the need comes up, act it. That makes you bioreflexive, (rather) than trying to plan a need to act. Then there is no fear in your mind as to being guilty of anything or fear that you're going to be left out or be torn up by it, because you are reflexive and you generate sufficient flexibility as things come up. You're living here now.

...Solar nutrition makes you into a bioreflexive person, because like it or not, it's all synchronicity. Bioreflexive behavior is synchronous behavior. Or bio-energetic behavior. You generate more energy by being bioreflexive, by being flexible to life. You don't generate more energy by being rigid to life...**You're acting more on when more than what or where.**" Adano C. Ley

I have budgeted for the newsletter, so I need help on this one. Call me for more details at (619)632-0791.

ITEM: A lot of people have asked me about my location analysis lines here in California. The fact is, I have no lines in this location. When that happens, the energies revert to their natal strength. Location analysis is useful when there is a part of your chart that needs a kick-start: money isn't flowing, romance isn't flowering, etc. Then you move to the area where those needs have the strongest support to succeed. Since I was invited to live here and since my career flourished in Santa Fe, N.M. I have kept my old phone number to lock in that strong energy for me. This is a suggestion of Adano Ley's when it is no longer practical to live along a preferred energy line. So this is a test. And as you already know, I only like to recommend what I have tried out for myself.

ITEM: The beetle pictured below is a scarab. It is known amongst metaphysical circles as an ancient Egyptian symbol of transformation. You see it pushing a ball of cow dung so that it can lay its eggs in it. In other words the animal excrement is the matrix from which a new beetle will be born. Get it? ☺



Discover why some therapies don't work on P. 1

What do stress and 29 degrees have in common? See P. 1

First Class Mail

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This issue centers around the problem of stress. In addition to mental techniques and physical releasers, here is a list of some of the herbs that are known to diminish anxiety, worry and other stress symptoms:

- Valerian (smells like dirty socks, but really works!)
- Chamomile (found in lots of herbal teas)
- Hops (or just relax and have a home brew)
- Mistletoe (after you drink it, stand under it)
- Lavender (unlike valerian, this smells great)
- Go Chinese, and drink Ginseng and Siberian Ginseng. (They're good for a lot of other things besides. In fact, the beautiful thing about herbs is that they usually have lots of benefits in addition to the one you use them for.)

Hang loose!
Love, Qingqin