



Vol. 8, No. 2. Autumn, 1996

# LONGEVITY CIRCUIT

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

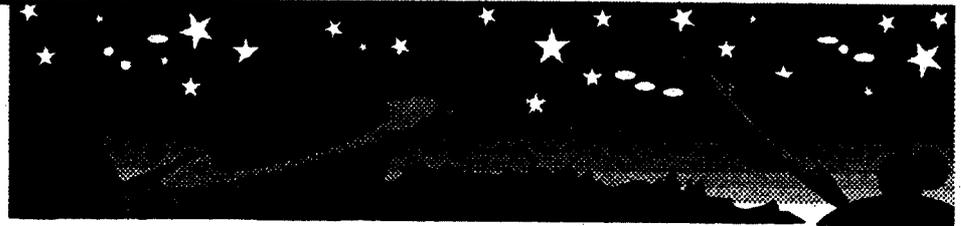
## CURRENT TRENDS

### HOLOGRAPHIC ASTROLOGY

Here's an idea you might enjoy researching. It has to do with the hologram and intuition. The hologram is borne out of the so-called new science of quantum mechanics. I say 'so-called new' because even though we haven't integrated it into our collective right brain (human relationships) it is certainly old hat to the technology industry being an essential part of your TV, computer, answering machine, etc. If you've never seen an actual hologram, go see one now. It actually uses two beams of laser light to photograph an object which when developed is 3 dimensional. No matter where you stand you can see the whole. You can put your hand 'through' it without destroying it. Yet it uses only a tiny pinpoint of light to record the image with every part containing the whole.

Referring all issues of philosophy and religion to science and

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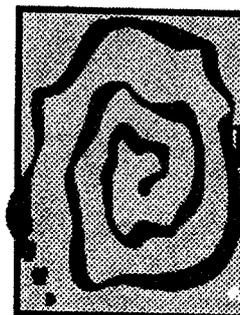


### When DID the New Age Begin?

In April, 1995, the planet Uranus, the ruler of the Aquarian Age joined forces with Pluto, the planet of transformation and together they entered into new signs: Aquarius and Sagittarius. Working together in this opportunistic way they have combined to bring revolutionary forces of change. Pluto works by unleashing huge amounts of energy from small sources like the atom of plutonium that is fused to make a hydrogen bomb. A bomb is a good symbol for Pluto, and Uranus too, reflecting their combined forces for bringing unexpected change, destruction and construction: the Phoenix that brings enlightenment.

In retrospect, it does not seem surprising that during that same month, April 29th, 1995 the Oklahoma City bombing took place. This occurrence might be only a regrettable incident in history, or it could be a marker of the entrance into the new age. It is possible that there have been similar pointers in other countries as well. The USA is an Aquarian ruled country, however, and no matter which kind of chart you do for its inception, Uranus figures strongly as one would expect: revolution and rebellion are key in our history. No doubt you remember that it was the US which dropped the bomb off Hiroshima to end World War II. And since that bomb affected our whole planet we could even trace the origins

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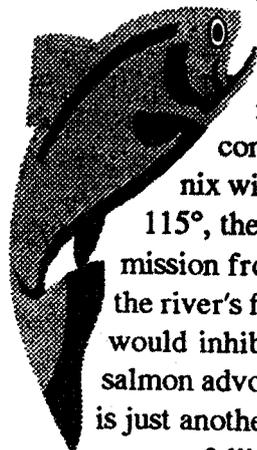
# WHEN DID THE NEW AGE BEGIN?

Continued

of the New Age to that incident which in the linear history of the world is merely a second of difference, if that. Swami Nityananda once mentioned that that historic explosion actually opened a hole in the auric field of this planet allowing new energy to penetrate onto the planet and people, he said, who were born before The Bomb have to work harder on themselves than those born after. The implication is that those born after come with extra information imbedded in their DNA. It certainly seems to be true: subsequent generations seem to just know more.

As a parallel symbol, what does a bomb do and what does it look like after the dust has settled? The recent explosion of the jetliner off New York City shows us all too graphically. Bombs and explosions turn something cohesive into fragments. On all levels we are witnessing the fragmentation of our society: through politics and all the special interest groups, in the small wars occurring all over the world. Perhaps because the prospects of detonating another big bomb are inconceivable, we choose to gnaw at each other like rats, slowly but systematically destroying everything as individually we clamor for our own needs to be met.

For example, a recent story in the *San Francisco Chronicle* tells about the electrical black-out that



occurred in the Southwest due to a debilitating pervasive heatwave. In order to provide more electricity to run the air conditioners in such cities as Phoenix with longrunning heatwaves up to 115°, the power company obtained permission from the salmon industry to open the river's floodgates even though doing so would inhibit the salmon from spawning. A salmon advocate is quoted as saying, "This is just another example of bad power management falling on the backs of salmon." And

De Mello writes about the school children who were asked to tell stories illustrating their compassion to animals. One boy offered, "I kicked a little boy who kicked a dog." Obviously each person is acting on what he thinks is right. Elaine Pagels says in her book, *Adam and Eve and the Serpent*: "What each of us perceives and acts upon as true has much to do with our situation: social, political, cultural, religious or philosophical."

Don't be depressed by this description for there has to be a breakdown before there can be restructuring and revision. This is how Pluto works his transformation. While we know the Aquarian Age will demonstrate each individual becoming responsible for his own actions and is consequently self governing. We also know that no one transforms willingly. What better method to teach individual integrity than to submerge society in political corruption and special interest groups.

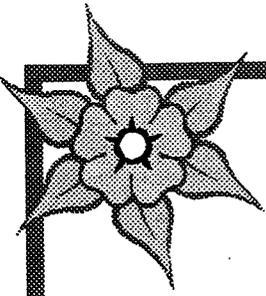


Look around you and you will see already the positive grass roots groups growing: organic food cooperatives, home-schools, non-denominational churches, third and fourth political parties, self-help psy-

chologies, self-medical practises and diagnostic tools. There's plenty of good stuff coming out of all this mess. It seems that in the global collective we are putting ourselves (our cells) on the precipice of death (whether spiritual, physical or moral) in order to force a change toward increased compassion and self reliance.

My research of the charts of people who have had enlightening experiences, or who have become enlightened, including my own spiritual mentor, has revealed that the timing of their transformation comes during a death transit but instead of dying physically they have died to the ego. Our global collective myth, the doom and gloom of the millennium, is the call to die, not to our cells, but to our selves. As Swami Nityananda said, "Enlightenment is the recognition of timing: it frees you from the

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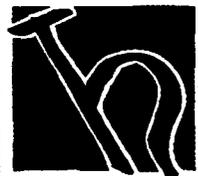


# Calendar

Three months at a glance

By the end of this quarter which begins on September 22nd, the autumnal equinox, all the planets will be going forward again. Since there will also be a pair of eclipses, it can be a time of both harvest and a fresh start. When planets finish their backward motion and move forward again, we are able to put form into the insights we have gathered during the so-called introspective time of retrograde.

In August and early September Pluto and Jupiter went direct respectively to start the breaking up of the holding pattern so many people have been encountering but then immediately Mercury turned retrograde foul-



ing communications until the end of this month. So if you expected immediate results from the progressive and expanding Jupiter when this red giant moved forward again, possibly you have been disappointed. Saturn, his equal and opposite force, is very much retrograde and counteractive. Jupiter inflates, Saturn deflates! Currently they are engaged in an ongoing cycle of squaring each other, causing any effort to meet a lot of resistance. These two divergent

energies are in evidence when you do a lot of paper work, move through red tape, shuffle back and forth between locations. It's taking off in the car for a vacation and remembering you forgot something, and now you have to go back and get it, only to have the phone ring and you answer it, and then go back to the car to find the dog has run away and when you get him back, your kid has to go potty, and your wife needs her sweater from the suitcase that is packed on the bottom of the trunk. Finally, hours later you're truly on your way, tired and hot but the fun has gone out of the trip. It isn't until you have reached your destination that you realize how glad you are that you were patient and persevering and it was all worth it! Although Saturn won't go forward again until December 3rd, by that time Jupiter will be way ahead and out of range.

In September both Uranus and Pluto hit 0° again, so pay particular attention to any messages they send you holographically! (See the article on page. 1) Sept. 26th is a really big day. Mercury goes direct at 19° Virgo, we have a Full Harvest Moon, and a lunar eclipse at 4° Aries at 7.51 PM PDT . You will

become aware of some significant details that will make or break your project. As always with eclipses check your natal chart to see in what house they happen and note if the degree matches any of your natal planets. This tells you the area and nature of its significance, if any for you.

October has a busy week: October 6th, Neptune turns direct at 8:59 am PDT; on Oct 9th Uranus turns direct at 5.56 PM PDT, and then on the 12th a

## Standard Time

"Fall Back"

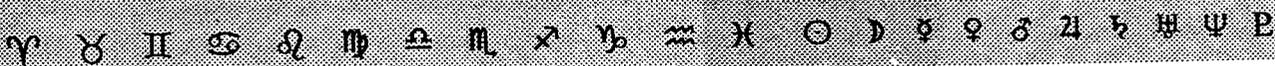


solar eclipse at 19° Libra at 7:14 a.m PDT. Now all but Saturn are direct and de-

pending on the nature of your business, it's almost full speed ahead again. Many people find a retrograde Saturn to be quite difficult. No matter what your efforts, little *seems* to be accomplished. During October and November, that Retrograde Saturn luckily is going to be in harmony with Pluto, a combined force of energy that can accomplish a great deal, even overcome the impossible. The results at first might not be that visible; however, if you continue to work unceasingly toward the goal anyway, you might be surprised at the effects later on. This is a good time to whittle

(Continued on page 7)

## CURRENT TRENDS, cont.



particularly to the human body for verification and validation was a technique that Swami Nityananda taught to defend against superstition and mystery. Thus using the hologram as a spiritual metaphor we can validate such concepts as multidimensional personality, that the whole is contained in the part, that matter is illusion, that "Life is but a dream."

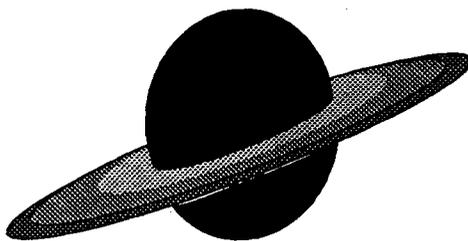
Astrologically we have good timing to test out whether the whole is contained in the part: two outer planets (Uranus and Pluto) zeroed in (both literally and figuratively) on their new signs last year and went into those new signs to stay this year until their respective cycles are completed. Holographically, it suggests that we have been given all the clues to detect how these new energies are going to affect us in the future.

If you are wondering how to read the holo(whole)graph? Here are some tried and true techniques:

- 1) Meditation accesses convex vision breaking the code of the illusion, the hardness of mass.
- 2) Dreams reveal the inner vision. Trust them and record them. Act them out whenever possible.
- 3) Hyper-awareness yields clues, or as Adano (Swami Nityananda) taught, "Supreme obedience to the obvious in the environment." Remember, holographically, the environment is your extended Self

without ego.

The idea of the whole being contained in the part is not conjecture. Research verifies 'instant psychic recognition,' at least in the area of dominance in a personal relationship, that shows that we know from the first instance of eye contact who is the more dominant person. And we know psychologically that this initial impact is confirmed within the first few minutes of conversation between people. It is then repeated again in fractal cycles, the first week, the first month, etc. until finally the 3rd year of the relationship will mirror that first contact, bringing about the ending of denial and



allowing the adjustment to be made. Check it out in your own relationships.

This 3 year relationship cycle could have something to do with Saturn's length of time going through the constellations. i.e. Saturn will be in Aries for nearly 3 years. Since he (we speak of him as 'the old man of the zodiac,' the teacher and task master so 'he' is useful energy to help us research this idea.) entered a new sign in April of this year, perhaps now we have the

perspective (perspective means to look through) to examine what experiences we had during that month. If you're using instant psychic recognition you will want to know that Saturn entered Aries on Sunday, April 7th at 1 am PDT.

Similarly, when Pluto and Uranus repeat 0° in their new signs we can use our remembered experience to reveal the clues showing the issues their energies present in the next 12 and 7 years respectively.

To jog your memory, look for any attitudes, activities, or responses you had that caused fatigue, depression or disappointment. How were/are your buttons pushed, where did/do you generate or meet resistance, what dreams or unfulfilled desires emerged? On the other hand, where are you changing your mind, entering into something foreign or unknown to you, what are you realizing you need to learn? Line them up in this way to see how Pluto is transforming your philosophy, your concepts, your world view.

Do the same thing for Uranus: remembering any new insights, new friends, new goals. Uranus is freeing up your ideas of success and achievement. (Success really means succeeding to the throne, obtaining your birthright. What's yours? Knowing you're a winner? Making a million bucks? Being famous? Realizing you're God? )

Another example of the whole being contained in the part: it has been said that the Master teaches his student everything in the first

(Continued on page 6)

# SOLAR NUTRITION

## PERICARDIUM (SEX/CIRCULATION)

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's not what you eat but when you eat it. It was modernized by Swami Nityananda Saraswati, who said, "Eat your way to butterfly hood." 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.

(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.)

## PERICARDIUM (Sex/Circulation) 7-9 PM

The Pericardium is the sac around the heart that holds the heart in place, anchoring it at the diaphragm. One could say it is the template for the heart and as such needs to be firm at the same time resilient. In fact, the pericardium

does have 3 layers just to accomplish this function.

As a metaphor, the pericardium is our own template for life, the blueprint we bring into manifestation. As Adano humorously would say, "You can't take a bath in a blueprint bathtub!" If you were born during pericardium time, you most likely have a

On the one hand it is the courage to hold firm, and on the other the resiliency gained from selfless love that prevents the ruptured or broken heart. It is security in insecurity. It is the intimate bonding of devotion.

Eating on time suspends the ticking of the biological clock to reveal the duality of the sperm

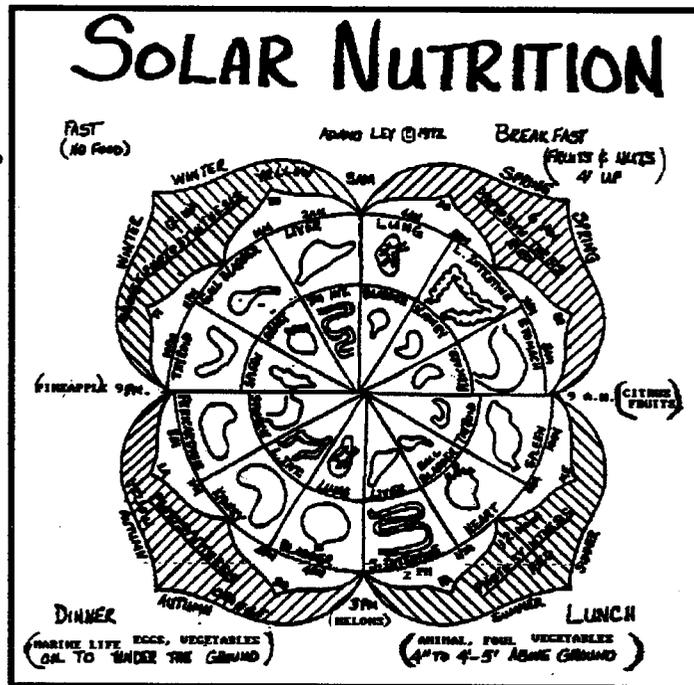
and ovum that bonded to create us: the template of our consensus reality. This duality is what throws us out of synch with our environment (the extended egoless self), creating the disappointments as well as the stress hormones that tear down the physical body.

And eating on time also produces the chemistry needed to override the illusion of duality, bringing to the foreground of the template the bonding of

the sperm and ovum, the knowledge that we are all winners, losers can't be born. This overcoming of the ignorance of the illusion of duality brings about compassion and the prayer aspect of love. Consequently stress hormones are dissolved and eliminated from the body and one falls naturally into the meditative state of unity and harmony. This is the Longevity Lifestyle, the non-aging body.

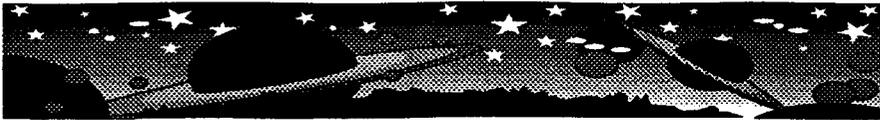
Pericardium people need Vitamin E for lubrication and elas-

(Continued on page 6)  
PAGE 5



problem knowing what you want to do or be (when you grow up), and when you do bring an idea into form, often you aren't happy with the outcome. Some people born during this time might even live a precarious lifestyle, never being able to commit or follow through. That is, they haven't anchored their ideals to a practical outcome.

This time period also represents the Sex/Circulation energies in the body. In this metaphor, we learn the prayer aspect of love.



**THE NEW AGE, Continued**  
guilt complex. There is no feedback of guilt, there is no good or bad." He also said, that "We will never run out of our potential."

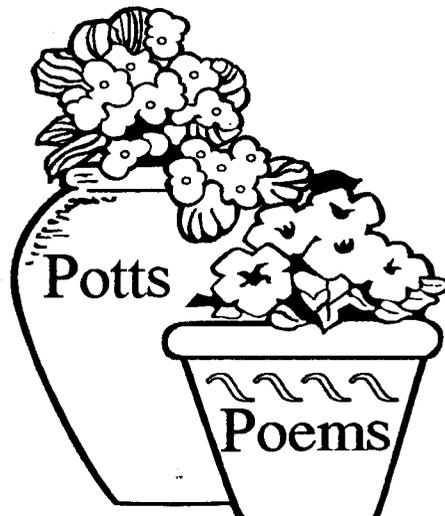
Other helpful pointers during this time are "Moment-to-moment living," "Surrender to the Now (you've won)," and "I am not the doer," Also another enlightened man, Anthony De Mello, reminds us that it is not a question of there being a Big Dancer and a little dancer, but that we are actually being danced!

#### Some People and Their Choices

Here are some examples of choices that people with similar horoscopes have made. Gangaji, an enlightened American woman was born within days of the Unabomber suspect, Ted Kaczynski. She has Uranus and Saturn straddling her moon; he has Uranus and Saturn straddling his Sun. Both have rebelled against their restrictions, but the one making changes spiritually, the other making changes by setting bombs. Jesse Jackson and Janis Joplin have a similar situation as does Cassius Clay, the boxer who found a way to channel his frustration into fame but he later had a spiritual conversion, too. Wayne Newton and John Lennon also have charts with similar "difficulties."

Another group of similarities: David Bowie and Alice Cooper both have similar and difficult configurations with Pluto and Saturn conjunctions to their moon

and sun respectively, what I call the jackhammer syndrome, requiring overcoming major blocks of resistance. Uri Geller, Goethe and Elton John were born with similar energies. They say Uri Geller can actually bend a spoon psychically. Both a homicide victim and her murderer husband had Saturn, Pluto and Mars predominant. Gregory Peck, O.J. Simpson, Arnold Schwarzenegger and Mussolini have similar conjuncts that we would call difficult and limiting! More examples: Edgar Hoover, Herman Hesse and a serial murderer had Jupiter opposite Mercury. Brooke Shields, the actress who played a child prostitute when she was a child has Uranus, Pluto and Mars (sexual violence) conjunct. And the current Dalai Lama has a grand cross in the cardinal signs. Thought provoking, isn't it? Is it attitude, Karma, luck, or programming? You decide.



*Longevity Circuit*

#### CURRENT TRENDS, Cont.

minute of meeting. Can you remember what you acknowledged the first time you met a significant teacher? How was this carried through and how did you integrate it? Since it believed that in this new age we are all each other's teachers, first contacts are really significant. Astrologically, we are being impacted by tremendous new energies from the cosmos. We can speed up our development at the same time we reduce stress by living in the moment for holographically it has much to teach us. ○

#### SOLAR NUTRITION, Cont.

ticity. The best source is from fresh wheatgerm oil taken during the noon meal. Grains, cayenne pepper and rabbit meat are also high in Vitamin E. This vitamin needs selenium to be absorbed properly. Hardhearted people may have iron deposits so be sure you get Vitamin C to regulate the iron. Yams, salmon and peanut oil are other excellent sources when eaten at night. Damiana and iodine are also helpful. ○

#### Crispy Critters

Old poodle dogs  
eat and sleep and piss  
and comfort  
purple headed ladies  
at home  
in the garden  
and inside large mauve Buicks  
on the way to  
the market.

(Thanks, Andrea!)

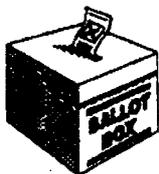
## CALENDAR, CONT

away, to prune the vine, locate and get rid of dead wood in general. Oct. 27th, Sunday, Turn your clocks back one hour. Daylight savings time is over and we are back to biological time again. For



solar nutritionists, this means you can eat lunch at noon again. Halloween, Oct 31st. Take a break and scare off all your fears and guilts. Boo!

Nov. 5th: Election Day- The stars do not favor Dole or Perot, both of whom are Cancerians. In particular, there is deception and religious coercion in Dole's chart, but he has remarkable transits for ambition and hard work. Clinton on the other hand, who is a double Leo with a Taurus Moon, does have cosmic energy working on his behalf with strong Pluto, Saturn and Jupiter transits. Astrologically he appears to be a shoo-in, but Clinton has a wild card in his chart and the natives are restless. Please vote even



if you don't like any of the candidates: don't take your right to vote for granted!

(This message has been brought to you by the D.A.R.)

Nov. 28th, Thanksgiving Day. The moon's in Cancer opposing Jupiter promising a super abundant dinner table, and your tummy, too, if you're not careful! (But that's what Thanksgiving is all about, right?) You have a lot to be thankful for: only Saturn is still retrograde and is practically stationary at 0° getting reading to go

forward. Because both Pluto and Uranus went back to their beginnings at 0° in their respective new signs and because Saturn is doing the same, Saturn in Aries intensifies the need to make sure the ground floor of your new house is sturdy and can hold up under stress. If you work with them, rather than resist them, all the big guns in the cosmos are cooperating together to assure you a substantial beginning that can have lasting results for many years. There are no short cuts ( just yet). If you were planning on using plywood on the floor, maybe bricks would be better. Capiche?

Your early Christmas present is a forward moving Saturn on Dec. 3rd at 0°- the final chance to make any revisions. The Winter Solstice on Dec. 21st. at 6:06 am PST. is the real December holyday. Remember, nobody really knows when Jesus was born, so synchronize with the movement of the planet and use this longest night of the year for reflection and commitment to your own spiritual birth.

Mercury goes retrograde in Capricorn on Dec. 23rd. Have all travel plans made early, and watch what you say! Your words will be taken very seriously and easily misunderstood. And...Look for the next issue of *Longevity Circuit!*



*Longevity Circuit*

### WHO GETS LONGEVITY CIRCUIT?

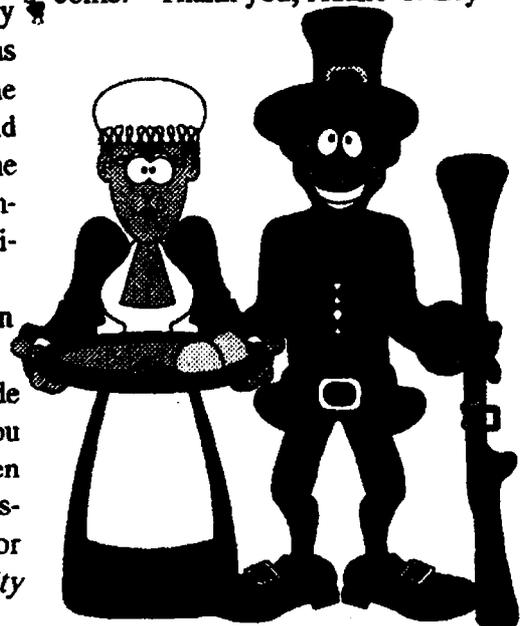
*Longevity Circuit* is mailed to clients free of charge each year you are current. Otherwise it is available by donation. Please send all inquiries, suggestions and donations to:

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At your request I am repeating this:

### The 3 Characteristics of an Enlightened Man.

- "1. The enlightened man *knows* he is a winner, based on the fact that the sperm bonded with the ovum, losers can't be born. It is not a belief.
2. The enlightened man knows that he has the right to choose when to confront and when not to, but never uses that right to avoid or deny.
3. The enlightened man knows that he is not afraid to make mistakes, because it is already written in the stars anyway, and he's not attached to the outcome." Thank you, Adano C. Ley



Hologram idea on page 1.

Pericardium - featured organ, on page 5.

First Class Mail

LONGEVITY CIRCUIT  
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### SOUTHERN CALIFORNIA ASTROLOGY!

or how to tell a person's sign  
by the kind of boat they like.

- Aries- speedboat
- Taurus- lake barge
- Gemini - ferry boat
- Cancer - house boat
- Leo - yacht (the bigger the better!)
- Virgo - taking a maiden voyage
- Libra - crew boat or row boat
- Scorpio - submarine
- Sagittarius - Kon Tiki
- Capricorn - cruise ship
- Aquarius - hovercraft
- Pisces - tug boat



Row, row, row your boat  
Gently down the stream.  
Merrily, merrily,  
merrily, merrily.  
Life is but a dream!