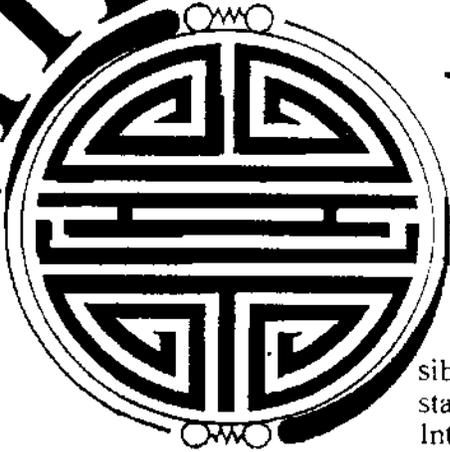


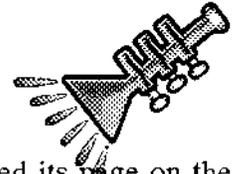
LONGEVITY CIRCUIT



A quarterly newsletter dedicated to perpetuating techniques which contribute to a longevity life-style.

Vol. 9, No. 1, Summer, 1997

Announcing....
Longevity Circuit on the Net!



On May 20, *Longevity Circuit* launched its page on the Internet. This expansive occasion is in keeping with the spirit of Pluto in Sagittarius, the energy that is responsible for the mass appeal of computerized communication with instant gratification. Recently coined "The Information Highway" the Internet gives a voice to all who are willing to learn a few software techniques, just as it gives the availability to all to retrieve information in any area of life.

As with all Pluto transits, power is an issue. With free license to publish and retrieve all sorts of information (some considered undesirable), the internet has provided an unregulated vehicle for people all over the planet regardless of their social or political power structure. It is consequently viewed with dismay by those who would want to control it in order to maintain their own control over the media. And of course with such free license there are many abuses but this is the way Pluto always introduces his new energy. At first there is the breakdown and later comes the transformation and redemption. By the year 2006 when Pluto has restructured Sagittarius energy and moves into the next sign of Capricorn we will no doubt see what wonders the Internet is capable of and how we can all benefit.

In the www.slip.net/~1c.htm meantime, *Longevity Lifestyles* and *Longevity Circuit* web page is dedicated to the principles set forth by Swami Nityananda, aka Adano C. Ley, principles that can optimize every person's approach to life. Feel free to take what you want and leave the rest.

Some of the features you might enjoy are articles on Solar Nutrition, Astrology, and other current affairs. There is a wonderful picture of Adano that anyone is welcomed to download. There are links to other websites in areas of related interest. And there is a special section showing products available for purchase. Since some of the articles come directly from the newsletter, they will be changed every quarter. But for those of you who subscribe to LC or who receive it gratis as a result of doing astrological readings, rest assured, there will be a timed delay in uploading the current newsletter. Let me know if you have any comments or suggestions!

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EDITOR- Virginia Cornell
Technical Assistant - Paul

Contributors and roving reporters:
Adano C. Ley
Andrea Potts
J.R. Collier
Tom Lumpkin
Paul

WHO GETS LONGEVITY CIRCUIT?

Longevity Circuit is free for clients who have a reading at least once a year. Due to the limited number of copies, it is otherwise available with a suggested donation of \$20, sent to:

Virginia Cornell
363 10th Avenue
San Francisco, CA 94118

For any inquiries, suggestions or contributions also call or write to:

(415)221-1005
E-Mail: ginger10@slip.net
Fax: (415)750-1014



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Astrology Classes

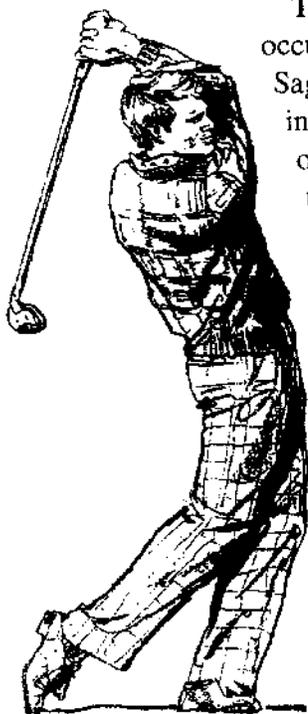
Beginning on September 4th, Thursday evenings at 6:30pm, I will be teaching Astrology at the City College of San Francisco. Please make a note of it if you want to enroll. The course, "Self Awareness through Astrology," is geared for people at all levels of astrological study. Registration begins on August 1. Call (415)561-1860. Come join us for some funlightenment!

Pluto in Sagittarius

one more time

Pluto breaks down and transforms whatever constellation he is moving through. He is already showing his style in his long transit through Sagittarius. This constellation is known to have four stages of growth and the first stage, the physical, is already apparent.

Sagittarius energy expands to overcome any limitations. We expand our consciousness from home to school to country, from planet to solar system to universe to infinity.



The first area of expansion occurs on the physical level. Sagittarius children, even as infants tend to need to be outdoors. As they get older they often push themselves physically, climbing the highest tree, being the first to drive a car, striving for excellence in sports. So who emerges in the national news but Tiger Woods (often referred to as a 'kid'), a perfect example of Pluto in Sagittarius. Golf is a Sagittarius game and Tiger's radically better playing skills show the pushing

of the envelop of abilities that comes from a combination of Pluto with Sag.

A breakdown example of national importance would be the Christopher Reeves horseback riding accident that resulted in his broken neck. Again, however, we see the overcoming of limitations. Horses are also Sagittarius ruled. Let's face it: Sag's don't take 'no' for an answer. But the adolescent Sag relies on might over right: "He muscled his way into the operation," is a Sag idea.

The second level of Sagittarius development occurs on the sociosexual level. Here is

where you find the jet-setting polo player who has a different woman on his arm every evening. The adolescent Sag thinks the grass is always greener on the other side of the fence, only to discover to his or her dismay that the new conquest has no brains!

And indeed, brains are very important to the sag who is moving to **the third level of expansion**. Now we find that intellectual pursuits occupy this energy field. Whether self taught or through more orthodox vehicles, the Sag is ever curious, always wanting to know more. Some even collect university degrees or go on to become professors, clergymen or televangelists ("Do as I say, not as I do"). Here the adolescent level is recognized by information being acquired without testing it through experience: the armchair philosopher. The old adage that 'teachers teach what they don't know' is an example of the immature Sag. An example of mature Sag energy is found in the story about Carl Jung who was asked by a TV interviewer if it was true that he didn't believe in God. Jung nodded in assent, and with twinkling eyes said, "I don't believe, I know."

Which brings us to **the fourth level**, a very unusual and final level of Sagittarius, which is the Prophet, the Guru, the Teacher. Here is the person who has tested out his knowledge and hands over what he knows to be true. While it is easily seen in the figure of Jesus, Adano, or Charon Singh it is seen in a non public way in the form of a person who demonstrates his belief, who lives his truth, even the parent who teaches love by loving.

So we can expect to see Pluto transforming these various levels of Sagittarius energy over the next several years. On the 3rd or intellectual level of Sag we will be seeing a breakdown in philosophic and psychological awareness from Newtonian physics to Quantum Mechanics.

Webster's defines the quantum theory as being "based on Max Planck's concept of radiant energy subdivided into finite quanta and applied

(Cont. on page 6)

CALENDAR

JUNE

The Summer Solstice on the 21st at 1:20 am pdt is preceded by Mars entering Libra on the 19th and followed by the Full Moon in Sagittarius on the 20th at 12:09 pm pdt. All that fanfare promises to



lend a lot of energy to an already energetic time of the year. If the skies are clear you'll have the longest night of the year to enjoy a beautiful moon especially since Mars in the romantic sign will want to act on the possibilities!

Meanwhile, as has been the pattern for the last several years, most of the outer planets are retrograde in the summer, Saturn being the exception. In August, however, Saturn will retrograde and Pluto will move in a direct motion. Recall that 'retrograde' action gives planetary energies a chance to take root which appears to slow things down. (Don't be fooled!) June 23rd: Mercury enters Cancer: feelings affect clear thinking, and family matters get talked about.

28th: Venus enters Leo: Go to the theatre; be creative.

JULY

July 1st: Mars regains the degree of its retrograde station. If you tried to do something back in early February and

got thwarted, now's the time to act on it again.

7th: Mercury goes into Leo: express what's in your heart.

19th: Full Moon in Capricorn at 8:21 pm pdt.

22nd: Sun enters Leo. Create, speculate, educate and operate!

23rd: Venus enters Virgo. Details do make a difference, but don't take it out on your loved ones.

26th: Mercury follows Venus into Virgo. Research, analyze your daily life.

AUGUST

August 1st: Saturn retrogrades at 20° Aries.

Since it's often experienced as a slow down time in business, it's a good time to take a holiday. Anyway, fear is only a 4-letter word.



13th: Pluto goes forward at 2° Sagittarius, putting transformation back on the front burner. Destiny calls again after a long hiatus (since March).

14th: Mars sets foot in Scorpio. Passions rise, channel them into projects requiring a lot of energy. Take up a martial not a marital art.

17th: Venus moves into Libra where relationships are everything. But alas, Mercury retrogrades at 12:49 pm pdt at 16° Virgo heralding difficulty with one-on-one communications.

Important details may get overlooked. Check and recheck. Make your travel plans before this date.

18th: Full Moon in Aquarius.

22nd: Sun is in Virgo, harvest your summer ideas, be practical, renew your health regime that you may have lost during a holiday.

SEPTEMBER

September 1st: Solar Eclipse at 4:52 pm pdt at 9° Virgo. A fresh start and opportunity to gain emotional insight. Strong karma for those with 9° anywhere in their charts. This is also Labor day and Virgo rules the laborer so it's a good time to review your daily labors.

4th: Ginger's astrology class begins at the City College of San Francisco. 6:30 pm.

9th: Mercury turns direct at 2° Virgo at 6:41 pm pdt. Now you've got all the details and information, commit.

11th: Venus passes into Scorpio. Sexual and financial intensity rule.

16th: Lunar Eclipse at 23° Pisces at 11:51 am pdt. A Full Moon whose light is blocked by the Earth can bring clarity if your emotions are healthy. Isn't it all a holograph anyway?

22nd: Fall equinox.

Time for the next issue of *Longevity Circuit*.



Adano Family Reunion

October 10-13, 1997

Virginia Beach, VA

Tom Lumpkin writes: A reunion of friends and family of Adano Ley has been planned in Virginia Beach, Virginia for this October. A block of rooms, including a meeting room, has been reserved at the Ramada Inn just a few blocks from Edgar Cayce's A.R.E. Center where many of the treatments that Adano endorsed are available: massage, colonies, castor oil packs and more. They also have an extensive library and offer several workshops you may want to take. Since Fall is such a lovely time in Virginia, you may want to plan a longer trip and you'll be very close to Williamsburg, Richmond and other interesting scenic and historic places.

GROUP ACTIVITIES:

Friday night, Oct 10th. Ramada Meeting Room. Networking! Time to tell everyone what you're doing, bring your products and brochures.

Saturday Morning: Workshop with Ed Bergstrom. "Solar 97--new affirmations of Adano's nutritional teachings."

Sunday Morning: Workshop with Ginger Cornell. "Astrology 97 Pluto in Sag and other speed bumps on the way to the millennium."

Also, shared Solar meals, meditations and free time.

WHAT YOU NEED TO DO

Make a room reservation at the Ramada. They are offering a great "between seasons" rate of \$79/night for ocean-front double-double rooms (2 double beds so you can pile up!) They also have connecting rooms. **CALL NOW!** Tell them you are part of the "Adano Family Reunion" group. Call: (800)685-5105 or (757)428-7025.

IF FLYING, the closest airport is Norfolk International. There is a shuttle from the airport to the Ramada for \$14. Remember Oct. 13th is a holiday, Columbus Day, and Monday flying may be cheaper!



REGISTRATION

Registration fee of approximately \$55/person covers solar meals and other expenses. Please note: we are trying to work out the solar diet thing with the kitchen at the Ramada--we want to have at least a few of our meals all together. We will send out registration materials in another mailing. Meanwhile, please let us know if you plan to attend. Call Ed at (520)742-3630, or Ginger at (415)221-1005, or Tom at (708)386-2113.

Come enjoy these special times-- remembering Adano and being with good friends.!

(Thanks, Tom!)



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

(For those of you new to Longevity Circuit, for the last 3 years 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. This is the last organ to be discussed.)

THE LIVER

The Liver rules the hours of 1-3am. In acupuncture this organ is likened to the general of the army because it is responsible for the overall smooth running of the body, the regaining of energy and the ability to resist disease. From the Western point of view, the liver stores and cleans the blood. No wonder then that Solar Nutritionists understand that it needs to be nurtured and protected. A healthy Liver indicates a courageous person, while a disharmonious Liver indicates anger. Adano used to say that the real reason alcoholic beverages are not served after 1 am is due to the liver's need to refrain from those substances while it is in high tide, the restoring and cleansing period.

What if you were born between the hours of 1 and 3 in the morning? According to Solar Nutrition, this is your weakest organ and needs to be cared for on a regular basis. As a child you might have suffered a big disappointment to which you have become attached. You may be an angry person, whether you express it or not. Passive aggressive type anger is well known. Don't forget, however, that a little anger is healthy and promotes resoluteness. Even Jesus got angry, so we are talking here more about the attachment to the source of the anger. As Adano put it, "Courage is

cultivated rage."

The liver also relates to the eyes, not only because we guide ourselves through our eyes, but also because the eyes are the window to the soul. For instance, jaundice, which is a liver condition, is evidenced by the yellowing of the eyes. In addition, the Large Intestine can be affected adversely by an inharmonious liver, for instance in the occurrence of hemorrhoids, or a spastic colon.

The Liver needs chlorine to clean up, Vitamin A to keep the carbon out, and lots of liquids because the heat from an unhealthy liver causes dehydration and constriction that keeps things from moving through the body.

The foods for maintenance are for the morning, papaya and peaches; for **noon,** green onion tops, and **in the evening,** onions, garlic, carrots, and ginger. 100% tequila is the alcohol of choice for maintenance.

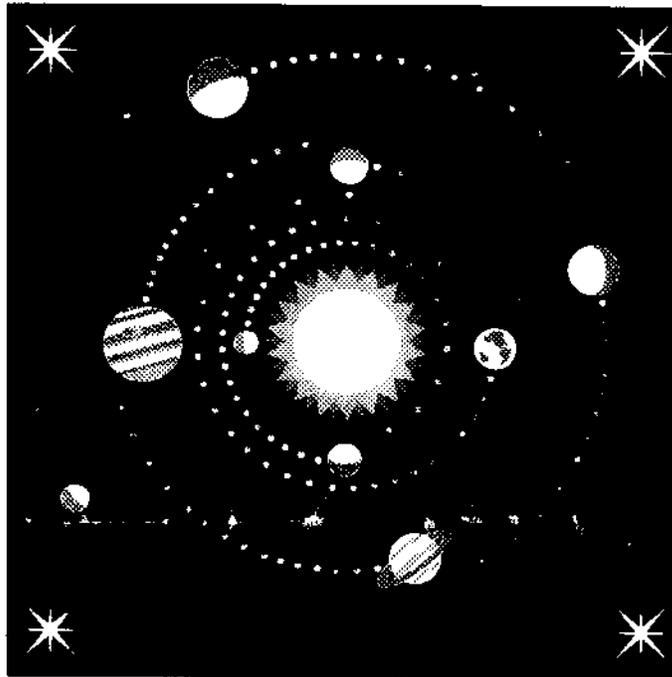
Here's an effective cleanser which is easy to take and should be the very last thing you ingest before going to bed at night. In a blender put 1 clove of garlic, 1 tablespoon of olive oil, the juice of 1/2 a lemon and a sprig of parsley. Blend together and drink. It may be taken 3 nights in a row, or every other night for a week, and can be repeated each month.

And don't forget to breathe!

Pluto in Sag, one more time

to a large number of processes involving transference or transformation of energy..." It isn't necessary to understand the mathematics in order to be able to integrate the essence of this awareness into your daily life.

The ancient ones have been telling us about it all along: we're all one (C.G.Jung puts it this way: "We all share the same common denominator); life is an illusion (the scientists call it the hologram) and what we do to others affects our cells (Adano: "My carbon dioxide is your oxygen.") After all, this is the Aquarian Age, and Aquarius energy realizes that whatever is new is old, and vice versa. This is the paradigm shift that everyone talks about.



Astrology Identifies the Paradigm Shift.

Astrology draws upon Astronomy to show the flow of energy from the Unified Field to individuality, according to the lineup of the planets as they move farther away from the Sun.

The Sun is our basic energy source since it is at the center of our solar system. Hence it relates to our basic vitality, and is our individual expression of energy in the small reality. It is the projection of the bonding of the sperm and the ovum, the ovum radiating its energy to magnetize the sperm, the big bang, etc. But in the larger Reality, it is the truth of Reality, or Reality without mental thought--the Reality behind the mind.

The planet closest to the Sun is **Mercury** which represents our learned psychic definitions of real-

ity, received before the age of two or from another lifetime. It is the filter, the veil between you and the Void, No Mind, Truth. It is also "Believing is seeing" or your personal reality experience, the extent of your reality. "What you see is what you get." Also Mercury is never far from the Sun, both in Astronomy and Astrology. In a chart it is never more than 28 degrees away from the Sun.

Next in line is **Venus**—what you value, based on the psychic reality that you learned from Mercury, be it materiality, relationship, or creativity. This desire nature takes you one more step away from Absolute Truth, i.e. No Mind, the illusion of reality.

The Sun, Mercury and Venus are the input. You could make an equation such that **The Sun plus Mercury Plus Venus = The Earth**, the acceptance of the

illusion, the completed separation. The Earth, which is also the Center in Astrology (Geocentric), is the vantage point of separation from Truth, the view from 'here' to 'there', or, from 'in here' to 'out there'. It is so-called individuality or ego-center. It represents our complete delusion into the mindset. It is where the usefulness of Astrology begins.

Around the Earth, revolves **the Moon**: emotion, the illusion of light, our entrapment into emotion and feeling nature, and yet it is the

only force capable of bringing us back to Absolute Truth being the reflection of the light from the Sun, the principle of Reality. It reminds us there is something of greater value, strength and origin. And yet we can only see one side of it!

Mars is the first planet concentrically outside the earth's orbit, in the lineup moving away from the Sun.

(Continued on page 7)

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POETS POETRY

Balanchine in my tree

Big fat cypress
all branches dancing
some waving their thick fury leaved
arms
in a rolling
hallelujah
others merely dipping down in a
nod
to the wind.



Thanks, Andrea!

Pluto in Sag, one more time.

First we are receiving through the Sun, Mercury and Venus, and now we output, so to speak. Mars is our impetus for action, the impulse that drives the will to act. Yet it is outer directed into the illusion of a material, sensate reality. You might look at our system as being similar to a rat chasing its tail. And the urge to chase begins with Mars.

And in his desire for action, Mars runs flat into Jupiter where he believes that what he is doing is *his* doing, that he is actually The Doer! Here expansion takes its toll into arrogance, orthodoxy and philosophy, the mind at its greatest inflatedness, i.e. "I already know that." or, "The Bible says... (or the Koran, or the Haftorah, etc - "My way is best.") No wonder it is said, "*Cogito, ergo Sum!*" It is at this juncture in the constellation that rules Jupiter, that transiting Pluto, has entered the scene dropping his bomb of destruction into our thinking so that we can restructure it.

The other planets after Jupiter are Saturn, Uranus, Neptune, and finally Pluto (which as I've said, is in the zodiac sector of Sagittarius). Since a circle is a straight line whose ends are at infinity, then Pluto brings us back to the Sun. Consequently, he is the transition from one reality to another, the jumping off place to

leave the Solar System, and to move into the expanded reality of our galaxy and ultimately the entire universe. The joke is, the beautiful situation is, that no matter which way we travel, inwardly or outwardly, we're going to end up in the same place, back into the truth of our nature, the No Mind, The Void, The Field, The View, whatever your word for it is!

So we have choices, we can either see Astrology, and our personal reality, as an illusion and use material life as the mirror of our energies being outwardly directed, or we can continue with our identification with our physical selves (cells) until we physically die. Of course we're all going to shed the physical body sooner or later anyway-- which is why Pluto carries so much clout, why Pluto symbolizes transition and transformation. It is because Pluto, the coercer, the manipulator, works his magic by carrying the club of Death resting on his shoulder, knowing that we're all afraid of Death. He uses our greatest fear to force us into returning to the Sun within (or without, whichever!).

And again, look where Pluto is now! He's in the portion of space we call the constellation of Sagittarius (which is the abode of Jupiter), our world view, threatening us with extinction unless we make the paradigm shift.

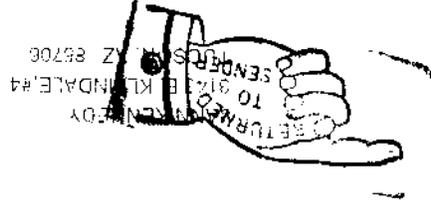
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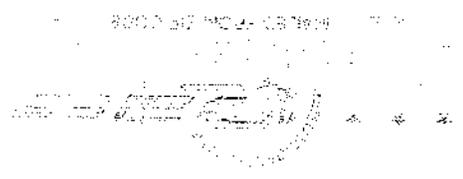


Adano Family Reunion planned, see page 4



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LONGEVITY CIRCUIT



Longevity Circuit has a new look!

Why? Because we're beginning our ninth year of publication and we thought we needed a face-lift! Also we're on the Web now and besides all the information you can get from the Longevity Lifestyles/ Longevity Circuit Web Page, we've started adding some great links to other pages that give you other important information. The Internet and e-mail are really cool stuff and I heartily recommend to all readers and supporters of Astrology to get involved. Using a computer is just not difficult any longer, what with all the user friendly software available on any type of computer. Yes, 10 years ago it *was* complicated, but not anymore. Go over to your local library and check out their free computers and give it a whirl. Besides, since Pluto is affecting our communications it's worth it to learn another way to keep in touch.

Love, Ginger