

# LONGEVITY CIRCUIT



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

Vol. 9, No. 3. Winter, 1997-98

## NEPTUNE and other musings.

The big news this quarter concerns Neptune. So lets catch up a little on the astronomy of this planet so that we can better understand it astrologically. Neptune in recent years is the planet farthest away from the Sun. This is not typically so. Usually Pluto has the honor of being our guide out of the Solar System. Please look at Figure 1 on the next page to see the wide elliptical orbit of Pluto. You will see that now it is inside the orbit of Neptune and in 1989 reached perihelion, its closest proximity to the Sun, causing it to speed up. For this reason many, if not most people, feel that their lives also have speeded up, that life is more intense and that transformation has become an ordinary rather than extraordinary thing as it once was even 25 years ago.

Astrologically, you could say that Pluto is "dumping" the energy/information that was gathered when at aphelion, or the farther position from the Sun and farthest out into the trans-solar system environment. There Pluto was reenergized in order to bring new tools for transformation into our consciousness which is currently being integrated. This happens every 250 years or so, but only since it was discovered with sufficient telescopes in 1930, have we now been able to understand Pluto. Pluto and Neptune having changed places in their orbital paths around the Sun is very significant for while Pluto is "dumping," Neptune is now our transmitter/receiver to the areas beyond our system and its sphere of influence takes on a more critical importance.



Now for the Neptune part: Neptune is leaving Capricorn where it has been for 13 years and in early February goes into Aquarius. While in Capricorn, an earth sign, restraints on the nebulous energy of Neptune were placed which in Aquarius will be untied. Neptune's energy speaks to us about illusion, deception, delusion, denial. It also refers to spirituality, trends, art, service, healing. Neptune diffuses, works in obscure ways causing things to happen often without our knowing so. To get an idea of the magnitude of this symbol, let's look at the recent

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# NEPTUNE and other musings.

energy interaction of Neptune in Capricorn. First look at the influence of Capricorn which concerns the need to control. Actually meant for self-control and commitment, it's no surprise to see how its energy is misinterpreted to mean control over others! Now look at Neptune. Working by eroding and dissipating, Neptune becomes a formidable opponent to Capricorn's need to control, not by confronting, but by not-confronting!

By going around, scattering, corroding away, drop by drop. A good visualization of these two diverse energies is the Grand Canyon. The small winding river is Neptune, the cliffs of the canyon are Capricorn. And look at the beauty wrought by these two forces as each opposes the other. In our times, you could look at the fall of the Berlin Wall or the loss of unbreached authority of the western medical system and the consequences which have brought greater strength to alternative healing practices that then are being integrated into the western system: another beautiful marriage of opposites.

As Neptune moves into Aquarius its diffusion will move into an air constellation giving it freer rein to explore its disseminating capabilities. Smoke travels more easily through air than it does through water or earth. At its best, the air of Aquarius governs the mind, intuition, humanitarianism, the big picture, global awareness

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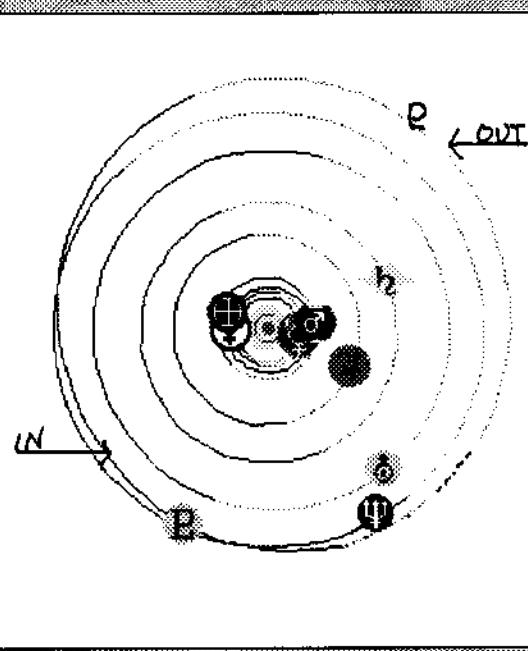
and change. At its worst, it rules inability to bond, the "easy-come, easy go" detachment that precludes involvement, and rebellion for the sake of rebellion (or as my Texas friends would say, "Shit-stirring!").

If we take the best of both Neptune and Aquarius we get a penetrating spiritual energy that has a great force for changing world conditions that threaten the planet. If we take the worst combination

about Neptune in Aquarius. It isn't something that you can plot out and work toward. Rather it's more energy that will come IN to you without your bidding, or especially in spite of your bidding.

On the mundane level we will probably find that movies and films have a greater impact on society; same for astrology. Anything, in fact, that is high tech, New Age, or puts more emphasis on the individual. Look for more lobby groups, increased use of computers and the Internet, acupuncture, interest and impact in ecological issues, especially clean air and water. As a starter, the National Institute of Health has just embraced acupuncture as a viable healing technique. Duh.

Other areas of interest include the emerging new psychology called "Evolutionary Psychology" which takes its cue from Darwin and applies his theories of evolution to the human mind. It fits in this category because its *enlightened* approach brings to the fore the *delusions* we have had about our reasons for doing things, most notably in the area of *compassion*, and *self-delusion*. Becoming more conscious is possible only with greater self-honesty. Read Wright's *The Moral Animal* for more on this subject. Also in the field of mind-control is the work of Caroline Myss who also points to delusions, addictions and denial as areas that keep us from moving into health and greater consciousness. She has coined the word, "woundology" to



we could predict increased pollution, victimization and the manipulative force of the disenfranchised, in other words, a breakdown of society drop by drop. But either way there is change whether you are in sync with it or in denial of it. Because these two forces have come together, many astrologers feel that this is THE MOMENT when the Aquarian Age begins, when the doors are flung wide open and enter we must. Obviously there's not too much that is straightforward

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# CALENDAR

Three months at a glance

## DECEMBER:

### Reflection and Review

Dec. 21st, at 12:07 PM the Sun enters Capricorn: the winter solstice. This is the longest night of the year which by itself indicates a time of reflection and a looking inward. In addition, the Virgo Moon's waning phase and the Retrograde Sagittarius Mercury further intensify the mood.

The waning moon, (i.e. the reflected part of the Moon becoming smaller) in Virgo is the time to find closure by checking details and finishing up odds and ends so that new projects can be started when the moon is new and begins to increase its reflected light. Mercury in Sag Retrograde indicates that our thinking cells are in review mode: the tendency to think really big is offset by discovering what piece of information we might have overlooked or forgotten to incorporate. This is the great opportunity to change your mind and to be realistic in your expectations!

But then, on Dec. 26th we find that Venus in Aquarius energy further intensifies this time of recapitulation for she also moves into the apparent motion of retrograde. Since Venus rules whatever you value most, whether it's love, money or beauty(art), and the Aquarius flavor to Venus gives a *savoir-faire* attitude, little attach-

ment and a love everybody approach, the apparent backward motion brings us deeper into reflection on these issues. Sometimes an old flame returns, sometimes we reconsider our spending by returning a new acquisition, sometimes we return to a previous method of artistic technique. So don't be surprised to encounter confusion and indecision during these weeks. Since Mercury returns to its direct motion on the 27th, and the moon begins to wax on the 29th, some of the tension will be released. Venus, however, continues to be retrograde until early February.

## January

Even though the Winter Solstice really marks the beginning of the astrological year, this year's January 1st may engender more of a fresh start mood. All the planets are direct, save Venus, and on the 4th the moon enters Aries, the first sign of the zodiac, perhaps giving our emotions a boost of energy to act. Jan. 9th: Venus backs up into Capricorn causing the issues of commitment and perseverance to enter into our reflections.

Jan 12th: Mercury adds his thoughtful energy to Venus, and 1 hour later the Moon is Full in Cancer. "The script calls for earnestness and seriousness", she pondered.

Jan. 19th: The Sun moves into Aquarius at 10:46 PM PST, and 1:46 am EST on the 21st. Let your energy lighten up. Soon you'll notice that the days are getting longer.

See the big picture, let your intuition have full expression.

Jan 25th: Mars takes on the Piscean energy. These two forces are not very compatible: energy gets distorted, energy flags, procrastination can set in. However, photography, glamor and trendiness ascend!

Jan 28th: Neptune enters Aquarius. This is an **EVENT**. See Current trends for more on this.

## FEBRUARY

 Feb. 2nd: Ground Hog day, which is really Imbolc, the Druid understanding that the increasing length of days is visible to the eye. Since Mercury enters Aquarius today, I wonder if we could reduce the confusion in our thinking if we were able to perceive our environment without the overlay of cultures and religions who feel that astronomical phenomena were 'pagan.'

Feb. 4th: Jupiter enters Pisces, another big energy shift. A co-ruler with Neptune, Jupiter is quite happy here and can bring lots of good luck and prosperity. However, if Jupiter makes stress aspects to your chart watch out for co-dependencies and something-for-nothing consciousness.

Feb. 5th: At last, Venus returns to her direct motion. Your values have been reworked, new understanding has crept in and the tension is re-

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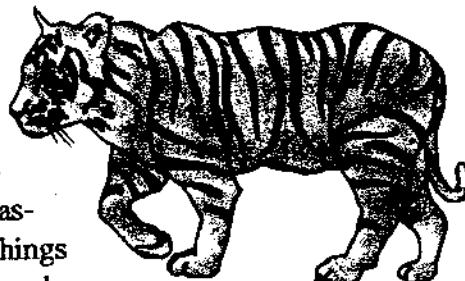
# And Other Musings...

describe why people don't heal. Her newest book is called "Why People Don't Heal, and How They Can."

Emotionally, you might feel yourself becoming increasingly compassionate, wanting to integrate your spiritual principles into your daily life, feeling the harsh edges being melted away. Then again, you might also find yourself living in greater self-deception, getting sleepier or entering periods of unconsciousness more often and for longer periods of time, even though you may not realize it. After all, the prediction from Swami Nityananda Saraswati is: "In 50 years we will all go to sleep like Rip Van Winkle and when we awake and return to the cities we will find they are run by the 9-years young." But conversely you could also wake up from your waking consciousness just as you wake up from sleep. Realized persons have told us that enlightenment is being fully awake while you are deeply asleep! That's why it's so important to **remember to breathe!**



**C**hinese New Year on January 28, year 4696 ushers in The Year of the Tiger, or more specifically, the Tiger passing through the Mountains, and promises to be a year of extremes, traditionally characterized by turmoil, war, disagreement and disasters of all kinds. Things tend to begin with a bang as behaviors are rash and impulsive. Watch tempers flaring. Take care around issues of trust and cooperation for it won't be easy to maintain friendships and ventures requiring mutual respect.



On the other hand, this fresh new energy, hot though it may be, can be used very nicely to move through stagnation and unseat the stuck! And hot is a key word here as the many wheels of Chinese astrology coincide this year in the element of fire. Keep

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your sense of humor, a low profile, and remember if the going gets too hot, things come to pass, they don't come to stay. Were you born in the year of the Tiger? Yes, if you were born in 1926, 1938, 1950, 1962, 1974 or 1986.

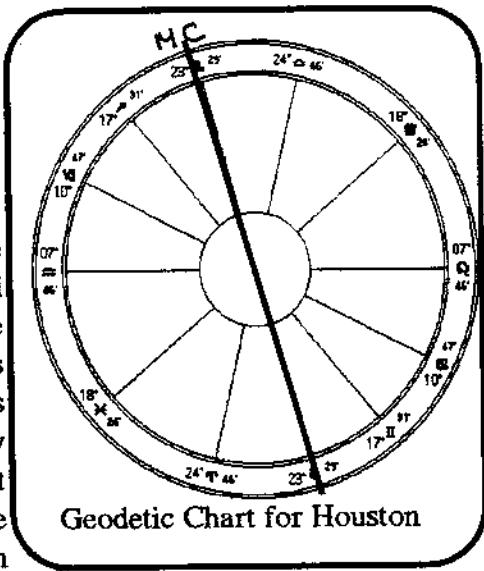
## GEODETIC LOCATION ASTROLOGY

**H**ere's a cool new tool for obtaining more information about your location. Although there are different coordinates one can use, I like the one based on the co-ordinates of the Great Pyramid in Egypt. The idea is that its location was purposefully selected to be at the center of the land mass on the planet, there

being a equal fourth to the North, the West, The East and the South. Each city then has a specific chart that comes from the coordinates at this pyramid. The premise is that it can tell you how you will fit into the energies of that particular location, geodetically defined, by comparing the city chart to your own. It's looking at the energies of your chart to see how they will fare in the environment of the location you're interested in learning about.

For instance, San Francisco's geodetic chart shows 26° Libra on the Midheaven; Houston has 23° Scorpio, and Richmond, VA has 11° Sagittarius. Put your own planets into the Houston Geodetic chart above if you want to discover what's in store for you in Houston. I have a new software package for relocation that allows me to give you this information. If you're interested, let me know. Also, if you want to read more about it, see Mark Penfield's interesting

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Geodetic Chart for Houston

# SOLAR NUTRITION

## SOLAR EATING ON THE RUN

**H**ow often does one say, "I can't eat 'Solar' because of the Christmas holidays, or because I work, I'm on vacation, I'm too busy," etc. Actually solar nutrition lends itself to any kind of life-style. If you were a gourmet cook before switching to eating on time, then you can still be a gourmet; if you've been a fast food junkie then you can still be one! Of course the better the quality of food and preparation, the better for the body. Nevertheless, some people are caught in the fast lane and don't have the time to give to the best preparations. Actually, one can reduce the stress in life just by watching the timing of the food so that eventually there will be the allotted time for correct eating. But you have to start somewhere, and it's usually more practical to start at the beginning!

So here are some fast-food tips:



### BREAKFAST

Keep a bag of raw, natural, unsalted almonds in your car and eat them on the way to work. Or keep a jar of soaked almonds in your business refrigerator. Eat a raw apple in the car or any other fruit that grows on a tree and is manageable while driving. Take a grapefruit or orange to the office instead of a coffee break. Or keep canned citrus juice frozen in the freezer and spoon out a little and add to water around 10 A.M. Remember, citrus is eaten alone. Have your coffee before or after. Take cocoa and maple syrup to the office. Keep it on hand. Volunteer to get the office coffee and make it Folgers! Have rice cereal (crispies) and a banana with almond milk at home. Try almond butter on a rice cracker.

### LUNCH

If you're not a vegetarian have a hamburger but try to find a place that serves meat not contaminated by hormones and other drugs. Have a salad, or at least lettuce and hopefully a decent slice of tomato for the nitrogen balance; and if your life style allows, have a glass of red wine to help break down the tissue and make it more digestible. Or have a salad at a salad bar and select only those vegetables that grow on top of the ground. That means, skip the onions (P.M.) and the olives (A.M.) for example. Since most of the foods humanoids eat grow in the middle of the day, lunch is the easiest solar meal to learn. Since this is a holiday season, remember alcoholic beverages are also imbibed by the timing of

their source food: Beer, wine, grain vodka (A bloody mary also gives you vitamin C and a little silicon from the celery, but skip the black pepper and ask for cayenne instead!) are middle of the day drinks. In the afternoon, stock up on bottled juices: cranberry, grape, raspberry, etc. Keep them on hand for an afternoon lift. A piece of strawberry pie, or blueberry or cardamom or poppy seed cake are also good for those afternoon blahs. Most fast food chains and bakeries can easily accommodate you. Although these sweets may have an ingredient or two that are not strictly solar, such as the egg in the cake, at least it's a beginning and gradually you will find more and more products that are completely on time. If you come home beat at the end of a stress filled work day, put your feet up with a really good glass of wine and relax: Even the bible says, it's acceptable to have a little wine for the stomach's sake.

### EVENING.

Quite frankly, most people have the greatest difficulty figuring out a solar dinner. There are less foods to choose from and besides the problem of being tired and having little time, there can be a boredom challenge as well. However, there are solutions: a baked potato with ghee, garlic and sauteed mushrooms, or even, canned mushrooms. Canned tuna or salmon takes no preparation. Make a big pot of root vegetable soup with miso and package it in dinner sizes in the freezer. A good liver therapy soup would incorporate onions, carrots, garlic, ginger, and beets. You can add mushrooms, turnips, potatoes as well for added heartiness. Or, how about a watercress salad with radishes and raw carrots? Add a hard-boiled egg for extra protein. Caviar on toasted rice bread, sushi or sashimi (but be sure to drink a little saki to protect yourself from any undesirable life-forms living with the fish!) are other possibilities. Did you know that Thai and Chinese food are easy solar solutions for nighttime? These recipes often fall naturally into the nighttime category. Don't forget the nighttime beverages: pineapple juice, aloe vera and 100% agave tequila. Take together for a liver toner. Or potato vodka, or saki which comes from rice. Read the labels.

And finally, remember all you solar nutritionists out there, Swami Nityananda provided us with a life saver when all else fails: bless your food. And remember during this holiday season that any food cooked in love in your behalf is not worth making an issue over. Yogananda once told an initiate of his who was making an issue about some chicken presented for lunch that the love in its preparation was more important than being rude warranted.

# More Musings...

book on the study of relocation.

## SEXUAL HARASSMENT, PAULA JONES AND THE PRESIDENT.

**A** look at Paula Jones chart shows that she was born in the mid 60's during the Uranus /Pluto conjunction. If you recall, Uranus/Pluto people are the movers and shakers of our times, (this conjunction only occurs every 127 years). These are the individuals who have the capability of either blowing up or saving our planet. Coming onto the planet with much information already embedded in their DNA all have had to come to terms with their sense of specialness. Consequently some have immediately seen their path of service, while others have expected something for nothing. This is the generation known for individuals who martyr themselves for a cause due to fanatical philosophies, or on the positive side are the ones who can redefine our systems as we move into the new millennium.

In Paula's chart, the conjunction also conjoins



### VACATION

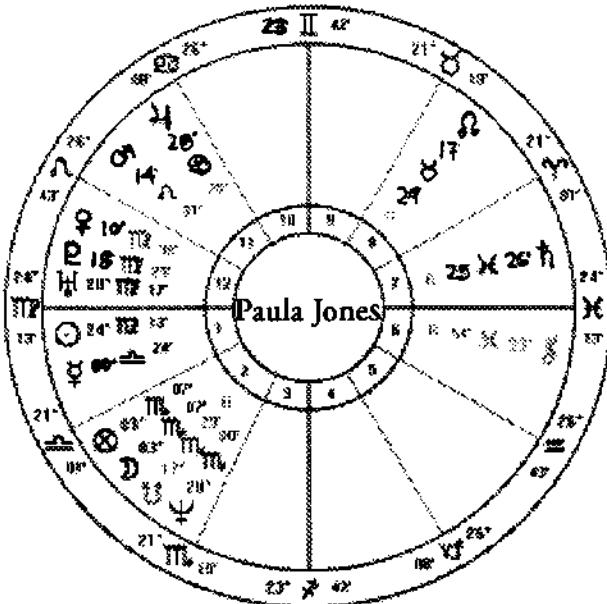
Thinking of going mad  
Isn't frightening. It's unreal-  
like studying travel ads for Cozumel,  
Jamaica, Tahiti ... the beaches  
blindingly white, the water  
cerulean under plunging yachts  
attended by bronzed women.  
Madness is a rich man's sport.  
and thinking of it makes you feel  
the thinness of your wallet,  
aching in your pocket  
like a heart.

Joseph Hutchinson

Reprinted from the *House of Mirrors*



Thanks, Joe



with her Sun, her Venus and her Mercury indicating a need for change on the very personal level. Since her origins are quite humble she may feel fanatically about those who have more than she and therefore feel obsessed or driven to create change.

In 1966 Saturn played a strong role in these energies by opposing all the Virgo in Paula's birthchart. Saturn is the constrictor and the controller of the zodiac, and in this position he creates a pretty tough conflict in her chart: frustration, feeling cheated of something that she thinks is rightfully hers, oppression and repression. She's not the type who will "go away" and is a worthy opponent for the President. With so many transpersonal planets playing strong roles in her chart, she is easily drawn into forces beyond her control. And with a Scorpio Moon she can be revengeful and sexually manipulative.

Her North Node conjuncts the Presidents Moon in Taurus so we know they have a past life connection and Karma to work out. Their charts indicate that both will be hurt by this confrontation. It boils down to the power of Mercury: who believes who, who can communicate the best, who can speak with the greatest power? Both individuals have strong aspects to their respective Mercuries and despite the issues I suspect that Paula is being used by others who want to obtain power over the president.



## Calendar, Cont.

duced. All the petals have been picked off the daisy and now you know, "She loves me, (not)!" Now for the rest of February all planets are in direct motion. A good period to get lots done, make plans, initiate them, follow through.

**Feb. 18th:** The Sun moves into Pisces. Put on those rose-colored glasses if you want, but better yet upgrade your wardrobe, get out your camera, go fishing!

**Feb. 20th:** Mercury enters Pisces. Think poetry!

**Feb. 26th:** Total Eclipse of the Sun at 7° Pisces. This always occurs when the Moon intercepts the Sun and blocks all the light of the sun. It begins at 6:50 am PST and ends at 12:06 PM PST. Moon energy takes over, meaning emphasis on your emotions, your body and the feminine side. It signifies an important issue in the area (house) in which it is found in your natal chart. Its effects are often felt before the day and can last for months.

## MARCH

**March 4th:** Venus and Mars are in synch as both change signs today. Venus is back in Aquarius where she was before she retrograded, and 3 minutes later, Mars enters Aries his home sign. Sexual energy increases, artistic output expands, the fire is ignited!

**March 8th:** Mercury moves into Aries to join Mars. Much gadding about, many irons in the fire, fresh innovative ideas emerge.

**March 12th:** Partial Eclipse of the Moon at 22° Virgo. Eclipses of the Sun and Moon always come in pairs. Now the emphasis is on the male side, the logical self and the mind. Since it is always a part of a Full Moon, the Earth intercepts the Sun and Moon and blocking the light from the Sun. Again, the emphasis is in the house of your natal chart where the phenomenon occurs.

**March 20th:** The Sun enters Aries, the first day of Spring and the days and nights are of equal length. Look for the next issue of *Longevity Circuit!*



## CHECK IT OUT!

THE UPDATED WEB PAGE OF  
*LONGEVITY LIFE-STYLES*  
AT  
[www.slip.net/~vlc.htm](http://www.slip.net/~vlc.htm)



News Alert!  
New Microsoft Product

Microsoft Corporation today announced its intent to purchase, copyright, and upgrade God Himself. The new product would be named, predictably enough, "Microsoft God," and would be available to consumers sometime in late 1998. "Too many people feel separated from God in today's world," said Dave McCavaugh, director of Microsoft's new Religions division. "Microsoft God will make our Lord more accessible, and will add an easy, intuitive user interface to Him, making Him not only easier to find, but easier to communicate with." The new Microsoft Religions line will be expanded to include a multitude of add-on products to Microsoft God, including: Microsoft Crusades: This conversion product will bring all worshipper accounts and prayer files over from previous versions of God, or from competing products like Buddha or Allah. Microsoft God for the World Wide Web: This product ties Microsoft God with Microsoft Internet Information Server, making our Lord accessible from the World Wide Web using a standard Web browser interface. It introduces several new Web technologies, including Dynamic Salvation and Active Prayer Pages (APP). Donations for the poor can be donated via a Secure Alms Server. Microsoft Prayers: Using a Windows-based WYSIWYG interface, this product will allow worshippers to construct effective prayers in a minimum of time. A Secure Prayer Channel technology allows guaranteed delivery of the prayer to Microsoft God servers, and Prayer Wizards enable users to construct new types of prayers with a minimum learning curve. Microsoft Savior: This product will allow worshippers to transfer their sins to its internal Vice Database. After a preset interval, the product will erase itself from the user's system and establish a clear line of secure communications to the user's Microsoft God server. Additionally, Microsoft is expected to announce a line of complimentary products for the new Religions line, which will enhance the functionality of the Microsoft God server product by providing a customized user interface. These interfaces will be based on popular religious sects, allowing worshippers to interact with the new God product in much the same way as the previous version. This line is expected to include Microsoft Christianity, Microsoft Catholicism, Microsoft Judaism (incompatible with Microsoft Savior), etc. Competitor Netscape Communications denies rumors that it is planning to release a competing product, Netscape Satanism, that would attempt to render Microsoft God installations inoperable.

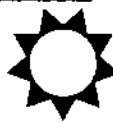
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How to eat well on the run, it's on page five.



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To find out all about Neptune look at page one.



FIRST CLASS MAIL

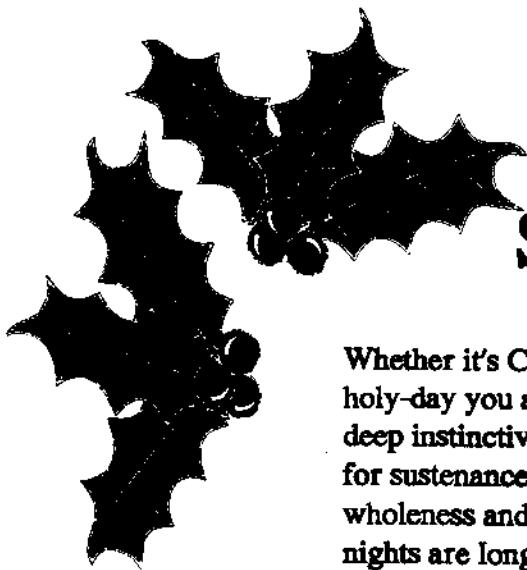
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LONGEVITY CIRCUS



## Season's Greetings!



Whether it's Christmas, Hanukkah, Chinese New Year, or any religious holy-day you are celebrating, the origins are in the gratitude we feel on a deep instinctive level for the return of the Sun (Son), for light, for warmth, for sustenance, and good crops. The Sun is our holographic symbol for wholeness and at this time of year when the days are so short and the nights are long, we have plenty of time for reflection, self-remembering and resting. Dormancy is not death, but rather the opportunity for our hidden potentials to gather strength, waiting for the warmth of new light to spring them to life. What is it that is concealed in your life that you would like to develop? The Tiger Fire Year promises all the energy you need to accomplish your goals. May all your seasoned wishes come true.

Love, Ginger

A handwritten signature in cursive script that reads "Ginger".