

LONGEVITY CIRCUI

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

Vol. 11, No. 1, Summer, 1999

PROGRESS?

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WHO GETS LONGEVITY CIRCUI?

Longevity Circuit is free only 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:

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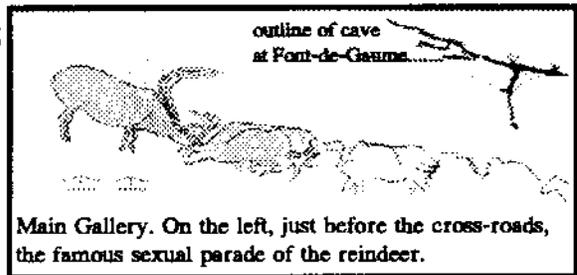
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Nestled in the heart of Southwestern France lies a region fertile with rivers known as the Perigord. In addition, running all the way down to the Pyrenees between France and Spain are limestone caves, and the combination of rivers and shelter provided earliest man suitable support. The caves are often long, winding and convoluted with very small openings and over the ages some have been completely covered over. Since the 1900's many of these caves have been rediscovered, often accidentally but serendipitously, for in these caves are found the earliest known paintings and markings of Cro-Magnon man dating from 30,000 B.C.!

I had always heard that the first astrological symbols were found in these caves, and doubting Thomas that I am, set out to see for myself. The first cave we visited was Lascaux Deux, so-called, 'Deux'



Main Gallery. On the left, just before the cross-roads, the famous sexual parade of the reindeer.

because it is an amazing facsimile of the original which has been grossly deteriorated due to the warm moist breath of hordes of modern visitors who have warmed the caves sufficiently to cause the growth of fungus eating up the paint on the walls, ruining the pictures. Consequently the cave was closed and it took 20 years to reproduce the cave using the same pigments that Cro-Magnon man used. The other cave we visited was an actual one: Font de Gaume and the experience was quite similar to Lascaux. A third cave which is not and will not be opened to the public is called the Chauvet-Pont d'Arc and it has some of the best paintings and glyphs of all, representations of which are on the Internet and I am sharing them with you, too.

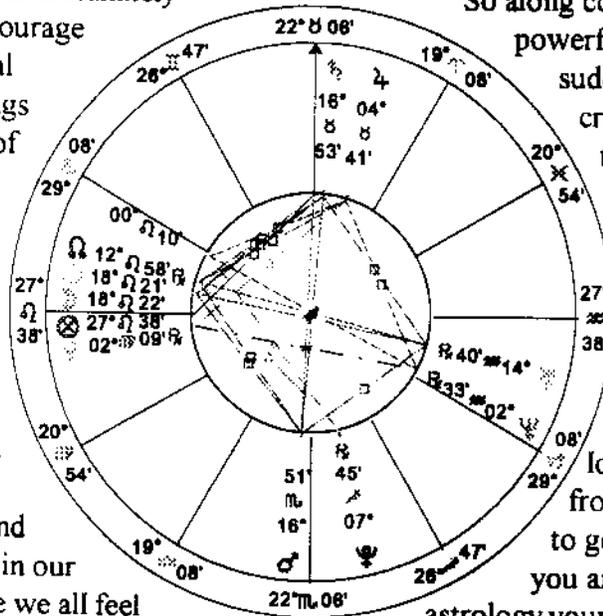
The first impression one has upon seeing the paintings is that it can't be possible that these renderings are up to 30,000 years old. The use of perspective, color, and 3 dimensional, even

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Solar Eclipse--August 11, 1999

The Solar Eclipse of Aug 11th has lots of people in the astrological community talking, and much of that talk is excitable and crisis oriented. I think one sees a lot of that lately in the astrological circles of our time and unfortunately the reason for that might be to encourage more people to have an astrological interest, especially in having readings done. I know in my own practice of astrology that my work load increases in direct response to the uncertainty of the times. When Pluto was in Scorpio the world at large was looking at transformation and needed a more metaphysical kind of help to realize the inner changes taking place. Now Pluto is in Sagittarius, we feel like we've already made the transformation and egos are full blown. The economy in our country couldn't be better and since we all feel like we know it all already, who needs any other input? Such is the stuff that cycles are made of. Modern astrology is fighting to find a place in the mainstream similar to that it enjoyed during the Middle Ages. But rather than capitalizing on the fact that astrology has always been with us and always will be, mainstream astrological egos need you to need them! Noel Tyl once said he knew he could make a million bucks from astrology. Well, there's nothing wrong with that, but that is not the point of astrology: astrology points to that which is sacred within us as the cave paintings and glyphs so graphically show. Sacred astrology is not really concerned with the material aspects of life which is why its lingo is fraught with words like directions, map, overcoming, energy-- words that indicate getting out of

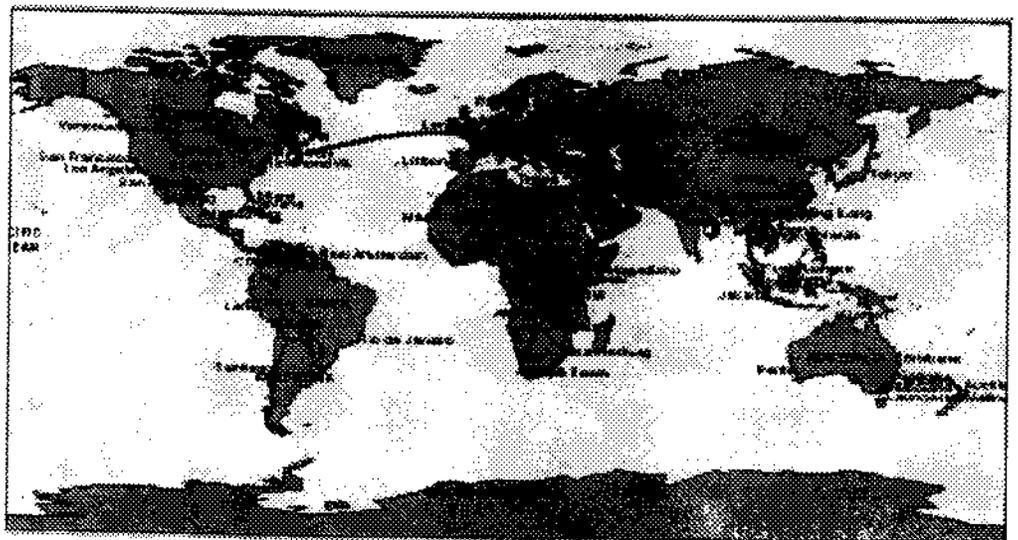
the material illusion and seeing things the way they really are. To paraphrase a great quote: "Seek ye first your wholeness and all else will be added unto you."



So along comes an eclipse with powerful associated energies and suddenly we have another crisis on our hands to add to the already-programmed "you ought to be scared of the millenium" syndrome. *The Mountain Astrologer* has devoted an entire issue to the subject. Unfortunately we have very few astrological magazines to choose from these days so it's hard to get a balanced POV unless you are a serious student of astrology yourself.

I'm not mitigating the potential for change that eclipses can bring, but my research indicates that two things must be in place: First for a personal reaction, the eclipse must make a direct conjunction in your own chart, that is, it must land on a planet of the same degree in your natal horoscope (this includes nations and cities). Secondly, the eclipse must

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CALENDAR

The Summer Solstice occurs on June 21. Solstice means the Sun stops. That is to say, the Sun will begin its reverse path toward the Equator. Of course the Sun doesn't stop. This is agricultural language to describe the phenomenon of the Earth's axis which creates lengthening days toward June 21 when the Tropic of Cancer, an imaginary circle around the northern hemisphere, defines how far North the direct rays of the Sun will shine. It's the longest day of the year for those of us in the Northern Hemisphere. In 6 months, in December we will have the Winter Solstice when the shortest night of the year occurs for us in the North as the Sun "hits" another imaginary circle called the Tropic of Capricorn. Of course this is all reversed for the Southern Hemisphere which is right now having winter. Astrology and Astronomy were once one and the same. Now that we have better instrumentation to measure things it's still a good idea to remember the agricultural situation that early man was attempting to explain and understand and to see how we still carry those roots within us.

As of this writing, Uranus, Neptune and Pluto are currently retrograde and doing their thing internally, gathering strength for their next forward motion. Mercury moves into Leo on June 26th joining Venus, bringing with it the potential for upbeat creative conversation. Learn those jokes so you can tell them at a party.

On the full moon in Cancer, June 28th, at 6° Capricorn, Jupiter also enters Taurus. After whizzing through Aries in a mere 4+ months, Jupiter takes his first peek into Taurus. Though 'things' may not move ahead so rapidly as you've come to expect, Jupiter in his new home will bring consolidation of those things begun in Aries. Jupiter in Taurus bodes well for all things financial and materialistic. Although many may be worried about the new levels of the Dow-Jones, astrology does not validate a strong down-turn at this time. Jupiter will reach almost 5° in August before he retrogrades on the 24th. Then he will move back into Aries to the 25th degree before making his final move into Taurus for a normal 12 month period. Jupiter in Taurus is practical materialism, love of acquisition including land, jewelry, art--any tangible asset. It can bring out the awareness of inner resources, capacity to love, and sexual encounters.

Mars gets back into Scorpio on July 4th where he was before he retrograded into Libra. Mars is at home

here, bringing increased energy, ready combativeness, and even ambitiousness. Firecrackers internally and externally!

Venus goes into Virgo on July 12th but only for a couple of degrees (5) before she makes a retrograde action on July 29th, back into Leo. Like Mars, Venus retrogrades only every 2 years or so, while Mercury retrogrades at least 3 times a year. It all has to do with the relative positions of the earth, the sun and the retrograding planet. A retrograde Venus causes us to rethink and refeel our value system, whether that be love, money or art. Venus in Virgo tends to be discriminating, even critical, so the rethink might yield some important decisions. Venus in Leo, ordinarily so full of joy and love of fun, may examine its motivation. An interesting coincidence is that on September 11th Venus will go direct at 18° Leo, the same number as the Solar Eclipse. Could this be the redemption for any problems activated by the eclipse?

Jupiter and Saturn also go retrograde in August, on the 24th and the 29th respectively, adding to the thoughtfulness of the summer. However, Pluto, on August 18th makes a station at 7° Sagittarius as his direction goes forward once again, giving us back that certain sense of destiny that Pluto brings. Jupiter and Saturn are big business planets and may well bring a slow-down to the economy and the market. Remember that these energies cycle for good reason: unchecked growth can be as harmful as too little growth.

On Sept 2nd,, Mars goes into Sagittarius where this energy can be quite productive, expanding, opening and progressing new projects, adding to travel, education and general all round optimism. As we move toward the autumn equinox, both Neptune and Uranus are making their moves to go direct in Aquarius. Since the outer planets will be direct as we approach the fall, look for movement on a global level, a sense of being a part of a larger context while personal business issues are in check. In the meantime, you might want to re-evaluate your philosophy and how and if it is working for you--i.e. what are your moral issues, where do you have to be right, etc. How does any of this isolate you from your fellow man, giving you a sense of false separation? Or as Adano C. Ley used to say, "Your exhale is my inhale, your carbon dioxide is my oxygen." Which reminds me: Don't forget to breathe! and look for the next issue of LC.

PROGRESS, CONTINUED

sculptural effects certainly must be the work of modern man! How can early man, whom we conceive to be animalistic, brutal and unconscious have evoked such beauty and realism? Either the paintings are a fraud or our preconceptions are wrong. Since carbon dating proves over and over again the authenticity of the date, then we must change our minds about our understanding of earliest man and the so-called progress we are making in consciousness. We must admit to the mental possibilities of Paleolithic man.

"Cro-Magnon man were not brutish beasts dressed in animal skins as commonly pictured, but actually men in the full sense of the word, in no way inferior to present-day man." p. 10. *Prehistoric Sites in Perigord.*"

Cro-Magnon man was aware of being aware. Researchers at the Chauvet Cave have so far found 447 paintings and etchings! The paintings and the other markings on the walls of all the caves indicate a sense of the sacred. One of the species of cro-magnon man is

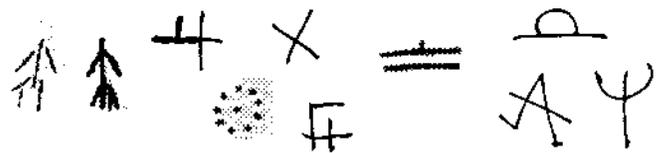
homo sapien sapien, who many believe to be wiser than our own race of *homo sapien*! These caves would seem to authenticate that premise for it is known that early man did not live in these caves, but rather used them as sacred repositories for their information. Using oil torches and the earth pigments from the region they were able to achieve the most sophisticated effects in seemingly unreachable areas of the maze-like caves.

Some of the caves are known to have been used as sacred spaces for up to 10,000 years! Why? What were they trying to say? What did they see that we don't see?

Much has been written about these subjects and it is all conjecture, but we can certainly see some of the origins of written language and astrological glyphs.

Here are some examples of what can be found:

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These glyphs certainly remind us of the present day letters and astrological symbols including glyphs for Sagittarius, the Sun, Libra and others. Around the horse in the central figure below are obvious precursors to Venus and Mercury. The abundance of animal species is interesting, too. Obviously there were many more animals in the region than are known today, an interesting fact for geologists who believe that all the land masses were once connected. But it also is useful information to understand how these animals came to be deified and shows how early man thought and spoke in symbols. Here are a few: ram or goat, bull, lion, snake, horse, fish. There are also numerous examples of dangerous animals. The

dividing of symbols up into male and female was defined at this time, and glyphs that remind us of Libra, Sagittarius, Jupiter, Venus and Mars were drawn!

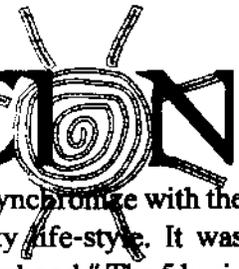
The implications for astrology are delightful! We are using a system of awareness that touches the very core of our existence and a very sacred core. It reminds us of our origins, and noble origins at that! It touches on such basic patterns that without them we would have no context for the understanding of life. And yet, in

this age we live in, we have lost touch with the sacred, the divine. Everything is what it is, what you see if what you get, and only the tangible is real. What a loss! Astrology reminds us of what we need to remember, incorporate and integrate. ●





SOLAR NUTRITION



Solar Nutrition is a method of eating based on timing in order that one may synchronize with the planet, and in so doing, lower stress, conserve energy and live a longevity life-style. It was modernized by Swami Nityananda Saraswati, who said, "Eat your way to butterflyhood." The 5 basic principles are:

1. There is a time, a place, and a season for everything.
2. A little of anything is medicine for the system.
3. Live to eat to get sick.
4. Live to eat to get well.
5. Live to eat in order to live NOT to eat.

On CNN recently there was an article about a new industry on the edge of an explosion. This new growth enterprise is called nutraceuticals, meaning nutrition for medicine. It is expected to become a multi-million dollar business in one year. It is based on the premise that people don't want their medicines to taste like medicine! I laughed when I heard this because that is the whole point of Solar Nutrition: food as medicine. In Solar Nutrition, what turns food into medicine is the timing of the consumption. Each food is ingested with the specific intention of maintaining, repairing and cleaning the part of the body being eating for! For example, one eats breakfast for Zone 1 of the body which is comprised from the rib cage to the top of the head. This is one reason why solar nutritionists never neglect to eat breakfast. The brain and lungs need to be nurtured. Without breath there can be no life: not even the brain can talk one out of that necessity! If one eats the allotted number of almonds, and fruits that grow on trees, one can be assured on receiving the alphabet of vitamins and the requisite minerals that this essential and major part of the body requires for health and longevity.

Zone 2 of the body includes the bottom of the rib cage to the top of the pelvis and contains most of the organs of the body: the liver, kidneys, stomach, etc. When foods that grow on top of the ground and the 2 and 4 legged creatures are eaten, one can be assured that one is protecting and nurturing the viscera of the body, providing these essential organs the nutrients they need to work effectively. Finally Zone 3 is located from the top of the pelvis down to the anus. Here is the reproductive system and the excretory system. For this part of the body food as

medicine includes things that grow underground such as beets and potatoes, and things that grow in darkness or in water such as mushrooms, fish, eggs.

If you have a part of the body needing repair, concentrate on the foods that grow in that time cycle. The body is homeostatic. If you give it the chance to correct itself, it will. But that means eating as if all foods were medicine, eating for longevity rather than eating for the ego with all its cravings, its need for the trendy and its need to assuage trauma. **Bon appetit!**

Here's a great summertime recipe for strawberry-rhubarb pie. Great for the spleen and liver!

PAUL'S STRAWBERRY RHUBARB PIE

Crust:

- 2 c. pastry flour
- 1/2 tsp salt

Take 1/3 c. from the 2 c. of flour and put in separate bowl and mix with 1/4 c water to form a smooth paste. Cut into the remaining flour 2/3 c. ghee until small peas form. Mix in the flour paste until dough can be gathered into a ball. Chill while you fix the fruit.

Fruit:

- 6 or 7 stalks of rhubarb diced in cuisinart.
- 2 cups chopped strawberries

Place in big bowl and add

- 6 tbs. flour
- 1 1/4 sugar (or to taste)
- 1 tbs. ghee

Stir gently until well mixed.

Roll out crust, place fruit on top, cover w/ lattice strips of dough and bake in preheated oven at 450° for 10 mins, then reduce to 350° for another 35 minutes or until crust in golden brown. **YUM!** 🍪

SOLAR ECLIPSE, continued

travel over the location that it is going to effect if it will have a material outcome. Two good examples are the Oklahoma City bombing and the signing of the Treaty in Yorktown in 1781 that clinched the independence of our country over England. In both cases the eclipse travelled *directly overhead*. We have at least 2 solar eclipses every year and obviously terrible things don't happen with such regularity and predictability.

So with all that said and done, here is some info about the Aug. 11th eclipse. First of all, look at the map of the world and you will see the path of the eclipse as it transits the Atlantic and moves across Europe. If there is going to be difficulty it will occur there along the path. Since we already have serious problems in the middle east including Yugoslavia and tangential countries it wouldn't be so surprising to encounter additional crises there. And what kind of problems? Well, the energies can give us an idea. Firstly, the eclipse takes place at 18° Leo. That means that a country, a ruler of a country, or an institution must have that degree strongly placed in its horoscope. Secondly, there are energies associated with the eclipse, in this case a powerful grand cross to the eclipse point with Saturn opposing Mars and Uranus filling out the 4th corner. These energies are usually represented by oppression, outbursts of inappropriate anger, impotence and overwork, accidents and volatility. Eclipses are known to show their effects before the exact date. Could it be that the Kosovo war with Nato involvement is already describing this solar eclipse energy? Or will there be more to tell? After being in Europe long enough to get a feeling for what Europeans are thinking and feeling, this situation is far from over...

If the eclipse lands on your natal chart, you must evaluate the planet being affected and then weight the situation in terms of the other energies, namely, the oppression, the overwork, the outbursts, etc. Eclipses act personally much more on time, but my research shows within a week or two. Let's test this out and do our own research so that we are not so susceptible to the doom and gloomers. In an age when so many are projecting their own darkness onto

the world, let's each do our own part to reflect wholeness. Remember the story of Abraham and how he bargained with God to save the city if there were but 10 righteous men.

A Fabled Few Poem by Beti'

For Summer Leigh

Time
That circular measurement
Of space and experience
Edges beyond mind
Leaving us somewhat
Jaded in concept
Living each day
Both hollow and blind
Unique
But not one of a kind.
Cleverly are these conditions concealed
Save to the great seer
All is revealed
To grant an unanticipated joy
A dewdrop
A petal upon a rose
All this within our hearts he sows,
So that looking out
We smile a new smile
As these jaded old feet
Walk a new mile
Anywhere
to hold
our first grandchild.

Thanks, Beti'

AS ABOVE, SO BELOW

by Paul Zakian

Or, Is There Really Anything New Under the Sun?

How did the ancients deal with their environment without the benefit of the things we find "indispensable" in so called modern society? There are many theories about primitive life, but after seeing the cave paintings in France, one might come to the conclusion that these societies were not so bad off and actually may have been quite advanced.

There is other research and observations that might support this idea. One is the concept of micro / macro parallelism or as above / so below. For example, the structure of the solar system is similar to the structure of the atom.

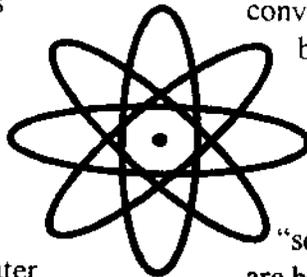
Adano Ley used to say that a movie theater was a very good model of the phenomenon of consciousness. In the head, the eyes might be likened to the movie screen, the brain's pituitary gland the projector, the pineal gland the light source, and the medulla oblongata the film moving through the projector. This system might be used in three ways:

- one with the external input of the world creating images on the screen of the eyes,
- another with internal input by closing the eyes and going inside to watch the "Big Movie" (as Yogananda called it) in meditation,
- and finally by synchronizing internal / external input to break down the illusion.

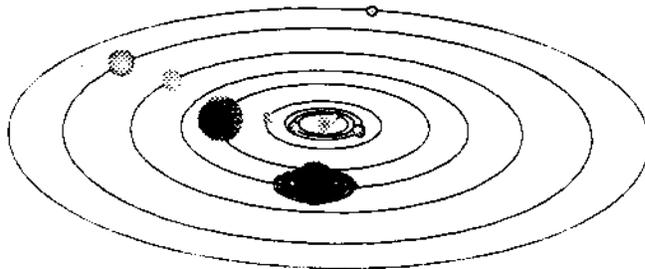
Paramahansa Yogananda used to also talk about "playing walkie-talkie" with his closest disciples. He would be able to hear and talk to them psychically. Another parallel: the "modern" two-way radio is just a reflection of the ancient phenomena of psychic powers.

Adano and Yogananda would talk about convex vision or "seeing the light from within." This is a where the eyes are "refocused" for **seeing through** matter instead of seeing at. An ancient manifestation of the X-ray machine?

Buckminster Fuller would say in the 1970s that within 20 years, humans would be able to travel around the world in 1 ¼ seconds. The Internet now conveniently provides this capability (which might be considered another form of psychic powers).



Other observations could be applied such as updating of "agricultural" language to "scientific" language. Many of our medicines are based on traditional herbal cures. For commercial reasons, drugs must be synthesized so they can be patented and provide the huge profits that the pharmaceutical industry enjoys. But aspirin is still willow bark and a certain popular heart medicine (digitalis) is still foxglove just to name two. When the medicine man spoke of "the red demon" that was causing a disease, he may have been intuitively seeing the molecular structure of the virus that the modern doctor would see from a blood test.



The cave paintings show a very advanced perception and outlook on the world. Why should we assume that these people were any less "advanced" than us in other areas? In fact, modern society might benefit by looking at the harmony that these

people seemed to have enjoyed with their environment.

Thanks, Paul



THE SOLAR ECLIPSE INFORMATION ON PAGE 2



PROGRESS- IS THERE ANY? SEE PAGE 1



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FIRST CLASS MAIL



What a lucky break! There have always been two things that have consistently interested me: one is art and the other is Astrology. Imagine how excited and lucky I felt to be able to go to France to see the origins of both, even to discover that man's thirst for art and for the sacred are one and the same need. Furthermore, as long as man has existed, so has this need for the divine, for the creative. Carbon dating and limestone stalagmites tell us that. There is not one without the other. You could say that man has always been, and always will be a sacred creation-- even when we forget that to be true! Carl Jung, the Swiss psychiatrist, had carved on the lintel over his front door this Latin saying, "Vocatus, adque non vocatus, Deus aderit." Called or not called, God is present. The same applies to art and its origins in the sacred. So this issue is dedicated to the essential in man to remind us that we haven't really gone anywhere, or grown to any great heights but that we might do well to remember what we are, rather than who we are. Visiting the caves in the Dordogne region of France was a humbling experience, yes, but it was also a redeeming one. As crazy as the world may seem right now, our essential Self still exists. Have a great summer! Love, Ginger

