

# LONGEVITY CIRCUIT



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

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## 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:

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## Obituary

On Dec 31, 1999, the Twentieth Century will die and become part of the annals of history. Taking a quick look at the moribund century's chart, the first thing you notice is a whole lot of energy in Sagittarius: a stellium of 5 planets and the North Node including the imminent Jupiter/Saturn conjunct, mostly being opposed by Pluto and Neptune. What a beginning! What a promise for change, expansion, and delusion, deception. What happened to this life of 100 years? Well the US became a game player on the international scene and at home huge social changes were taking place with temperance advocates, fundamentalist religions and political reformers all gaining influence. These are all Sagittarius influences, folks. But that's not all; Pluto and Neptune opposing brought in psycho-analysis, philosophies based on intuition and ultimately caused the split of science from religion. In literature and the arts we find an emerging trend toward surrealism, understanding of the unconscious, the modernist movement of T.S. Eliot and Ezra



Pound and the expressionists in Germany who voiced their lack of faith in humanity. Enter Einstein's and related theories of quantum mechanics, aerospace technologies, nuclear power, and a trip or two to the moon on gossamer wings and we see portended a complete shift of consciousness! So long Twentieth Century. We'll miss you. The family asks that in lieu of sending flowers you send your energy to shift your paradigm.

## Birth Announcement

On January 1, 2000 the Twentyfirst Century will be born and enter the annals of history. Taking a quick look at the newborn's chart the first thing

Continued on page 2

## Hello, 2000, continued

you notice is a whole lot of energy in the fixed (read future looking) signs with Pluto having done a 180° shift in energy, a formidable Uranus/Saturn Square and Jupiter/Saturn conjunct. As we enter this new period what do we find? The World Trade Organization, the rise of fundamentalist groups and the tie in with political office, the attempt to return to combining religion and science, continued social changes especially with the 3rd sex and women's rights, the Internet and Web.com. This return to conservatism along with a strong push for radical reform, this ending of one cycle and the emergence of another, promises lots of stress and conflict for the newbie as s/he forges ahead into the unknown. Welcome to the world, child, and good luck! A baby shower will be held soon and the parents of the child request you bring you gifts of resiliency, adaptability, intuition and compassion. Similar gifts will be accepted as well.

**W**ell, if you compare these two notices you might notice that there isn't that much difference in energy between the last century and the next. Even in this year there will be a similar stellium of 7 planets in Taurus in May. Much can be made out of it, especially if one is paranoid, but for balance and reality, look back at the year 1900 and you can see an amazing looking chart: a bucket with a handle of Pluto and Neptune. Think what you can do with a handle: pick the object up, swing it, empty it, etc. Definitely life speeded up, what didn't work got thrown out and Buckminster's predictions all came true as the curve of energy radically took an upswing such that now we can move around the globe in a mere second and a quarter thanks to the Internet.

The next 50 years appear to bring more chaos as various interest groups come into conflict. When Pluto goes into Capricorn in 2008 you can expect some sort of crackdown as excesses get out of control. Whether this is financial, religious or

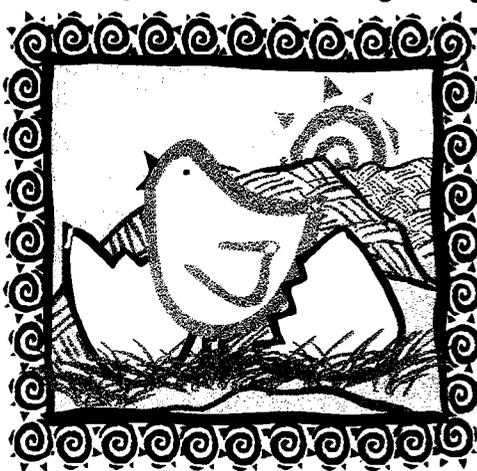
social is hard to say offhand, but a look at the chart of the U.S. using the truce at Yorktown indicates a social revolution. Uranus will have moved through his own home of Aquarius and into Pisces, and Neptune, the ruler of Pisces will be in Aquarius! Talk about a paradigm shift! Wow! These two planets in mutual reception ought to bring in new levels of consciousness, the fertile ground for individual enlightenment and to quote Ebertin, "Extraordinary and unusual inclinations." It could mean living on another stellar body like the moon or other neighboring spaceship, and/or even a mass unconsciousness, a sort of waking death as a collective recycling for a rebellious world out of touch with its natural laws and forced into a renewal. Could it also be the manifestation of extraterrestrial life inhabiting this "garbage pit of the zodiac" for its own renewal?

What's also interesting is looking at some of the predictions made by realized men who indicate that there are as yet *uncreated* worlds, and that the future holds what you *expect* it to. These kinds of predictions certainly pay a deep respect to the potential of human consciousness. These same enlightened people

indicate that really, honest and truly, nothing changes; only our perceptions change and now science bears witness to that long known truth as we become more and more technical in our research concerning the essence of energy and matter.

"So breathe!" As my teacher would say, "this moving wallpaper is here to keep you from getting bored!"

Hey! Anybody bored out there?? ROFL.



### SIGNS

- ♈ - Aries
- ♉ - Taurus
- ♊ - Gemini
- ♋ - Cancer
- ♌ - Leo
- ♍ - Virgo
- ♎ - Libra
- ♏ - Scorpio
- ♐ - Sagittarius
- ♑ - Capricorn
- ♒ - Aquarius
- ♓ - Pisces

# CALENDAR

**A** Little Reality Check: Although I've written before about how subjective any calendar is, here's a reminder. The Buddhists are celebrating the year 2543 with the New Year of the Dragon on February 5. The Muslims are in the year 1420 and do not even use a calendar of 365 days, so their New Year is constantly changing. The Hindus have revised their calendar many times and currently use a lunar system and the Gregorian calendar and reckon they are in the year 1921. The Chinese celebrate the Metal Dragon on February 5th as do the Buddhists, but they say they are in the year 4697. The Ethiopians use a similar calendar to the Egyptians and reckon 1993 years while the Mayans are at year 5119 and the Jews are in 5760!

In the Gregorian or Western world, on Dec 21-22 the Sun moves into Capricorn, also known as the Winter Solstice. (According to the Tropical system of astrology this means we use the seasons, rather than the stars to determine our Sun signs.) That is, the sun stops its apparent southerly movement (the sol-stice means sun stops) at the Tropic of Capricorn signifying the shortest day of the year for northern latitudes and the beginning of winter. Of course, it's reversed in the southern latitudes. Later in the day we also have a special full moon with both the Sun and Moon closest to the earth causing the Moon to appear much larger than ordinary. This phenomenon occurs ever 133 years. Wow! Have a Moon bath.

For those of you who don't have ephemerides, here is the position of the stars on **Dec. 21st:** ♄ 11° ♏, ♃ 2° ♏, ♁ 14° ♏, ♃ 10° ♏ R., and ♃ 25° ♏. (Please refer to the two insets for translation of the glyphs.) Saturn (♄) is our only retrograde planet and will be turning direct on January 10th. Venus (♀) is in ♍ until Dec 30th, ♂ is in ♏ and ♀ is in ♏ until New Year's Eve when it moves into ♏ adding some somber or fearful thoughts to the reveling: Is my bank really Y2K ready, will my lights stay on, etc.?

PLANETS	
☉	- Sun
☾	- Moon
☿	- Mercury
♀	- Venus
♂	- Mars
♃	- Jupiter
♄	- Saturn
♅	- Uranus
♆	- Neptune
♇	- Pluto

## JANUARY

**3rd-** Mars moves into Pisces. If you made it through the weekend you might want to watch the meteor shower.

**11th-** Saturn goes direct. Together with Jupiter, business energy will be full speed ahead. That is, if you have something in limbo it ought to straighten out now.

**18th-** Mercury moves into Aquarius aiding in intuitive or brilliant thinking.

**20th-** Full moon with a lunar eclipse. Sun enters Aquarius.

**24th-** Venus goes into Capricorn, cooling off ardor, maybe holiday bills coming in.

## FEBRUARY

**5th-** Chinese and Buddhist New Year of the Dragon. See page 7 for description. New Moon and Solar Eclipse. Mercury goes into Pisces to garble communications or to write poetry.

**11th-** Mars enters Aries, his home. Good for new beginnings, lots of energy, but anger can get out of line.

**14th-** Valentines Day and for Taureans and other earth signs your love gift is Jupiter moving into Taurus to stay for a while, bringing good luck, expansion and prosperity.

**17th-** Venus moves into Aquarius and possibilities of love at first sight!

**19th-** Sun enters Pisces with a Full Moon.

**21st-** Mercury goes retrograde. Research, study.

## MARCH

**13th-** Venus goes into Pisces, the urge to merge.

**14th-** Mercury goes direct: now you can sign.

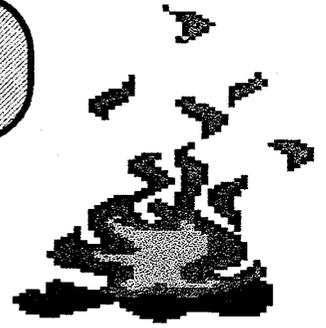
**15th-** Pluto goes Retrograde: fate fades.

**19th-** Vernal Equinox, Sun enters Aries, Spring!

Look for the next issue of Longevity Circuit!



## THE AQUARIAN AGE AND THE DYING FIRE



**A** frequent question I am asked is, "How will the Aquarian Age be different from the Piscean?" First of all we are already in the new age. There's no more getting ready. Unlike the Piscean era, each person is both a teacher and a student. In the past, one could only have a spiritual guide who taught right thinking. Today with the increased energy and speeds on the planet, instant karma can teach, or we can learn from each other as certain kinds of information are currently available now that weren't previously. Spirituality is no longer an elitist way of life: God consciousness is available to all, making it possible to come out of denial rather than to live the monastic consciousness. We are all potential householders now who can envision our highest reality while in the midst of things.

But the end of the Piscean age is similar to a dying fire. Have you ever watched the last ember suddenly flare up and display its brightness just as the fire goes out? Similarly we find such evidences at the end of an old time: an increased hold on the catechism by the various religions, increased authority, confrontation with spiritual guilt, fanaticism, demands for help, co-dependency and not wanting to stand on our own two feet. Here in Santa Fe there are literally hundreds of gurus, teachers, therapists, channelers, mediums, shamans, and other spiritual guides who all make claims for healing, wholeness, enlightenment and lots of other things. This is the flaring but dying ember of the old mentality that at its worst wears the cloak of helplessness, victimization, suffering and guilt.

So how is the new energy affecting us? Yes, government will probably get bigger and more corrupt as a way to teach individuals to govern themselves. Yes, there probably will be more special interest groups demanding attention to teach us that we all have special interests and can help each other on an individual basis. Yes, environmental problems probably will continue in order to teach us that we are totally dependent on this environment if we want to stay here, or to encourage us to explore other places in the solar system, or by transmuting our carbon-based bodies into diamonds. Have you ever met anyone who willingly grows? Planet Earth is where viciousness is turned into compassion and who would volunteer for such a job? It is Piscean to think we can progress without effort, for Pisces will take the path of least resistance whether in the collective or in the individual. To be fair, the bright side is that the Piscean Age gave us the will to know God and the craving to be at-one-ment. So the quest is the same, but the process is changing. Honestly, in your heart of hearts, aren't there times when you would just love to go to a monastery, or some cloistered environment to spend your days in outward peace and harmony growing grapes for wine or tating a little lace? Wouldn't you just love to go home? But there was no independence then, no freedom to act, no choices and you didn't experience Life. Now in this age exists the challenge of finding wholeness on the way to the bank, or in the intimacy with your sexual partner.

The New Age will bring us easy to access higher brain level states. This is indicated not only by the reoccurring relationship of Neptune and Uranus, but also by the facts that computers are giving us instant information. What occurs above, so below, or put another way, out equals in. So do something with technology: there's going to be a lot more emphasis on it. If you don't like using a computer, learn to anyway. Though it may be true that computers don't necessarily save time, they do represent new ways of accessing and retrieving information and communication, increasingly important issues. Even now they can bring you instant communication with the world from your own desk. Buckminster Fuller predicted in Waco, Texas in the 70's that we would be able to go around the world in 1 second and a quarter. Maybe we're not so far from that now.

( This is an edited reprint from an article that originally appeared in the spring 1993 issue of *Longevity*



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

One of the tools that Swami Nityananda (Adano Ley) left behind for us to use going into the next millennium is Solar Nutrition. And like all great tools its use is simple (but simple is rarely easy).

Here we are in the last days of the 20th century and food itself has become suspect. We are bioengineering foodstuffs, including adding viruses to the DNA of certain plants (i.e. the potato to make it resistant to bugs. Ugh), adding hormones, using pesticides, hydroponically growing, synthesizing vitamins and herbs, etc., etc., etc. The list is almost endless. I constantly hear fear and paranoia in people's voices as they ask me what to do:

thing bad, What if I eat this, is always the same: "Eat So-miracle of timing, and tell Adano had to prove that

*For the complete food list and other interesting tidbits of information, visit my web page at [www.longevitycircuit.com](http://www.longevitycircuit.com)*

Is this thing safe? Is that *ad nauseam*. My answer lar." First I explain the them the experience that timing was a practical

solution to health. Under a controlled environment Adano actually ingested poison, but *at the correct time of day*. It did not kill him obviously or he wouldn't have been able to tell me about it! And timing is the first line of defense against contaminated food. And remember that there are two other lines of defense: lunar eating and blessing one's food. St. Theresa who lived on a single wafer for sustenance would not eat even that unless it was blessed and she could tell! Test it out. For those of you new to solar eating I want to add a quick crash course in how to do it, to start you off in the New Year in a healthy way. Here it is:

Morning: eat things that grow on trees

Noon, eat things that grow on top of the ground

Night eat things that grow in darkness, under ground or in the water.

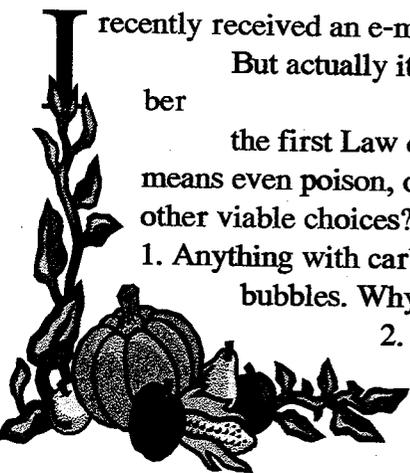
I know it means overcoming your emotional addictions, but it also means covering your butt so you can stay healthy. You wanna be right or you wanna be healthy?

I recently received an e-mail asking about the very few things that are considered unhealthy to eat.

But actually it is not the food itself which is unhealthy, it's the way it is prepared. Remember

the first Law of Solar Nutrition is "A little of anything is medicine for the system." (That means even poison, or bioengineered food. But who would eat poison or altered food if you have other viable choices?) So here's the list.

1. Anything with carbonation. You can have the coke, the beer, the champagne, but take out the bubbles. Why? Because CO2 is a refrigerant and keeps the body frozen and unable to heal.
2. Ground pepper (white, black or green). You can have whole pepper, but put it in a *fine herbe* bag so that you get the flavor and nutrients but not the grit. Why? It irritates the gall bladder and increases the likelihood of stones.



## SATURN SQUARE URANUS

Here's an update on the Saturn/Uranus Square the whole world is encountering. If you recall, the planet Saturn symbolizes the concept of limitation. For instance in our body, the bones, teeth and skin are ruled by Saturn. Saturn is also structure as evidenced by the bones and though we may not like the idea of limitation and structure, without Saturn and bones and skin, we would be mere blobs of tissue much like a jelly fish!

The planet Uranus, on the other hand, symbolizes those things beyond control: freedom, independence, the unexpected and unpredictable--change. In the body one's breathing, rhythms and nervous system are under the rulership of Uranus. Obviously without change and revolution we would all stagnate and die.

When these two creative solutions, When they are not tension and worry about airplane accidents, who do harm to other plane crashes to the and the Egypt flight and bus wrecks, a primarily along the ones in other places. violent and difficult episodes



energies are working well together you get manifested ideas, structures that allow freedom in an interdependent sort of way. working together well, you feel tension, nervousness, frustra- Y2K! Things begin to break in, break down, or break, like broken bones, train wrecks, frustrated and violent individuals ers to vent their anger. We can attribute the recent rash of Saturn Uranus Square: John Kennedy's, Payne Stewart's from New York. There have also been several train, boat major cyclone in India and of course the big earthquakes eclipse route in Turkey although there have been other "big" And you can't forget the shootings from violent fanatics. These are attributed to the hostile combining forces of Saturn and Uranus.

Has anything good come from these energies. You bet. Since Saturn and Uranus in this combination also tell about break downs and breakthroughs you can look at the recent developments in Ireland to see both and consequently a real possibility for peace there. Same in East Timor breaking free from Indonesia, the quest for reform in Iran, the diminishing power of the Lords in the English Parliament.

As I've mentioned before, these two planetary energies are going to be doing their dance until May, 2000, and when Saturn goes direct in early January you may feel an intensification of this volatile and nerve-wracking energy with continued unpredictable events, nervous tension in your own body, broken bones, teeth and skin problems. Not that any of this needs to happen to you personally: good astrology recognizes the deflection or shunt and capacity to use the energy rather than being used by it. Volunteer to change, to find new ways of doing things, to break down old outworn habits, clean out your closet, approach things creatively, improvise. Then you see how valuable this energy can be as you breakthrough to new ideas and experiences. It's your choice to get out that old but trusty consciousness umbrella!

To help in dealing with physical tension, there are a couple of easy to find products at your local grocery or health food store. One is Tension Tamer Tea Extra from Celestial Seasonings and is very effective for relation. The other is an herb called kavakava. It's an old Polonesian herb used in their ceremonies for many man years. It has just been brought to this country and is used for its relaxation and nerve calming, mind-brightening results. Read the labels. Both seem to be most useful in the late afternoon or evening.

In a related vein, I recently read an article that the French Astrologer, Nicole Girard, has found a pattern in the recent earthquake situation that is borne from the August Solar eclipse. She has correctly predicted 4 of them and indicates there will be 3 or 4 more on these dates. **Dec 3-10, Dec 21-22, Jan 6-7 and Jan 26-17.** If you are travelling at this time be sure to check in with your intuition to be sure that you are travelling safely. Most of my clients are very earthquake sensitive, maybe because astrology and earthquakes are both ruled by the same planet, Uranus. Then the cycle should be over. Check it out!

# A FABLED FEW POEM BY BETI'

## BREATHLESS BREATHING

He of the silver tongue!  
Describing  
Prescribing  
Inscribing  
Indelible prints  
On the tablet of the heart  
Picturing new starts  
From worn out parts  
Of lives well spent  
Without a hint  
Of weariness  
Or eeriness.  
A natural dream  
Spun from the haze  
Of bright, happy days  
Hatched in the sun  
Of meaningful fun  
With those  
Of compatible ways.  
No strife  
No misery to give  
Just living to live!

Thanks, Beti ♥

## SOLAR NUTRITION, Continued

Cayenne pepper is not only okay, it's very good for you.

3. Melted cheese. Cheese in its natural state is good, but melted cheese is like a glue in the intestinal track and doesn't break down, sticks to the lining of the wall and causes intestinal problems. (Elmer's glue is made from milk by-products.)

4. Unhulled popcorn. Why? The hulls are sharp and scratch the intestinal walls irritating the digestive system. Like cracked pepper, they can't be digested. Hulled popcorn is fine and is available in stores.

5. Deep fried food. Why? Not only is it fattening, but highly heated oil acts like a varnish in the intestinal tract, interfering with/ good digestion.

It's all in the processing!

Check out the web  
page!

[www.longevitycircuit.com](http://www.longevitycircuit.com)  
Today!!



## The Chinese Year of the Dragon February 5th

Because the Dragon is considered to be the luckiest animal in the Chinese zodiac this is the recommended year for having babies, getting married and starting a new business. Money is easy to obtain for grandiose plans and daring projects. It is no wonder this mythical and magnificent animal rules the emperor, for he is indomitable, intense and exhilarating. However, Dragon years are marked also by inflation, overstepping the bounds of caution and retribution. For as lucky as Dragon years can be for anyone, this is also the year when one is called to account for one's errors. Since the Dragon is much like the Western sign of Aries, the tendency is to throw caution to the winds in a fit of enthusiasm, but such a perspective is not recommended as massive waves of disaster as well as fortune can be expected. Since the Dragon hates restrictions, and the Saturn/Uranus square encourages him, don't be surprised to encounter revolution both personal and collective. This is a Metal Dragon year and is the most strong-willed of the Dragons so watch out. Expect the unexpected for good or for bad!

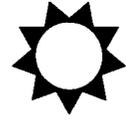
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What does the future hold for you?



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Happy Holidays to all the readers of Longevity Circuit.  
And thanks to all who have supported this endeavor for

the last 11, nearly 12 years.

And a happy, healthy and prosperous New Year to everyone.

It's great to be rolling over the digits with you and certainly we will all remember what we did this New Years!

Love, Ginger