

Longevity Circuit

Perpetuating techniques which contribute to a longevity lifestyle.

Longevity Circuit

Volume 15, No 3, Winter, 2005-06

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What's right with the world

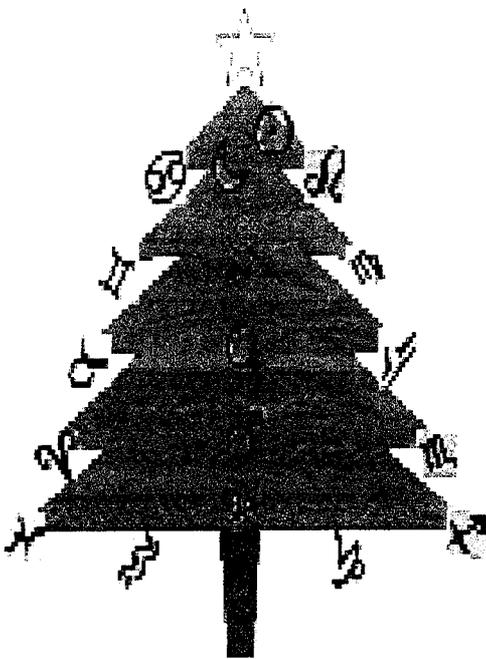
*The year's at the spring,/And the day's at the morn;
 Morning's at seven;/The hill-side's dew-pearl'd;
 The lark's on the wing;/The snail's on the thorn;
 God's in His heaven--/All's right with the world!*

Robert Browning

We seem to be living in hard times. War, terrorists, poor economy, disease, corruption and tension everywhere. It certainly makes one think about this world and where it's all going. Is this what every age thinks about its times, or is this one particularly bad. On the other hand we might ask, is there anything that is particularly good about these times, and, are we in the throes of change which always feels tense. Isn't Browning telling us that we are entering a new time, the dawning of a new age and to look for things that are in front of our face to keep us focussed on what is right? For instance, a baby in the process of being born goes through intense pain. So I have been making a list of productive things that are perhaps new to our times to give one a more balanced perspective. Since all the great religions indicate that man has the ability to develop Super Man attributes, you will note that each item has a parallel with man's innate, but seldom acquired spiritual gifts.

1. The internet/bi-location; psychic awareness; "information highway." Before the Internet was anything more than a twinkle in Big Daddy's eye, Buckminster Fuller predicted that we would be able to traverse the planet in 1^{1/4} seconds! I heard him say it myself. The Internet is his vision of man's capacity to communicate, to receive and send information nearly instantly.

2. Mobility/freedom. This area includes any vehicle (airplanes, cars, etc.) or attitude that allows for relocation, moving away from trouble, even finding a location that is best for prosperity, love, etc. Astrological location analysis demonstrates this. *Jivan Mukta* - freed while living- is the spiritual parallel.



*Row, row, row your boat
 gently down the stream,
 merrily, merrily, merrily, merrily,
 Life is but a dream.*

Have you visited our web sites?

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www.elsophamtech.com

www.parkpreschool.com

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WINTER CALENDAR

The winter solstice falls this year on Dec 21st PST and 22nd, EST. In ancient forecasting techniques, casting a chart for a solstice or equinox was a primary way to predict events for the next 3 months. The Winter solstice chart was often used to forecast the year. This system is being revived by some astrologers today, so let's look at it to see what this chart might reveal. What stands out most notably is a retrograde Mercury opposed to retrograde Saturn. Mercury is the planet of communication. Think of the myth of Mercury with his winged feet travelling between the gods and man and the gods. But also think of mercury the liquid metal which cannot be grabbed and which is poisonous. Now you have a true picture of both sides of this symbolic energy.

When retrograde, Mercury's energy internalizes. We can review, rethink, replan and if we do it consciously, by looking at alternative options then we have a friend. If we anticipate our expectations then mercury turns to poison and what we wanted slips between our fingers. With Mercury opposing Saturn we again have an opportunity to choose an attitude. Saturn, like all the planets, has his upside and downside, too. Positively, Saturn promotes commitment, wisdom and thoroughness. Negatively Saturn turns cold, becomes cynical, and attracts separation (although never from something we need).

It's not hard to figure out then that these two energies in an adversarial position could either promote serious thorough decisions based on wisdom, reveal misapplied decisions, or cause worry, fear, and even a business recession. There could be a serious

negotiation, a difficult treaty or bad news.

Another energy of note in the winter solstice ingress chart is Uranus's entrance into Pisces. We've experienced a couple of degrees earlier in the year, but come Dec 30, Uranus moves into Pisces for the next 7 years. I've mentioned in the past that this is a mutual reception since Neptune, the ruler of Pisces is in Aquarius and now vice versa. Mutual receptions are usually beneficial, and in this case particularly in the area of creativity and spirituality. You may have noticed a couple of current best seller novels that deal with the revival of feminine energy, evidence of this positive stellar configuration. (In case you haven't read them yet, I'm referring to Good in Bed and the Da Vinci Code).

JANUARY

Also in January, on the 3rd, Jupiter retrogrades at 18° Virgo. Look for 18° in your own chart because Jupiter makes a long station there and that could mean good luck for you. And on the 6th, on the full moon, Mercury returns to direct motion, reenters Capricorn on the 14th and opposes Saturn again on 21st. This could bring to light, or straighten out some mess that has been overlooked. Venus changes signs, moving into Pisces with a conjunct to Uranus on the 14th, triggering one's creative imagination, artistic ideas, or even romance.

FEBRUARY

In February, Mars enters Taurus on the 3rd, where the energy expresses itself as slow and plodding, yet accomplishing a lot ("Poco a poco se anda lejos"). On the 6th, Mercury enters Aquarius where together these two energies create brilliance and intuition. On the 8th Venus goes into Mars' home of Aries creating yet an-

other mutual reception, this time with Mars who occupies Venus' home. This could express itself as both artistic and sexual. Just in time for Valentine's Day! On the 25th Mercury changes signs once again, joining Uranus in Pisces. Imagination and poetry are highlighted here (also lies and denial. O well.) During the entire month both Jupiter and Saturn are retrograde, possibly slowing down business, postponing new projects or creating mountains of paperwork! On the 29th, nothing particular happens, but I just want to remind you that this is a leap year!

MARCH

March finds Venus moving into Taurus, her home, on the 5th with the full moon, stabilizing and energizing herself. Saturn goes direct on the 7th ready for business, commitments and a little wiser for the introspection. On the 12th when Mercury enters Aries we might find we can think on our feet better, act impetuously or learn quickly (er) and finally, the Sun enters Aries on the 19th creating equal days and nights called the Spring Equinox. Look for the next issue of Longevity Circuit!

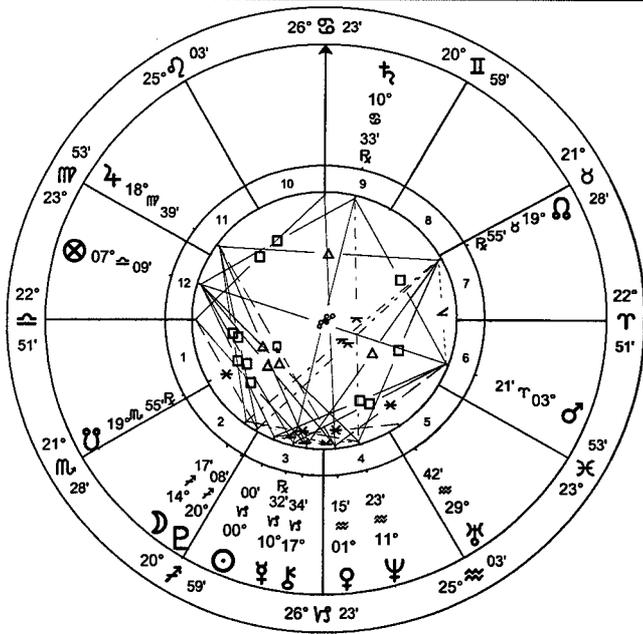
LONGEVITY CIRCUIT

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WINTER SOLSTICE INGRESS CHART

What's right, continued

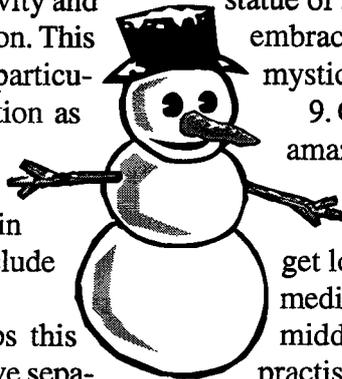
3. Cell phones/clairaudience, clairvoyance. You can go almost anywhere now with the same phone number and call anywhere in the world. Sometimes there is less coverage in a big city than there is in the outlying areas. Cell phones are a phenomena: now they are cameras, play stations, mini computers. The spiritual parallels are numerous for cell phones.

4. Alternative medicine/ concept of longevity and the diamond body of immutability; resurrection. This is a vast area which includes nutrition and particularly Solar Nutrition as techniques for prevention as well as such things as orthomolecular remedies (using substances to cure the body that are naturally occurring in the body. i.e. vitamin C) and botanicals. Other spiritual parallels include faith healing, long distance reflexology, etc.

5. Digital cameras/clairvoyance. Perhaps this should be included with cell phones but I have separated it because digital camera photos make it so easy to create, manipulate and communicate. Besides clairvoyance, digital cameras point to life as a dream and life as pure consciousness in which the brain photographs without ego.

6. Open source software/equality. The reason I chose this item is because I see it as the spiritual projection that indicates there is universal accessibility to consciousness. It is available to anyone in any walk of life. However, you do have to bring your own hardware!

7. Coffee, cocoa and maple syrup/it's good for you



and it's good. You are thinking that this should be included with alternative medicine. But here I am pointing out that what is good for you can be something pleasurable to do and doesn't need guilt or fear as motivators. Also there's a little bit of "I told you so," if you can read between the lines. The latest research shows that cocoa (not chocolate) has the highest percentage of antioxidants, more even than green tea or red wine. And yet Solar Nutritionists have known about this since the early 70's.

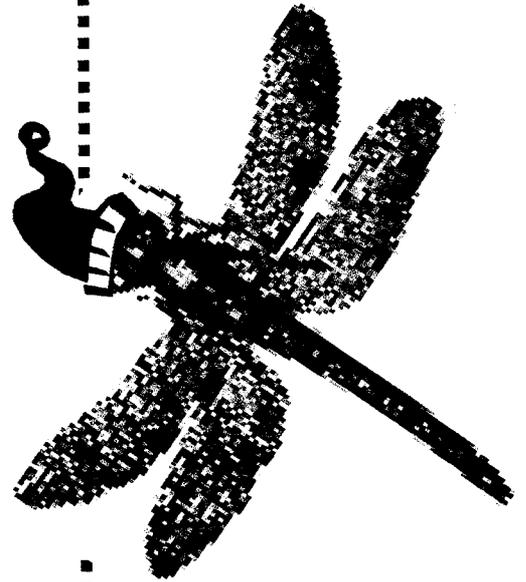
8. Tibetan Buddhism, not as a religion but as a world view./compassion and unity. Here I am referring to the sad but important situation that has forced Tibetan Buddhists out of their country and subsequently to share their philosophy with the world. This is not an exclusive religion; Tibetans have no interest in proselytizing or increasing their number. One is welcomed to remain whatever sect one is. I rather enjoy calling myself an Episcopalian Buddhist. It has a certain ring to it, does it not? The only time I have ever seen anything similar was in Bali



where the altars would have statues or symbols of people from all religions. "You're a christian? Fine. We'll add a statue of Jesus and put him on our altar." It's a way of embracing everything and nothing. Actually, all the mystical religions say the same thing.

9. GPS/centering. Global positioning systems are amazing. Because of satellites, you can go anywhere with the little box and your longitude and latitude are instantly known. You can't get lost or lose your way! The spiritual parallel is meditation as the system to finding your way. "The middle way" or "The Way" are names of spiritual practises whose goal is union with God/Self/One/.

10. Quantum mechanics/the whole enchilada. I put this last because without our evolved awareness of another system of the universe, most of the above mentioned could not exist. If we were to embrace quantum mechanics psychologically we would probably have whirled peas, but today our interest lies merely in producing appliances that make our life seem easier though not less complex. There is a nifty little cartoon book called, Space, Time and Beyond, that describes the concepts of quantum mechanics in a readable enjoyable way. Everyone could have a copy.



first class mail

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Dear Friends,

Happy Holidays, especially the holy day from which all others are derived: the increase in light due to the Winter Solstice.

Paul and I are doing fine, ever enjoying the creativity available to us here in San Francisco. And though the political humor here has no equal, I'm sure, it does remind me that we all need to vote - whatever our inclination. In fact, were every woman to cast her ballot, a woman president could be a shoo-in!

As I do every year, I'm sending this holiday issue to everyone, whether you've had a recent reading or not, not only to keep in touch by saying, "Hi!" but also to find out who does not want to continue receiving LC. I realize that our needs change so if you'd like to stop receiving future issues, merely write on the front, "Addressee Unknown - Return to sender" and pop it in the mail. I will delete you from my data base. We all get enough junk mail!

All our best wishes for peace and prosperity in the New Year.

*Ginger
Paul*

Paul



HAPPY HOLIDAYS FROM ALL THE GANG AT
LONGEVITY CIRCUIT

p.s. The next issue looks at the astrology of astrology!