

longevity circuit

Perpetuating techniques which contribute to a longevity lifestyle.

Longevity Circuit

volume 16, no 1, summer 2004

In This Issue

- How to Change your Astrology..... 1
- Calendar for Summer2
- Adano Ley Quote.....3



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HOW TO CHANGE YOUR ASTROLOGY

My Teacher, Adano Ley, used to mention Solomon (whom he called 'Solar-man') whenever he was teaching Solar Nutrition, the science of eating on time to maintain a healthy body. His favorite quote was the famous, "There is a time, a season and a place for everything." In the category of *time* went foods because our bodies are best served by eating the foods that are growing during the cycles of the sun's rays. That is, nuts and fruits are energized by the morning's upward slanted rays, so we match that growth cycle by eating those foods at that time. Similarly, at noon, when the sun is directly overhead, we eat foods that grow at that time: most vegetables, meats and fowl, and grains. In the evening, when the sun is below the horizon, the body is best served with fish, mushrooms, eggs, all things that grow in darkness.

I can hear you asking, "Why do you review nutrition in an article about astrology?" A healthy body, i.e. a body in synch with the environment, is more in tune, has less stress, and is more adaptable. Since the environment is meant to support us, being in synchronization with the planet will protect us by minimizing astrological storms.

Soloman tells us there is also a *season* for everything. Adano interpreted this to mean that we will have the best relationships with people who share a similar temperature need. For example, a person who is born in the winter will have an entirely different response to the environment as he who is born in the summer. Why do we talk about the weather to complete strangers when we first meet? Rather than being small talk, we're attempting to discover a person's basic physical attitude to the environment. Bodies which share similar temperature needs can bond better and consequently the stress of a bad relationship often indicated by astrology is minimized. If the bond is a good one, then each partner's planets will be placed in the significant other's chart in such a way as to enhance that person's sense of well-being. The ancients assigned Jupiter and Venus to describe a healthy and prosperous partnership. We expect a marriage, for example, to improve and enhance our life.

And finally, Soloman indicated that *place* was also important. Once you have a body that is in tune with its environment, and a relationship that is mutually supportive, then you are ready to explore

Continued on page 2

SUMMER CALENDAR

At this time, Uranus and Neptune are retrograde and remain in their mutual reception, as they will for several years. This is the challenge of belief v. knowing, and this retrograde could give one pause to rethink unexamined principles. Review last quarter's article on this topic. Pluto is also retrograding back to 19° Sagittarius as is Venus, who is literally under the spotlight these days due to her inferior eclipse with the Sun, a rare occurrence astronomically and causing some very intense reevaluation of one's desires. We tend to downplay Venus as all kissy sweetsweet, when in fact, Venus was once a god of war. (See the recent article in L.C. about Venus.) Her orbit is extraordinary, creating the configuration of a 5-pointed star every 8 years and a day. And when you realize that to live you must desire to breathe, to eat, to wake up, then you understand the enormous consequences of this planet. Without understanding why, many are looking at major issues of love, money, why was I born, etc. Venus will turn direct on June 29th at 9° Gemini. Not until August 8th will Venus move into the next sign of Cancer increasing one's sensuality and need for home and family. A month later, on September 7th she will enter Leo and become much more socialized, party conscious and fun loving.

Mars will also be making a conjunct to the Sun as it does every 2 years. This time it will occur in Virgo in mid-September but the effects could be felt as early as late August. Furthermore, this time, Pluto will be associated being in square to the conjoined planets. In personal terms there could be a strong sense of anger, or ambitiousness that fails to recognize other's needs. Pluto will be turning direct during this time so the intensity is likely to increase through the end of September. Both Mars and Pluto are war-like so there may be reverberations felt on the planet.

There's a Mercury retrograde during this quarter at 8° Virgo occurring on August 10, lasting until the 26th at 25° Leo. This energy affects some more than others, but it's always a good idea to check travel plans and delay decision making until

this planet has turned around. This retrograde is actually useful for rethinking one's plans or for studying something you love. Be professional and pay attention to details.

Saturn remains in Cancer during this quarter moving from the 14th to the 25th degree. Jupiter remains in Virgo but will be entering Libra shortly after the fall equinox bringing relationships, both business and sexual, into focus. Be looking for your next issue of Longevity Circuit to arrive!

Changing your Astrology, Cont.

'place.' Here is where we have the most immediate opportunity to change our astrology. We are born with an energy field described by a map of the stars as they were placed in the location of our birth at the moment of first breath. This is called a natal chart. But suppose you move away from your place of birth? What happens then? The move to a new place is called a location chart and indicates where the natal planets are placed around the circle, *were you born in that new place.*

Let's suppose you were born in New York City with Saturn located in the 6th house in your natal chart. Saturn, as all planets, has several different symbolic interpretations. As a bad guy, Saturn tells us of possible problems in health, work and authority. As a good guy, Saturn could indicate having one's own business or working in construction, for example. But suppose you discover that while living in New York your body's response to Saturn is illness, fatigue, and drudgery. Are you supposed to resign yourself to such a life?

Continued on page 3

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is a quarterly newsletter dedicated to perpetuating techniques which contribute to a longevity lifestyle.

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Changing your Astrology, Cont.

Absolutely not! This is where location analysis can be so helpful. With the help of a good astrologer with a good computer it is possible to find a location where Saturn's energy is less debilitating. Or another way of looking at it is to plot where your Sun sign is stronger, more productive and creative, and move there. Of course all the other planets and luminaries will also be relocated and one's life takes on a very different flavor. Some of the changes may be to your liking, others not so. In the case of Saturn above, a healthy body is much more capable of handling the visissitudes of life, so that what may appear to be disagreeable changes are much more readily handled. Remember, the whole point of astrology is to give us directions to overcoming our charts. We're here on this planet to grow in understanding and to master our ego's. We can't do that without a body - the most amazing mechanism. It should be our first priority and one that we take care of as we take care of our automobiles.

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The quote below is an excerpt from a talk Adano gave in Virginia Beach in 1974.

The word 'karma' is so overworked. "As you sow you reap" - that's all overworked, and then you find yourself asking the question "what's it all about?" So it's for *Involvement*, the second phase of the Science of the Soul, that we are thrown into creation. Realize that the Creator made man last, He did not make him first. Think for one moment, if He made man first where would He put him? How would He sustain him? What would man have to compare with? There would be no planetary systems, no plant life, no animal life, no form of sustenance. The man would be sitting on a beautiful throne called void. Interesting.

But man was made last, he was the last act of creation, putting you in a very unique position in the whole of creation: everything was made for you. So how can you have karma? If you're made last, this seems to be a contradictory question. Because we are made last, we were turned loose with free will to get involved with the creation. Now we would never get involved if we were told to do as we please. The only way we're going to get involved is when we're told not to do what we please. "Don't eat the apple." Don't

WHO IS ADANO LEY

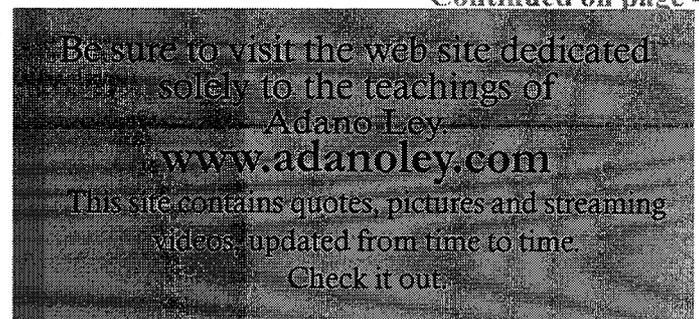


do this, don't you that. It's the most unique psychology devised by Creative Intelligence to get his projection, soul/man, to be involved with his creation. Without the challenge, without confrontation, without the anxiety, the tension, the pressures, there is no involvement. It is because of this, that a law of karma is valid.

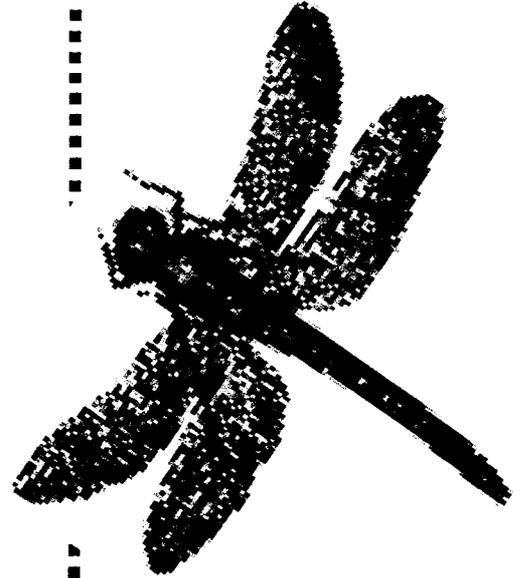
The involvement is the confrontation, the facing up to yourself, the organizing of life, trying to straighten out the divine mess, putting order into a chaotic omnidirectional universe flowing in every direction. We want to set order to it. This is the great, divine plan. Getting the soul to get in there and straighten out, put corn in one line, put squash in one line, put peas in one line, put all the pine trees in one line. We even may go ahead and call it the involvement of self pollution but it is the essential part of the soul's growth, why it was designed, to be involved.

If we think He designed us not to be involved, not to be strung out in this marvelous plan of existence, it's not true. He knew His creation can only gain strength, can only achieve the triumph of renewal of self, the complete realization of itself, by being involved. The philosophy that tells you not to get involved, not to get trapped, tested, confronted, is not a genuine philosophy. It's the one that tells you go in there, find out for sure if you are truly soul, if you can

Continued on page 4



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Adano, Continued

stand the pressure and work with the pressure and call on your divine creativity, divine will, to surround you and face the obligations. That's the true philosophy. Then you have found why the Creator made you. He made you to demonstrate the divinity of your nature while in action in His creation. The creation is not a place to idly layaway and fall asleep. It's a place where we are constantly tested to discover our divinity. We would not know if we have a divinity if we had no challenge, if we had no involvement, if we never made mistakes and never tried to correct them, we would never know.

We must have the challenge, we must have the involvement, to face up, to call upon the greater self to confront the so-called limited mind and its ways of trapping itself and getting involved and condemning itself. It is that love that reaches down for the first time that has no way to reward or punish, it's the love that lifts us regardless of whether we understand it or not, strictly for the glory of the divinity in us. This is what karma really is.

