

# longevity circuit

Perpetuating techniques which contribute to a longevity lifestyle.

Longevity Circuit

volume 16, no 3. winter 2004-05

## In This Issue

- Saturn in Cancer.....1
- Calendar for Winter.....2



### PLEASE NOTE!

Paul and I have moved to a  
new house!  
New address  
is  
252 Sixth Avenue  
San Francisco, Ca  
94118  
(415)221-1005

Have you visited our  
web sites?

[www.lcircuit.com](http://www.lcircuit.com)

[www.adanoley.com](http://www.adanoley.com)

[www.elephanttech.com](http://www.elephanttech.com)

[www.parkpresidioart.com](http://www.parkpresidioart.com)

[www.thescienceofthesoul.com](http://www.thescienceofthesoul.com)

## SATURN IN CANCER

Sixteen years ago this newsletter was started in response to a Saturn transit. It was a case of self preservation: the phone was constantly ringing with callers who were concerned over their feelings of inadequacy and frustration. So I wrote a short piece on that transit and sent it out to a couple of hundred people, and voila, Longevity Circuit was born. And today we have another equally irritating transit, but this one is lasting 3 years and the frustration has longer to build. Saturn began transiting through the constellation of Cancer in June 2003 and moves to Leo in July 2005, and it seems no one likes it. Much, volumes, has been written about Saturn. Some people call this energy devil, fascist, controller, arrogance. You get the picture. At its most neutral it is constrictive and cold. It is the last visible planet in the solar system and one of the largest planets second only to Jupiter. It has an orbital cycle of 29.5 years.

The ancients assigned certain planets to particular constellations, looking for harmony between the two energy fields. Saturn was determined to fit best both with Capricorn and Aquarius and said to "Rule" these constellations because they have a certain sympathy: a cold emotional timbre. (Later when Uranus was discovered, it was associated with Aquarius, but even today mundane astrologers continue to use Saturn for Aquarius as well.) Saturn is at its best when it can control a situation, direct it's energies toward a major goal and persevere until it's completed. That's why Saturn is considered a critical business planet and why we astrologers look to it to determine success and longevity in a building venture.

But currently, Saturn is moving through that portion of the sky we attribute to Cancer, and this symbolic energy is anything but all-business. Cancer energy is sensitive, emotional, home loving, nurturing, touchy-feeling and comfortable. So the ancients ascribed Saturn's "Fall" to Cancer, meaning this was the most difficult area of the sky for Saturn to move through. Here is a graphic example: Cancer energy likes a warm cozy bedroom with fine cotton sheets and a down-feather comforter and lots of pillows, etc., whereas Saturn is more than happy to sleep on a bed of nails!

Saturn in Cancer seems to block the ability to enjoy the nurturing aspects of Cancer. As the last "visible with the naked eye" planet, Saturn has a strength that is hard to overcome. It's inexorable energy relentlessly erodes our comfort. Initially, at the beginning of the transit,

Continued on page 3

# WINTER CALENDAR

The origin of all winter holidays is the Winter Solstice which occurs on Dec 21-22 each year. Solstice means the sun stops, and at the time of the winter solstice, the sun seemingly stops going south. Of course in our culture we know that the axis of the earth in its yearly revolution around the sun makes this phenomenon appear to be so and who knows what we will think in the millennia of the future. Perhaps we all will see it as an illusion, a projection from our own collective unconscious.

Some of you may already be aware of this. Some ancient spiritual techniques call for the fully conscious man to show his accomplishment by looking directly into the sun for sustained periods of time without damage to the eyes. This could only occur if the viewer *knew* he/she was viewing an illusion! The sun is a heavy duty icon, signifying life and warmth, food, and even God. So it's no wonder that this time of year fosters so many celebrations.

This year we get an added treat: a full moon at 6° Cancer/Capricorn. Full moons are psychologically a time to look at our feelings versus our thoughts. Good psychology tells us that behind every feeling is a thought and the Full Moon symbolically agrees: the light of the moon is a reflection of the light from the sun. Ground Hog day in February is another such Celtic/Druid holyday, celebrated because the increase in light is actually visible at the halfway mark between the Solstice and the Equinox. That's why the shadow and the light are part of the myth of the groundhog. So I am wishing you all a happy return of the Light.

At this time, Mercury has just turned direct again at 10° Sagittarius: communications and travel may have smoothed out. Venus is also in Sag, and on the 26th, Mars will join the group. These are personal planets meaning that they affect our personalities in one way or another. Sag is typically adventuresome, optimistic and not too rarely pompous and arrogant. As you can see by the political scene these days, Sag is also religious (as compared to spiritual) ruling doctrines and theologians for example- one energy accounting for the polarization of thinking in our

country. But basically this energy loves fun and laughter so all those holiday parties can be extra enjoyable.

Jupiter, the ruler of Sag, is in Libra, known here for the feelings of justice and fairness. Saturn has gone retrograde in Cancer (read the current trends article), Uranus is in Pisces and his current mirror image, Neptune, is in Aquarius. I've written quite enough about these mutually receptive planets in previous articles. Pluto is also in the final third, currently 22° Sagittarius, of its 14 year sojourn through Sag.

What does the winter ahead promise? The nodes have just changed signs. The lunar nodes (the South Node and the North Node), of which we are speaking, refer to an invisible connection between the Sun and the Moon. Where their paths (the apparent path of the Sun and the actual path of the moon as seen from planet Earth) intersect twice, 180° apart along the celestial equator is called a node and for all astrologies around the globe for all times, these points have had a major significance, possibly because they tie in with eclipses. The North Node is considered benign, fortuitous, while the South Node is considered difficult. My research shows that the North Node describes our future potential, and the South Node describes what we already know and/or need to leave behind. For the last 18 months, the Nodes have been in Taurus and now are in Aries (Nodes move counterclockwise). The Aries/Libra node combination would seem to indicate that we must move toward new beginnings, act independently and courageously. Aries is the pioneer of the zodiac and is full of energy. On the other hand,

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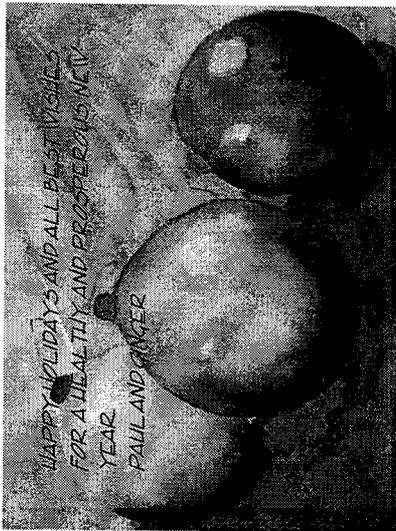
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We have recently been in touch with Gupta. Many of you will remember him and his wife, Suka, who made all the wonderful tofu for Adano's friends. Gupta is getting ready to retire and move to Florida to be with his daughter and her husband. Consequently he wants to sell their colonic machine. It's a "Jimmy John" the type that Adano preferred people to use. If you are interested in purchasing the device, please email gupta at: [dattagup@oburg.net](mailto:dattagup@oburg.net). This is a great opportunity for someone who is interested in this type of therapy.

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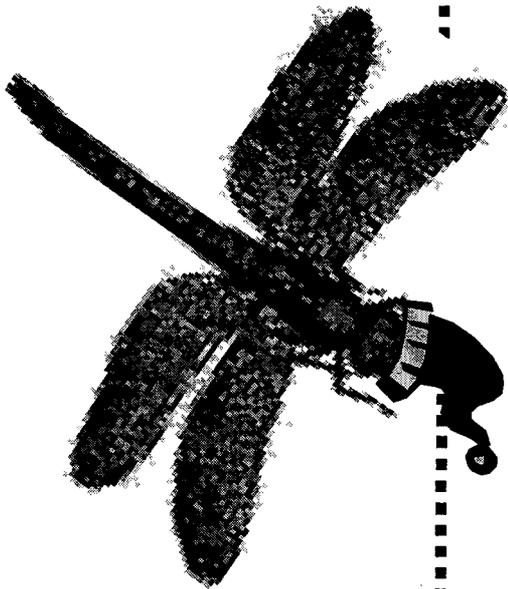
How the Bible May Have Been Written!

Paul and I were eating figs one morning and I remembered the time that my teacher picked a fig off a tree and gave it to me. Paul said, "We ought to write a book about Adano's teachings." "Great idea!" I said, "but how would we do that?" He said, "Well we could get some of the people who were closest to him each to write a short book and we'll compile them. Say four people. Maybe Ed, Marcia, you and Jo in Richmond." Then he said, "And I'd be glad to write a book to add toward the end and be willing to put it in the form of letters to people who had asked about him." Now he was getting into the spirit of the idea, so he added, "And each sentence of each book could be numbered and we could even do an addition with Adano's words in red! "What a novel idea," I said. Getting into the spirit of the thing myself, I added, "So why don't we also have additions where we put things in our own words, make some edits and interpret the way we like? Then we'd appeal to a really wide range of people who need to believe in something and who could then believe anything they wanted?" Paul concluded, "I'm a winner!"



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