

Longevity circuit

Perpetuating techniques which contribute to a longevity life-style.

Longevity Circuit

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PLEASE NOTE!

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Happy Winter Solstice!

There is so much controversy this year centered around what to call the seasonal celebration. If you wish people "Merry Christmas," some say you will offend non-Christians. But if you say, "Happy Holidays," then you are betraying Christianity. Here's my opinion about it.

All religions' winter holy days are derived from the celebration of the Winter Solstice on December 21st. Celebrating this event was begun, it is believed, by the Druids and Celts. A couple of thousand years later we consider ourselves to be a more enlightened people so we call that original celebration 'pagan' not wanting to look at how we have commercialized the present event beyond any possible religious meaning.

I like to look at the problem scientifically. The winter solstice is an astronomical event, being neither pagan nor religious. It could be considered, however, a deeply spiritual event: think about the magnitude of our solar system, the way our planet rotates and revolves, the orderliness of the planets in harmony, the life giving warmth and light of the Sun. Surely this is the work of another Power. The Winter Solstice reminds me of the life giving energy from the Sun, reminds me of renewal, of the ever presence of change, of my smallness as measured against the solar system and the entire cosmos. How can I call that 'pagan?'

Astrology, which acknowledges that God geometrizes, is based on the rhythm and timing of the planets. I am not in control of the universe, rather the universe is in control of me. I am not the dancer, but am being danced.

As I see it, as a race we are no more enlightened today than we were millennia ago. Fortunately, each one of us has the potential for being completely realized, and how you name the holiday at this time of year isn't going to change that. Rather this is the time for reflection, for considering our potential and what we can do to obtain it. It has been said that knowing you can change what you think is enlightenment itself! It's at least a good start. So I wish everyone a merry, happy, healthy, Winter Solstice. It's definitely something to celebrate.

WINTER CALENDAR

On December 21 the Sun enters Capricorn marking the winter solstice, i.e. the Sun stops its apparent southern travel. It's all an optical illusion due to the earth's axis as it revolves around the Sun, but to the ancients as well as us so-called moderns its worthy of celebrating the knowledge that there will gradually be more light every day. In fact, Ground Hog day is the half way mark to the Spring equinox as it's around early February when one begins to notice that the days are really longer.

Many have sighed with relief as Mars went direct earlier this month. Mars, however, is still in Taurus, its 'fall,' the sign in which it is least compatible. It can continue to cause problems until it moves into Gemini on February 18th. Mars is also in square relationship with Saturn in Leo another incompatible energy, exacerbating the negative side of Mars. Mars in Taurus is like walking through molasses: the only way to get somewhere is by slow and plodding determination, but with the square to Saturn you might find yourself repeating some things you thought you'd finished especially if you are strong in the fixed signs: Taurus, Leo, Scorpio and Aquarius. Anger can build, and hidden and dark events can be revealed.

On December 24th Venus turns retrograde in Aquarius adding yet another energy to the fixed signs. It's not long, however, before Venus moves back into Capricorn (January 2) where it might manifest as reevaluation in love and money, systems, and authority figures. Venus will become direct again on February 3rd. Saturn in Leo remains retrograde throughout this quarter. If it were me, I'd be careful with any risk-taking investments right now, especially since Saturn and Jupiter are square: not an easy time for business to flow. Jupiter in Scorpio loves money, but doesn't get support from Saturn, the planet of constriction and deflation.

Pluto makes a new mark this quarter, moving to 26° Sagittarius. This planet is getting pretty close to its entrance into Capricorn on January 2008. His pace is slowing down noticeably now due to its placement on its wide elliptical orbit. Our country declared its independence when Pluto was in Capricorn, and although we weren't 'born' as an autonomous entity until Pluto was in Aquarius, it's important to note the possible effect of Pluto when it moves into the new

sign. Pluto in Sag has been hyperbolic, puffed up, know-it-all and self righteous. Get ready for a big change in energy.

On January 19th on the west coast, the Sun enters Aquarius and on February 18th, the Sun enters Pisces.

From March 3-26, Mercury retrogrades from 26° to 13° Pisces. This placement for Mercury could spell trouble for communications since Pisces tends to be illusive, imaginative, avoiding, etc. So I'm sending out a special warning for this retrograde: be sure you know what your heard and that the other person did also! If, however, you're into poetry, this could be great for coming up with those beautiful words with ambiguous meanings...the stuff of great poetry. Jupiter, on the 5th of this month also turns retrograde, making a station at 18° Scorpio, joining a retrograde Saturn for the rest of the month: could mean problems with business so do your research!

March 20th the Sun goes into Aries, signifying the Vernal Equinox! Look for the next issue of Longevity Circuit.

Be sure to visit the web site dedicated solely to the teachings of Adano Ley.

www.adanoley.com

This site contains quotes, pictures and streaming videos, updated from time to time.

Check it out.

*Where are you now
before the oxygen came in
to make you conscious?*

Adano Ley Koan

Did you know that astrological consulting is the original "Life Coaching?" The only difference is that using astrology is objective. It uses YOUR life direction to optimize your life. It is objective and individually based.

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

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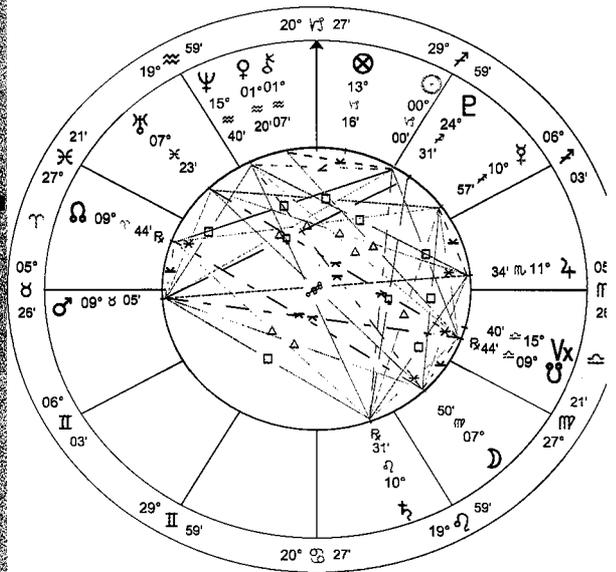
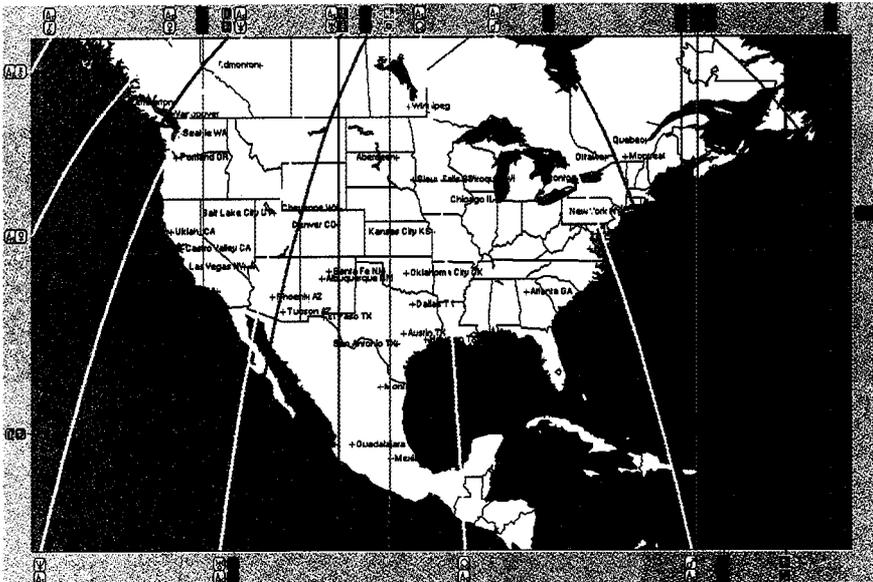
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CURRENT TRENDS

We've been having some success using the ingress of the Sun to predict events. Let's try again this quarter. Below is the Capricorn ingress, showing where the planets and luminaries are at the moment that the Sun enters Capricorn this year. This chart is good for the next 3 months. You will notice that there is a grand cross with Jupiter opposing Mars and Neptune opposing Saturn and each squaring the other all in the fixed signs. Mars and Saturn are considered malefics in mundane astrology and adding the energy of Neptune and Jupiter signify problems with war, crime and treachery. All the hyperbolic rhetoric is another example and all are common subjects in the news today. The chart shows that these problems aren't going away in the near future. We've seen this difficult Saturn in each of the ingress charts we have looked at this year and since

will fail. One of the more interesting things I uncovered in my research is that Mars line in the solar map, see below, goes right through Washington D.C. In a general sense that would indicate violence of some kind. Washington has always been a high crime area and perhaps this condition will persist to new levels. Or there could be some specific event that happens there or is caused to happen elsewhere by decisions made there. Energies in location analysis move in both directions. Since Mars is on the Ascendant on this map, continued political hawkishness could prevail, then the electorate could make its dissatisfaction with those decisions known: the Moon opposite Uranus and Uranus making its final square to the Midheaven (the ruling authority.) Jupiter and Mars are no longer in the money houses, and Jupiter and Saturn are squared. This does not bode well for the economy.



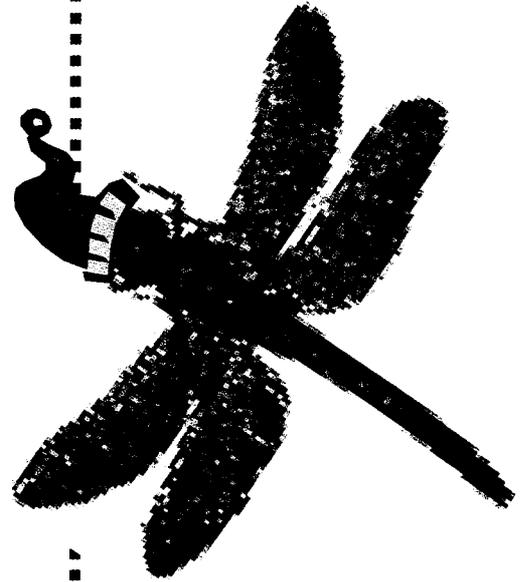
Saturn often rules the head of state, the highest authority in the land, it's no wonder that Mr. Bush's popularity has waned so drastically. The Moon is opposing Uranus, indicating a populace that is becoming increasingly independent in its assessment of these issues, for good or for bad and perhaps problems within the housing industry. Where does the grand cross show up in the chart of the U.S.? Mars has just entered the 3rd house, Saturn is in the 6th, Jupiter, the 9th and Neptune the 12th. In addition, Saturn opposed both the U.S. Pluto and Mars, and Jupiter conjoins Mercury. I would say that more secrets will come to light, that there will be additional foreign intervention through political maneuvering, and that our government will be scrambling to make themselves look good, but such tactics

SOLAR NUTRITION

I haven't written much about Solar Nutrition for a while: it's too hard for most people to utilize because eating is an emotional affair and solar eating forces one to look at their emotional issues. However, the "Anti-Inflammatory" diet has come to my attention and I have found it to be quite useful in reducing stress, inflammation, the aging process, and for losing unwanted fat. There are two books available: Andrew Weil's new book, *Healthy Aging* and Barry Sears' book, *Anti-Inflammation Zone*. This system is easily adapted to Solar Nutrition and coincides very nicely with what Adano Ley taught. It means paying attention to what you buy and reading labels very carefully. But it's worth it!

Longevity Circuit

first class mail



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Happy Winter Solstice
And Best Wishes
for a
New Year of Peace
and Health.
Ginger