

Longevity Circuit

Perpetuating techniques which contribute to a longevity life-style.

Longevity Circuit

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In This Issue

- **How Real is Real?** 1
- **Summer Calendar** 2
- **Pluto in Capricorn** 2

The Future Cause

The idea that difficult life circumstances may exist in order to stimulate the development of desirable gifts, ... is part of an overriding conviction I have that according to the astrological perspective *the cause of events lie in the future*.

In the usual view of things causes lie in the past: events happen, influences arise, and if the person is lucky he or she will be able to turn them to some use. It seems to me that this view of cause and effect inverts the truth, which is that if we are intended to follow some vocation, be in a certain place, or with a certain person, then that imperative of destiny, lying in the future, pulls events towards it.

Our destiny has to be made way for, it has to be prepared, often long in advance.

Dennis Elwell

Have you visited our web sites?

www.lcircuit.com

www.adanoley.com

www.elephanttech.com

www.aaartdirect.com

How Real is Real?

We all agree: life appears to be speeding up, yet, as my friend Norma says, we understand it less. But how can time speed up? In the past *Longevity Circuit* has addressed questions like this in several ways: Holographic Astrology, the Physics of Interpretation and David Bohm's ideas of "holomovement."

Swami Nityananda often reminded his students to have "Supreme obedience to the obvious in the environment." What this suggested is that our inner reality and our outer reality are the same. But is there any evidence to indicate such a phenomenon is true? Enter the hologram.

What is holography? It is the use of laser beams in a photographic system of recording light waves three dimensionally so that the observer can see around objects by moving his head. In other words the illusion looks real. What's more, no matter how many times the holograph is divided up, each piece will contain the whole. Holograms also have the capacity for information storage as many images can be recorded on the same surface. These images are then retrieved by changing the angle of light.

The implications for astrology are significant. We could say that each person's chart is an illusionary separate hologram of individuality, but which in fact is really an outcropping of a unified field. Depending on our perception or interpretation of the world, we can access memory patterns stored upon our minds. It explains why two people who have similar planetary configurations can react to the same energy in amazingly different ways.

Using this paradigm we can understand the rising sign or ascendant as the point of first breath, the point where the hologram's outcropping becomes solidified into manifestation. It is the slot into apparent separation and individuality where we buy into consensus reality and we attach to our bodies. The more fixed we are on material reality, the more we use our astrological or holographic energies of illusion physically through sickness or financial lack. Conversely, the more we accept the illusion and see through the physical, the more likely we are to use our energies mentally/emotionally and even spiritually. Holographic astrology assures us that we can override consensus reality and all its limitations. By changing our core beliefs and interpretations of the world as described by the planets, constellations and their interrelations we can divest ourselves of our investment in the separate self. We can truly use astrology then as a map out of itself and participate in the many separate realities available by merely shifting our perception. Yogananda writes often of these separate realities or parallel universes in *The Autobiography of a Yogi*. This would be a good time to read, or reread this remarkable book--for holograms, lasers, and quantum physics are at last showing us what the great yogis, swamis and gurus have known all along.

Another way of explaining it is with a system of thinking belonging to the

Continued on page 3

SUMMER CALENDAR

The summer solstice, June 21st when the Sun enters Cancer, gives us our longest day of sunlight. "Midsummer's Night" is a time for merrymaking and lovemaking. But too many people are not merry or loving right now because the last exact opposition of Saturn and Neptune is occurring and giving many a very difficult time. This subtle energy can bring out the worst in those who it affects directly. And it seems everybody else is affected by those who are directly affected! In the Yorktown Treaty chart of the US this opposition rides the ascendent/descendant axis! No wonder lying, fear and paranoia are rampant. It also accounts for the finger pointing (Saturn conjunct the descendent) and denial and avoidance (Neptune on the Ascendent).

On a more positive note, Pluto is making a long sextile to the US Sun, encouraging transformation and positive change to take place if the populace will take advantage of the opportunity. Solar Arc Sun is making a long sojourn in the US 4th house. The collective unconscious can change. This is why we must review the new physics and incorporate it into our thinking and emotional awareness.

Typically in the summer we have many retrograde planets. Currently Jupiter, Neptune and Pluto and Mercury are taking a look back. Mercury's retrograde action is short lived, stopping on July 9th. Mercury, which rules communication and thinking, is not comfortable in Cancer which deals with emotions and feelings. However it could be a good opportunity to practise articulating your feelings. It might be a time when you look at your home and consider making some changes or there could be family issues that are confusing. On the 24th Uranus joins the bunch: now all the transpersonal planets are retrograde. Usually this slows down world events, giving the world a breather it really needs. Saturn remains direct almost til the end of the year, and on September 3rd moves into the new sign of Virgo where this stalwart energy will be much happier. Everyone stand up and cheer. Saturn's move through Leo has been very difficult for all the fixed signs who have suffered greatly. At least with Saturn in Virgo there is harmony of purpose: Virgo's desire for professionalism and discernment coincide with Saturn's commitment and authority. We can accomplish quite a lot with Saturn in Virgo, whereas we feel thwarted by Saturn in Leo. Since we are in the midst of the last and often the most difficult pass of the Saturn/Neptune opposition we have the opportunity to

put our spiritual principles to test. These arduous transits don't come to destroy us, they come to dissolve various aspects of the ego. In the case of Saturn it is ignorance, ignoring the truth. The more resistant one is to letting go of outmoded attitudes, the more Saturn hurts. It's more difficult with the added Neptune energy which causes denial and avoidance. It a real challenge.

Jupiter goes direct on August 6th. A retrograde Jupiter slows things down giving us a chance to review our plan of action. Otherwise things would get excessive and over the top especially since Jupiter is in its own sign of Sagittarius. You have these next couple of months to do the review work. Venus takes a backward turn the end of July on the 27th leaving the first degrees of Virgo and going back into Leo where Venus expresses itself warmly and creatively. In terms of desire which is what Venus is all about, retrograde action is definitely a plus. It never hurts to review the difference between a want and a need. Swami Nityananda often suggested that it was possible to make a want into a need by practising detachment. Venus resumes its forward motion on September 16th.

Pluto at 26° Sagittarius is sitting at the Galactic Center. This is a high energy point that brings motivation and aspiration and since Pluto, the fascist, wants YOU to transform, it is easier now than it usually is. The determination of the colonies to separate from England began with Pluto at the Galactic center. When Pluto goes into Capricorn in January, 2008, the consolidation process will begin. Review your history book: Pluto was in Capricorn from 1763 to 1779. This next round could bring corporate and social responsibility, a greater sense of globalization and even more women in government.

There will be a solar eclipse on September 11 at 18° Virgo, highlighting service, natural healing and professionalism. It falls in the US chart in the 7th house but makes no aspect within 1 degree. Nevertheless expect some issues around diplomacy and public relations to arise for the nation. For an eclipse to have a great impact there must be an exact conjunct. Look for the next issue of Longevity Circuit.

LONGEVITY CIRCUIT

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

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Einstein and quantum mechanics sector of science. Its leading proponent is a man named David Bohm who was a close associate of Einstein as well as Krishnamurti and the Dalai Lama. Bohm coined the word "*holomovement*" to indicate the flow of interconnected energies of the universe and specifically that the electron is a guided particle. He describes a container of glycerin into which is added a drop of ink which initially just sits there because the glycerin is so heavy. However, within the glass is a turning device with a handle that allows the ink to be "turned" into the glycerin, or stretched out, until the ink disappears. However, by reversing the motion, the ink gets thicker again and finally reconstructs itself.

Bohm called the apparently invisible realm "the implicate order" (when the ink has disappeared) and he called the manifestation of reality "the explicate order" (when the ink is visible). Then another physicist named William Keepin used Bohm's model to explain astrology and its predictive abilities. As you can see science and philosophy are beginning to merge.

The astrological statement, that "Astrology impels, it does not compel," is better understood scientifically when one learns of physicist Bell's theorem which proved mathematically that there is no such thing as separate parts and that events influence each other even though separated by huge distances. The "Chaos Theory" which is so popular now also helps us understand the science of astrology for it showed us that the flapping of the wings of a butterfly in Japan could affect the weather in Detroit. Or again, as Adano said, "Change your consciousness, not your con-science."

The current astrological scene greatly calls us to embrace these psycho/scientific awarenesses. The Saturn trine Pluto that occurs in August can give us the big boost of commitment to do the impossible, to turn lead into gold. If what you see is what you get, then we're missing out on the true meaning of the universe. And after all, you love your cell phone, don't you? And your TV and your GPS and all those technological wonders? They all use the principles of quantum mechanics and they all reflect man's inner potential. It's really YOU who are clairaudient, clairvoyant and known everywhere in the universe.

Solar Nutrition.

I haven't written about Solar Nutrition for a long time. Food choices are such an emotional issue and we tend to choose the foods we love or hate according to the traumas we associate with a particular food. So many arguments happen at the dinner table when the family is gathered together and the system stresses are greatest in the typical neurotic family, that it is easy to see why food carries such an emotional impact. But that gives Solar Nutrition an edge as a tool. It means looking at one's addictions and discovering what episode occurred when you first ate it. It's hard work but definitely rewarding. By committing to eating the foods whose growing patterns harmonize with the sun's path, you quickly learn which foods you are addicted to. Your task is at hand.

In addition to helping to resolve childhood issues, "eating solar" reduces stress. The body gets what it needs when it needs it; there is no holding of nutrients waiting for the right time to feed the various organs. It's fuel efficiency! It's taking your commitment to be green into your immediate environment: your body. Holographically if you act efficiently with your own body universe, then by inference you are also helping the projected universe/planet. Unfortunately, as everyone knows, we tend to want to improve others before we improve ourselves (our cells).

Science is more and more finding proof that Solar Nutrition is authentic. Recently a German study found that cocoa calms blood pressure due to its very active polyphenol called procyanid. Solar Nutritionists start every morning with 1 almond for every 10 pounds of body weight and a cup of freshly ground arabica bean coffee with cocoa and maple syrup. Try it! Then have some fruits and nuts from the trees. Just eating a solar breakfast can make a huge difference in the way you feel and reduce your stress.

If you want to add a solar lunch, eat the foods that grow on top of the ground: most vegetables, greens, legumes, and 4 legged creatures.

If that works for you try a solar dinner - foods that grow under the ground, in water or in darkness: root veggies, fish, mushrooms.

If you want to see more choices and would like a copy of the list of solar nutrition foods, please visit:

<http://www.lcircuit.com/foodlist.htm>

Please note!

I will be in Santa Fe for most of the summer. Please call me at (505) 983-8211 if you want to make an appointment. You can always reach me at my email address: ginger@lcircuit.com

First class mail



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Excerpts from *Space Time and Beyond*.

1. The physical universe does not exist independent of the thought of the precipitator.
2. We construct ourselves and we construct each other.
3. Time sequence has no meaning, as these constructions happen beyond time.
4. We construct our own individual realities. All we can think or perceive is brought into awareness with our individual thoughts.
5. There is no beginning. There is no end. There is only change.

