

# Longevity circuit

Perpetuating techniques which contribute to a longevity lifestyle.

Longevity Circuit

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## The brain: do two halves make a whole?

Astrology has a lot to say about the brain. For instance, the first house and Aries describes the head and the mask we wear to present ourselves to the world. Mercury and Gemini tell us we have two sides to our brain and along with Neptune shows the difficulties we face telling the truth. The Sun and the Moon describe the two cerebral hemispheres: the Moon being the feminine side, and the Sun the masculine. Jupiter and Saturn tell us about being hyper and hypo in our thinking (and recently manic depression has been identified as an older father syndrome, ergo Saturn being involved). As you can see from these examples, astrology clearly understands the nature of duality.

Currently science is becoming increasingly interested in duality as described by the bi-cameral construction of the brain. This was acutely brought to my attention by a friend who linked me to a TED conference in which a woman named Jill Bolte Taylor spoke about her left brain stroke. It is a dynamic, heartwarming and informative video on YouTube. Her's is not an uncommon medical problem, but in this case, the woman who experienced it is a Ph.D in neuroanatomy and at the time of her stroke was teaching at Harvard. She has written a very interesting book about her experiences called *My Stroke of Insight*. To see and hear the video of her experience, log onto <http://www.ted.com/index.php/talks/jilltaylor>. As a result, Ms. Taylor has been described as one of the 100 most influential people this year. Hopefully, if you don't know now, you will soon see why. She believes that "deep internal peace is accessible to anyone at any time. I believe the experience of Nirvana exists in the consciousness of our right hemisphere, and that at any moment, we can choose to hook into that part of our brain...My stroke of insight would be: peace is only a thought away, and all we have to do to access it is silence the voice of our dominating left mind."

Another very interesting study has been done by Tony Wright, a researcher in England. He came to my attention through my husband, Paul, who saw a video on a blog about a man who stayed awake for several days in order to exhaust the left brain and reveal the possibilities inherent in the right brain.. This was particularly interesting to us because of Wright's injunction to enforce staying awake in order to accomplish his goal. Not sleeping was a constant suggestion of our teacher, Adano Ley. Adano frequently kept his students awake for as long as they could stand it! For one thing, he felt depression was assuaged by not sleeping at night. And now,

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# Autumn Calendar

Jupiter and Pluto have just gone direct, and many of you indicated you felt it right away! These are both very expansive planets and their forward motion will get things moving again. Pluto will go into Capricorn to stay until November 2024. Neptune and Uranus remain in retrograde motion until November. Uranus will not turn direct until after the election. I mention this because there is so much Aquarian energy amongst the candidates: Obama with Aquarius rising and Palin with Aquarius Sun and Moon. (BTW, Biden is a Scorpio and McCain is a Virgo.) For the month of December all the planets will be direct.

The big topic this quarter is the Saturn/Uranus opposition, which will be exact on election day. It lasts until 2012 and indicates a period of change. Saturn is the status quo, tradition and habit patterns. Uranus calls us to be more inclusive, rebellious, accepting of creative challenges. So when these two planetary energies collide there is always resistance and fear as people's comfort zones are confronted. Joseph Campbell talks frequently about our unwillingness to change, especially since man walked on the moon. Space Age mentality has upset many of the tenets of religions and requires us to rethink basic beliefs, i.e. the planet Earth is no longer the center of the universe. The resistance to change engenders catastrophic thinking, and currently the hot topic of fear is that the super collider in Europe signals the end of the world! So here we are in just such an energy field-- those who are willing to change and those who aren't. And

the more rigid one's ego (Saturn) is to resist change, the greater the change will be in the end. Any emotional pain experienced on the personal level will be due to one's inflexible adherence to social customs, elitism, privileges, personal habits, which position resists one's inner creative spirit. Obviously on the political or mundane level, these contrary energies are going to be disruptive. There is danger also of choosing one to the exclusion of the other. Oppositions, if brought together in a mature way become trines, and then can improve the status quo with practicality. The need then is not to throw the baby out with the bath water. How can new ideas and ways of looking at the world have a practical application? How can change be constructive and useful? In the U.S. chart that I use, this opposition at 18° Virgo/Pisces, occurs in the 9th (Saturn) and 3rd (Uranus) houses. These are mental attitude houses, the 3rd is the programming from your childhood, the 9th is your world view based on your higher education. To add to the mix, we find Jupiter is trining Saturn and sextiling Uranus. Remember the old expression, "There must be an elephant in all this s---," at least for now, until Jupiter moves into Aquarius in January. Who will benefit then?

The other hot topic is Pluto moving into Capricorn for the next 15 years. Unlike Uranus that often creates shocking unexpected events, Pluto is slower, more relentless. He is often called the Fascist of the zodiac. I like to think of this energy in terms of a biblical quote, "The wheels of God grind exceedingly fine." No matter who wins this election, there

will have to be change and a consolidation of resources, attitudes, and functioning. Quite honestly, I don't have a clue who is going to win: this is the whackiest, unusual election I have ever encountered-- just as you would expect from the Saturn/Uranus opposition and Pluto changing signs.

One more thing, Mercury makes its last retrograde motion for the year on the 24th of September, at 22° libra, until October 13th when it goes direct at 7° libra. Your rational mind might play tricks on you so take a few minutes each day to review. You're probably reassessing all the stuff you've encountered since that last retrograde Mercury 2 months ago. This is a good time to practise using your intuition, but make sure your "mud has settled" before you make decisions. As always, work out travel plans before the 24th, unless you are willing to give up your expectations for what will occur on the trip. Take a carry on bag of essentials just in case.

On Dec 21, look for the next issue of Longevity Circuit!

## LONGEVITY CIRCUIT

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

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*Brain, continued*

due to these two studies we are confirmed that fear and depression arise from the left brain.

It is Wright's theory that the universal religious myths describing man's Fall are actually a result of a change of chemistry in the brain that brought about cerebral dominance. Now humans are unavoidably governed and constrained by the brain's left hemisphere, which requires significantly more sleep than the right. In order to return to a dominant right brain, Wright reverted to a biochemically complex diet of raw foods approximating that eaten by our forest dwelling ancestors who lived in the Golden Age. Wright says, "With each Age, man's virtue lessened a quarter, so in the Kali Yuga, our present Age, only one quarter of man's virtue remains. Now as is very apparent, we are afflicted by disease and suffering."

Wright first published *Left in the Dark* in May 2007. It presents an outline of his theory that the left hemisphere is a hormonally retarded version of the right hemisphere. He has proposed that the ancient Ages of Man mythology accurately describes the onset and progression of a neurological condition that correlates with the end of the rapid expansion of the human brain. He also proposes that the origins of 'religious' techniques and practices were borne as an attempt to treat the condition. He further claims the damaged left side of our brain currently dominates us while phenomenal abilities remain latent in the relatively undamaged right.

Is Astrology the karma of the left brain? We now know that a person with multiple personalities will suffer different illnesses depending on which personality has ascendance. Adano had often told me that intuition takes precedence over Astrology. What he meant was that if a person listened to his inner Self, he would always be accurately guided. Yet, on the other hand, he also taught to listen to Mercury if you wanted to prevent the often dire consequences of not heeding the lessons of Pluto. He also taught that there are 3 levels to Astrology: the physical, the emotional and the spiritual. In the spiritual level, one observes, rather than participates.

Basically, the right brain feels, which is why Astrology attributes the Moon as its symbol. It also remembers things as photographs or movies so that we are able to recall isolated moments with uncanny clarity and accuracy. Even more interesting, the right mind only exists in the now. Everything exists now, even life and death, Bolte says. "The experience of joy happens in the

present moment. Our perception and experience of connection with something that is greater than ourselves occurs in the present moment. To our right mind, the moment of NOW is timeless and abundant." The right brain is intuitive, creative, spontaneous and free of inhibition and judgment. It understands that everyone is connected together as ONE. It is compassionate.

So what about the left brain? Why have it? Because it orders all the sensations and events of the right brain into a time line of past, present and future. It is linear and organizational and detail oriented. It makes a story out of facts and details. It gives us language and unfortunately, all that "brain chatter." It is judgemental and analytical. It compares. It gives us our individuality. *Cogito ergo sum* is a left brain awareness.

It seems obvious to me that we need to get the two sides of ourself, ourcells, to work together, such that we can access either side at will. Bolte thinks we can, and that we can have more say about which side dominates our perspective at any given moment. For instance she gives us the 90 second rule. Taking anger which can be triggered automatically, Bolte points out that it takes less than 90 seconds for one of our programs to be triggered, the chemicals surge through our body and then be completely flushed out of the blood stream. Then the response is over. If anger persists after 90 seconds, then it is a choice one has made to continue with the negative emotion. Continuing is the sickness of the left brain.

What do we do to change this dominance of the left and its suppression of the right? In addition to sleeplessness, the gurus and mystics have given us many techniques: meditation, chanting, dancing and eating a natural diet. All are effective. Mindfulness and knowing you can

take charge of your thoughts are also useful. The books of Joseph Campbell, particularly the most recently published by the Joseph Campbell Foundation are helpful because his understanding of myth as being the language of the unconscious (read right brain) teaches how we are resistant to thinking accurately.

In *Thou Art That*, Campbell says, "... There is so much interest in disaster. It is evidence of how deep the notion of the apocalyptic moment is. We hate ourselves so much that we take delight in the destruction of people. The world as we know it is coming to an end. Our divided schizophrenic worldview, the exclusivism of there being only one way in which we can be saved, the idea that there is a single religious group that is in sole possession of the truth, that must pass away. What is the kingdom? It lies in our realization of the ubiquity of the divine presence in our neighbors, in our enemies, in all of us." Sounds like the right brain to me.

**Do you have the patience to wait  
Till your mud settles  
and the water is clear?  
Can you remain unmoving  
Till the right action  
arises by itself?**

*Lao-tsu, Tao-te-Ching*

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“Never Mind the Mind”

Quote from Adano Ley

Adano Meditation Video 2 - 5:24



Whenever we think of the East, we think of Mind Over Matter and you are working to get there. And if I ask you to show me one milligram of mind, can you show it to me? Even if you cut open the best cadaver, you cannot find one milligram of mind, but they said “Oh, it’s gone with the breath. When you stop breathing, the mind is gone.” Nice thing. But the brain will be there, capable of making various constrictions and dilations known as accelerations and produce strange phenomenons for its talk through the mouth, move the body, and they you are very smart or stupid. But they say your mind is doing it for you. Interesting, huh? Then when you fell asleep last night, everybody in this room know when you were sound asleep last night? Good, real sound asleep. Did you know if you were a man or a woman? Now if somebody unplugged your nose, what happened? That’s how precarious our existence is and we work every day very hard for that piece of covering to be over us at night when we are sound asleep so that the rain don’t wet us and give us pneumonia. Facts of life? But it is going on 24 hours a day, 7 days a week all over the planet and we still live with the illusion that we are going to meditate and go find God. But picture yourself as God, would you sit down and wait for dead people after you create a universe? Wouldn’t you want to be close by harassing them when they are alive playing the role of a devil. Good, I love it (kisses his hand), best part I got. But that’s what this principle is doing, but it is giving us the freedom to be individual, unique to itself, to pursue the charades. They call it a Maya or Illusion or Relativity, in order to discover you have a right brain and a left brain and which one wins? One day it is the right side winning and the next day it is the left side winning and between the two is your nose and if you don’t breathe, they are going to bury you back in the soil and start you all over again. So they say, “dust you are and dust you go back” and dust is it. But it takes a while for us to break through and we can break through to get to the facts of what it is and then we can benefit from it. But in a strange way, the process, and not a goal, has no intention for a mass exodus. This is a very individualistic process. Each one carries his own cross, or horoscope, or load. You live your timeframe. So you can’t pick up Brother Jesus’ cross and he can tell you, “don’t pick up mine, pick up your own one.” And his cross was his horoscope. If you every studied Astrology you’ll see he deserved what he got, but he was pleased with it and you deserve what you got, just as much as I deserve what I got because that is the time frame I live in and that’s what I have to work with. But to run from it, to evade it, is not valid. To muddle my way through it and if I stick it out, I may reap the reward

that they talk about, but that’s up to me and you, muddling your way through it. Now if you knew everything before you start, would you come here? (Audience answers No). Good, love you (kiss). See that’s why it is so beautiful, we come here totally turned down, not turned off. We are all turned up already, knowing fully what the universe is, the blueprint is in us, but we aren’t turned up to recognize it, we are turned down not to recognize it so we muddle our way through it giving us the feeling that we are making great accomplishments, great contributions, all for the glory of God, but He’s smart, He doesn’t want no mass exodus. He wants individualistic, like spokes in the wheel. Each spoke rings out its own bell, each person carries his own true self. There ain’t no bad person here, some pick some lousy roles or were given lousy roles and some got some good roles, but that’s not the point, the point is if they can go through it regardless of how it turns out. You know, sometimes you look at your parents and you think they are pretty bad and then when they go up to the top side and they meet Daddy-O and Daddy says “Well, hi kids. How did you like playing lousy parents?” (laughter) So when the kids come up, “Man, we had the worst parents.” “What do you mean worst parents, they chose that role and you chose to be (sniffing) and...” “I gave you all the roles, play it.” So you begin to see now why the Eastern man wanted to understand what he was so he worked out a process and hid it for many centuries in a word called Meditation. The first M is inferring Mental because we think the mind has such great power over matter, the objects that we see and relate to. And the highest label we can give it in modern technology is a Placebo Effect. It bugs us scientists why should a placebo work. Certain minerals will stop a certain symptom, that’s valid, you can always do it. But why should another mineral, nothing more than a table salt, put in a child’s mouth, it stops the symptom? If you worked with it you’ll know. I had to work with it many times where I had to take a simple lozenge, put it in a child’s mouth and tell him it is an aspirin, because he wanted an aspirin so desperately from the mother, the parents, he didn’t want to slow down and we finally gave him a lozenge. He slept all through the trip till the next day and was very happy kid. Now you see, a Placebo Effect. But the parents were aware of all these laws and they understood what we were doing and so when we look at ourselves more objectively, it’s not Who we are, it’s What we are.

*Longevity Circuit*

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