

# LONGEVITY CIRCUIT

## Paranoia v. Metanoia

Joseph Campbell

We're in a free fall into future. We don't know where we are going. Things are changing so fast and always, when you are going through a long tunnel, anxiety comes along. And all you have to do to transform your hell into a paradise is to turn your fall into a voluntary act. Joyful participation in sorrow and everything changes.

From *Sukhavati: Place of Bliss*.



Edinburgh, Scotland, June, 2000

## Do You Have Eschatophobia?

Is Pluto in Capricorn getting to you? As my Teacher, Adano, would say, “We will always have the doom and gloomers amongst us.” Right now, their numbers are legion! So many people now ask me about the future, not in regard to their own personal “horror scope,” but about the state of the country, world, planet. There was a similar problem during the millennium shift into 2000 but because so many fears were satisfied by the 9/11 attack the problem is worse now. I hear paranoia creep into the conversations of people and friends I would ordinarily characterize as healthy thinking individuals. What is paranoia? The dictionary definition states it is “a tendency on the part of an individual or group toward excessive or irrational suspiciousness and distrustfulness of others.” Now I agree that there is a lot wrong with our world right now. There is greed, religious rightness, poverty, famine, geologic disturbance. But it has always been so. I have been told that Yogananda said that planet Earth is a hospital where sick people go to get well. Adano said that Earth is the garbage pit of the zodiac and he often “recycled” his students, referring to his healing work.

It's time to replace paranoia with metanoia, “a profound, usually spiritual, transformation; conversion.”

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# Spring Calendar

Saturn has a cycle of 29 and 1/2 years. It is currently in Libra, though it will move back into Virgo on March 26th and remain there for the rest of this quarter. Meteorologists tell us we are in an El Nino weather pattern, which accounts for the heavy rainfalls and snow here in the Northern latitudes and the intense heat in the Southern latitudes. But 29 and 1/2 years ago, in 1981, we had the same kind of weather while Saturn was in Libra then. Pluto was in Libra then, too, so Saturn and Pluto were cozy bedfellows. Today, they are again in relationship with a tight square between them. It causes much discomfort for the whole planet (see main article), but especially for those whose natal planets are affected. That is, if you have any planet between 2 and 4 degrees in your natal chart you will have specific issues according to the placement of those natal planets. The harshness of these 2 transiting planets are designed to force you to overcome an obstacle that prevents you from achieving your highest good. There is no such thing as an astrological energy designed to destroy you. All energies are challenges to growth, much like the seed which has to push through the soil to reach the sun. And think how hard the newborn infant has to work to get through the birth canal! Since the whole planet is under the influence of Saturn and Pluto it would seem that there is a force at work to bring about a world shift. And God knows we need it, but, "Please God, let the other person change, not me!" Unfortunately it doesn't work that way, does it?

As I write this, there is a lot of Pisces energy afoot. a very complex sign, it's no wonder the Piscean pictograph shows two fish swimming in opposite directions, yet connected by a silver

cord! At its best, Pisces gives us compassion, spiritual intent, adaptability. At its worst, there is avoidance, denial, victimization. The Sun, Mercury, Venus, Jupiter and Uranus are all traveling through this constellation as I write this. Mercury here gives us the poet, and the babbling brook. Venus brings both idealized and disillusioned love. Jupiter in this sign is altruistic, and has unrealistic expectations and is easily duped. Uranus here brings spiritual visions and it weakens the urge for freedom. Look to see in which house Pisces is located in your natal chart. Look for issues there.

Jupiter is in its fast phase right now, whizzing through Pisces into Aries before retrograding back into Pisces. The retrograde is always its slow phase. Jupiter is very exciting now: things happen fast, opportunities arise in abundance, BUT there is excess energy. Promises are made that can't be kept, impatience prevails, and the voice rises, the heart beats too fast and then just when you get used to the speed, Jupiter retrogrades and you feel let down.

Fortunately Jupiter has these two phases, giving us time to regroup, check our plans, look out for missing details, look at business plans. Jupiter is like the two faces of Janus in another respect too. Over the years, I've seen people relate to it in an emotional way by either thinking they are too good to do something, or not good enough to do something. Both are excessive attitudes- especially since there is a powerful dominoes effect with Jupiter: one door opens another door and the consequences of saying "no," for whatever reason are negative.

Saturn and Mars have both been retrograde. When Mars is apparently moving backward, we lose some of our urgency to act. It's a good time to question one's actions. Mars only looks backward every 2 years so it's worth taking

"When one beholds the entire universe as a play of Consciousness, what else can one do but smile?"  
Ammachi

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But first, let's take a look at some of the objects of this paranoia.

1. The big one right now is the Mayan Calendar which purportedly comes to an end in December 2012. We have the movie, "2012" to thank for the hyperbole, "an obvious and deliberate exaggeration or overstatement, intended for effect and not to be taken literally." But so many people have taken it literally! Have you seen the billboards? Do we crave stress that much? Or do you have eschatophobia, the fear of an imminent end of the world and of civilization as we know it. Actually, the truth about the Mayan Calendar is quite different. 2012 marks the end of a cycle, much like the year 2000 did.

2. Remember the Nostradamus predictions for 1990? But if you read the book as I did, it was readily apparent that many of the words were interpreted by the reader. Nostradamus wrote in a very archaic and puzzling old French. No one really agrees on what he was saying.

3. The Bible, is also open to interpretation, the translations are often not accurate and too much personal opinion interferes. Even the Edgar Cayce files are inconclusive and confusing: though his integrity and spiritual commitment may have been spotless, the contents of the unconscious are not!

4. The Middle East and just about everything in the news these days!

A large reason for the fear we have now comes from Pluto in Capricorn. None of us alive today have experienced this energy. It's new for us. The last time Pluto was in Capricorn was from 1763 to 1778 during which time the New World colonization took place with the subsequent unrest and perceived subjugation resulting in the Revolutionary War. Coincidentally, Saturn was squaring Pluto in 1776, when the Declaration of Independence was signed. Currently Saturn and Pluto are squared. This energy feels restrictive and constrictive. It's cold and heartless and no matter how hard you try to accomplish something, nothing

seems to work out. It's alchemical in that it is found in the charts of those with seemingly miraculous healing powers and those that do overcome impossible obstacles. For the rest of us, it's maddening. Capricorn is the home of Saturn and Saturn holds the key to fear. Saturn is the planet that often tells us about our parental issues and most particularly, our father. The paranoia and generalized fear that many are feeling now can often be traced back to early childhood issues. In psychology there is a phenomenon called "projection" in which the contents of the unconscious that one does not want to remember or own up to, become projected into the world, much like a projector and the movie screen. Yogananda reminds us that

*"The wise man understands that even though mortal life is a dream, it contains dream pains. He adopts scientific methods to awaken from the dream."*

It doesn't help that Uranus is in Pisces and Neptune is in Aquarius. Mostly mutual receptions like these are helpful, but in this case the eroding of borders that provide clarity of thinking are a detriment. Unchecked, one's imagination knows no bounds, the very fodder that feeds paranoia. Perhaps Uranus moving into Aries for the first time in May will help clarify things, but I'm not so sure: combining the Air and Fire elements can be explosive. For sure, if you've been bored lately, you won't be anymore!

So we come to metanoia, the need to completely rethink, unthink, think less, in order to embrace a new awareness. I doubt many, if any, of you who are reading this newsletter are not already steeped in spiritual awareness, meditation, prayer, and senseless acts of kindness! It is time to adopt the "scientific methods" and awaken from the dream!

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"God is the atom inside you."

Adano Ley

## Calendar, Continued

advantage of this trend. Also angers can be minimized, sexual energy may wane and energy is lowered. Saturn remains in retrograde until May 30th, but Mars went direct in Leo early in the month and will be there for most of this quarter, going into Virgo on June 8th. Mars in Leo is very energetic and the increased energy is amplified by the direct motion. You'll get a lot done this spring!

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### The Place Where We Are Right

From the place where we are right  
flowers will never grow  
in the Spring.

The place where we are right  
is hard and trampled  
like a yard.

But doubts and loves  
dig up the world  
like a mole, a plow.

And a whisper will be heard in the place  
where the ruined  
house once stood.

Yehuda Amichai

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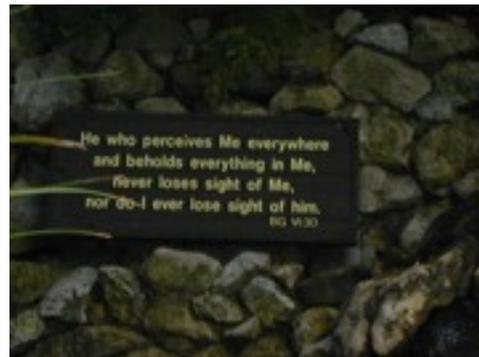
Evolution is only a suggestion in the mind. Everything in reality is going on in the present tense. In God's consciousness there is no evolution, no change, no 'progress.' It is always and everywhere the same one Reality,"

Paramahansa Yogananda,  
from *Conversations with Yogananda*

## Metanoia, continued

Here is a quote from *The Art of Dreaming*, one of the last books written by Carlos Castaneda before he died.

*"Whatever we are perceiving is energy, but since we can't directly perceive energy, we process our perception to fit a mold. This mold is the social part of perception, which you have to separate because it deliberately reduces the scope of what can be perceived and makes us believe that the mold into which we fit our perception is all that exists. I am convinced that for man to survive now his perception must change at its social base, ...the physical certainty that the world is made of concrete objects. I call this a social base because a serious and fierce effort is put out by everybody to guide us to perceive the world the way we do. Everything is energy. The whole universe is energy. The social base of our perception should be the physical certainty that energy is all there is."*



## GET IT!

Adano's audio and video tapes, CD's etc are available to anyone who will send Paul and EMPTY 16 GB Ipod Nano. There is no charge for this. They have been cleaned up as much as today's technology can do. It's an amazing body of work in Adano's own voice and the videos and audios have his great energy. If you have anything of Adano's you want archived, send it to Paul.