

LONGEVITY CIRCUIT



MORE ON PLUTO IN CAPRICORN: THE AGING of a CULTURE

I admit it: I'm tired of writing about Pluto in Capricorn! But this energy is just so pervasive and is creating so much change in our belief systems. When Pluto was in Scorpio in the 80's the same but different energy was prevalent. The intensity was similar. At that time, we were all in process of consciousness, we were looking at our own internal transformation. The little 'i' was turned inward to look at the big 'I.' Then we had Pluto in Sagittarius and everything just got bigger and badder and who cared because we thought it would never end. But it did in early '08 when Pluto made its first steps into Capricorn and the devil got his due, so to speak. We all know what happened: the housing market and the banks crashed, the huge budget deficit hit the trillions, we learned of Madoff and other revelations of corruption and greed, etc, but since we fell for it, in an important way the public was also accountable for it. And all of it due to the excessive energy of Pluto in Sag. So now the correction must be made and hopefully many long standing difficult inequalities can be repaired.

As difficult as that may be, adversity gives strength, the positive side of the constellation Capricorn's ruling planet Saturn. Another one of Saturn's many areas of concern is aging. Since Pluto is the great Transformer we are seeing this energy directed not only at the increase in life expectancy, but also in the aging of our country as a whole. Individuals are living longer more

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Winter Calendar

Mercury just went direct on Dec 14th. But remember the shadow. Astrologers are divided on how long the shadow lasts, some saying until Mercury reaches it's original degree which would be 20 degrees Sag occurring on Jan 2nd. I think it all depends on the importance of the decision one is making to determine how long the research part of Mercury should last.

For most of January all the planets are in direct motion. That doesn't happen very often and when it does it gives a sense of ease and purpose due to the lack of uncertainty and review. However, on Jan 23rd Mars will make a station at 23 Virgo and retrograde until mid April. This is a two year cycle for Mars giving us a chance to review our goals and how we go about effectuating them. We check our urgency to act and how we use our energy particularly in Virgo which is very detailed oriented. This might be a good time to clean out your closet or eliminate unnecessary activities.

Jupiter is making its station at 0 degrees Taurus sitting there for over a month. Lucky for all you earth signs that have 0-3 degrees prevalent. Jupiter is our symbol for expansion and prosperity and moving direct should help our economy. When moving direct, Jupiter is in its fast phase and will whiz into Gemini in June.

Saturn is still in Libra where the ancients said it was exalted meaning this energy of maturity, wisdom and commitment can do its best work. Libra is the symbol for partnership and committed relationship. This can be good for marriage and business relationships. Saturn will get all the way to 29 degrees of Libra before it retrogrades in early February (the 7th) and continues the backward movement until the end of June. Saturn Retrograde asks us to look at our ignorance, i.e. ignoring the truth. What is it you don't want to own up to in your relationships? What are you fooling yourself about thinking others don't know. Fess up and move on!

Uranus has been making a long station(almost 2 months) at 0 degrees Aries and went direct recently on Dec.10th. More

rebellions in the Middle East and in Russia now, too as well as the "Occupy" groups here in this country. I wrote about this very intense energy in a recent newsletter. It can be the beginning of important freedoms and individualities. I'm hoping that Uranus in Aries will mitigate the stagnation we are seeing in our culture.

Neptune took a long look back into Aquarius but went direct in early November. This energy will enter its own sign of Neptune on February 4th. Neptune is everything unnamable and unknowable. It rules addiction to suffering for example, imagination, addictions to name a few of its problems. But it also speaks of mediation and spirituality and compassion. Jupiter, Uranus and Neptune are starting new cycles which fact holds the promise of a renewal for those who are will to let go of the past and move forward. I really think all they planets are giving us the help we need to get out of this difficult phase we are in. Even Saturn is helping us to redefine our mental concepts thus enhancing he possibility of change for good.

And when I look at the chart of the United States I see some affirming energies as well. There is a nice Uranus trine Venus in the first house of the people offering us the chance to heal unhealthy states of affairs, such as the fear and pessimism so in evidence.

Unfortunately Neptune is squaring Jupiter which causes clouded discrimination and lack of good judgment. I think we see so much of this in our current election process: the lies, the fence straddling, the attempt to seduce the voter. It does, however, stimulate altruism, but unfortunately without dscrimination. Do we try to help countries that really don't want our help, throwing good money after bad? It's the cause of the housing bubble, thinking easy money would last forever as well as encouragin gspeculative investments: " If it's too good to be true, is IS too good to be true.

Saturn is in the US chart's 8th house of big money. This should help us-- you and me and the banks-- face our responsibilities about our finances, and might even bring about some practical controls for the big financial institutions. It could redress the actions of the greedy who have as yet gone blameless.

Happy New You in the New Year!

AGING, continued

productive lives, the health care problem is being addressed although very slowly. Perhaps it is because we are a worried populace and have encountered so much change in terms of speed of communications, the economy, the 9/11 shock, etc, that it appears that as a whole the population is resisting change. Vanity Fair Magazine puts it this way:

“The future has arrived and it’s all about dreaming of the past. Our cultures primary M.O. now consists of promiscuously and sometimes impulsively reviving and rejiggering old forms.”

Cultures age just like people do. Consider the renaissance. All great cultures slide into enervation. With Pluto in Capricorn, the initial energy to transform is resisted. Nobody volunteers to change. We are all forced into it by circumstances. That is certainly happening now. Have you noticed that pretty much all cars now look alike? And aren’t you wearing pretty much the same clothes you wore 20 years ago? As wonderful as Lady Gaga is, isn’t she very similar to Madonna-- right down to the black bra? Style has become artificial, everybody shops at the same chain stores, every one looks the same. Even in our travels around the world, Paul and I have noticed that all cultures are pretty much looking the same.

It’s as if we have already gone to sleep like Rip Van Winkle, as Adano Ley predicted. What will we find when we awake? But if we don’t change we will continue to stagnate and as entropy becomes ingrained we will become weaker and weaker and be susceptible to forces from the outside that will destroy what we know

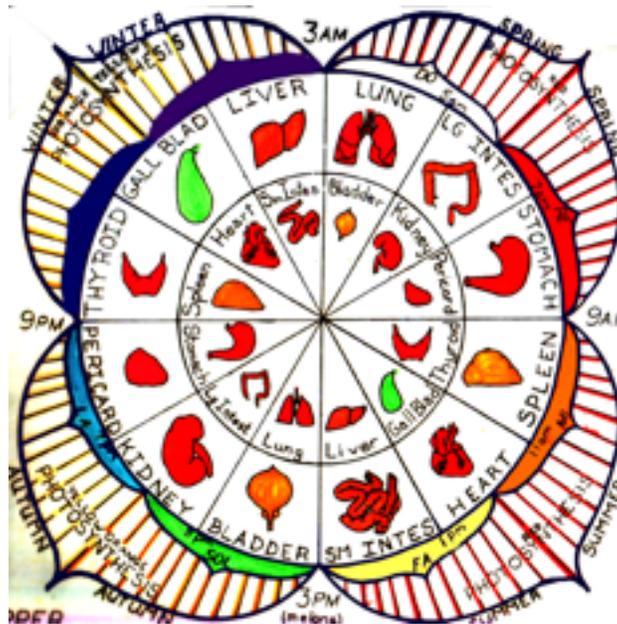
now. This is way of cultural history. How can we change it? It seems to me that we must be vigilant about projecting our fears as well as our neurosis on the country and on the planet. This holy-day is the season of dying to the old so that the new may be reborn. The Christian symbol is for the Christ to be born within humanity. But all religions celebrate some form of renewal at this time to foster and grow one’s spirituality within one’s self (one’s cells). Another idea is to embrace authenticity. How can we live our lives

with uniqueness and individuality, thinking for ourselves rather than trying to fit in with the herd?

Joseph Campbell still says it best: *“ We’re in a freefall 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 an everything changes.”

Adano put it another way: *We are addicted to our own imagination, through the craving patterns. Therefore as we become addicted we have to repeat it over and over and over. Then we become attached. From the addiction comes the attachment. We can’t seem to let go and if we want to let go we are afraid that we’re going to lose ourselves, our identity. That the big problem in this ego nature. Yet when you realize that by detaching yourself, breaking free from your imagination of what will happen to you, in the process you start the elimination of holding onto unfulfilled desires. The unfulfilled desires begin to shut off.”*





Yule

The first celebrations in the western world come from the Celts and Druids. They were based on the Sun and Moon cycle. When Christianity came to the British Isles, it could hardly wipe out hundreds of years of awareness of the stellar effects on the planet, so the original meaning of our most important holidays was christianized. Originally celebrated on December 21-23 as the end of darkness, and the return of light to the earth, Yule and later Christmas included the lighting of the Yule log to represent the returning light. Gifts celebrated the sharing of the remaining harvest now that light would return, and mistletoe and holly were hung, and the fir tree decorated to represent life. This is the time of death and rebirth. The sun appears to be abandoning us completely as the longest night comes to us. Linking our own inner journey to the yearly cycle, the year is reborn and a new cycle begins.

ADANO, "MORE OF ME"

The Adano archives has nearly doubled in size thanks to the huge contribution from Jody Gore Knudsen of Adano's teaching in Arizona and Leslee Elsea's in Richmond, Va. Paul is still working on it to make it available to you. It's an amazing body of work in Adano's own voice.

If you have already sent Paul your Ipod to be filled, feel free to send it back to Paul so that he can add the new material. If you haven't done so yet, now's the time to purchase an IPod with a minimum of 64 gb. There is NO CHARGE for filling it with Adano's great teachings; however return postage is appreciated! In this format, his lectures are readily available in a small pocket size player. If you're standing in line, in the car, waiting for your teapot to boil, Adano is right there on the ready! For more info, call 505/310-4268.

Don't forget to check in with the Adano web page and youtube. Here you will find video clips and sound bytes of Adano plus his bio. Of course, if you send your Ipod, you will also get all the videos. Go to adanoley.com

Paul wants to encourage everyone to send their cassette material of Adano as soon as possible since the tapes and boxes are quickly deteriorating and need to be restored and archived. He has copied all the material onto two hard drives and sent them to reliable sources in different parts of the country for safe keeping so that none of the Adano material will ever be lost.

New Year's Silence

Falling into silence
In a chair
Sound of snow
Winter birds inch toward my toes

Full moon reflects
Thoughts inside me
Deer creep near nibbling fear
Noble, clustered in families

Eyes meet mine
Brown on brown
Echoing stillness
Trusting the place
They found me

Wind moves winter limbs
Snow settles down
Isolation surrounds me

A circle of stars
Stare in peace
Wishing me well
In my retreat
As I allow myself,
Some silence.

from SPARE, by Reese Taylor