

LONGEVITY CIRCUIT

Ta-Dah! Our 25th year!



White Rose at Golden Gate Park, 2001

“The timing of the daily events in your life is the evidence that creative intelligence is in charge of your existence.”

Adano C. Ley

Since everything is but an apparition
Perfect in being what it is,
Having nothing to do with good or bad,
acceptance or rejection,
One may well burst out in laughter!

Longchenpa

“The influence of Eastern Astrology has taught us that certain basic psychic structures – we would now call them the archetypes – had a relation to time and to certain numinous moments of time. A numinous time moment is called *Kairos* in Greek. Kairos means a magical moment in which synchronistic events happen.

von Franz

Time versus Timing, or the next 4 minutes

TIME AS MOTION

Astrology is the science of timing. If we feel victimized in our lives then we know we are not living synchronously within time. Every four minutes the earth moves one more degree around the sun indicating that time is based upon movement: the atomic clock in Washington, our national time standard, defines a second as 9,192,631,770 ‘vibrations’ of a cesium atom. It sounds quite absolute, but Einstein pointed out that one minute with a beautiful girl seems like a second, while one minute sitting on a the hot stove seems like an eternity!

When we’re having fun, “time flies” but when we are doing something we don’t like doing, then “time crawls.” Consider these phrases: “Time stood still.” “We’ll be there in a sec.” “I haven’t got any time” “I’ve got too much time on my hands.” “Time out.” “I’ll call you back in 5 minutes.” “Have you got a minute?” They all mean different things to different people.

Yet we know that time is motion. You hear a lot of people saying that time has sped it up, and it certainly feels that way. Life is extraordinarily full and intense these days. None of us has time to process, to reach a plateau of growth and enjoy it anymore. We are constantly going from one crisis, change, or evolutionary step to the next.

TIMING IS MORE ACCURATE THAN TIME

Time is an illusion created by the ego to keep events separated so timing takes precedence over time. Clocks maybe wrong but good timing never is. For instance, a favorite expression of Adano Ley’s when you were running late for important meeting, was, “I’ll be on time-- they’ll be late!”

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SPRING CALENDAR

Spring is sprung
 Da grass is riz
 I wonder where dem boidies iz
 Da little boids is on da wing
 Ain't dat absoid
 Da little wings is on da boid!

March 20th is the day of the Spring Equinox. This is the time of rebirth when the Sun passes the Equator and moves into the Northern Hemisphere. The origins of astrology, as we know it, lie in the Mediterranean in the area between the Tigris and the Euphrates Rivers. Consequently the archetypes for astrology apply to those living in the Northern latitudes. This is why the Vernal Point is so important to us living here! Anything that hits zero degrees of Aries signals a new beginning. It is interesting to note that I have never had a client born below the Equator! This is due to the fact, I believe, that we all hold not only personal unconscious archetypes, but also collective archetypes! And it is why my teacher, Swami Nitynanda, was opposed to Eastern Astrology, which is fine for Asians and Indians, but not for westerners. So we shall celebrate the first day of Spring!

We have just come out of a Mercury Retrograde a few days ago. Some believe that before making long term decisions, it's beneficial to wait until Mercury returns to its original station which would be 19 degrees Pisces on April 6th. Do some research on this yourself. Watch for continued changed plans, travel glitches, misunderstandings- especially when Mercury is in Pisces! This placement in general is the sign of poetry, lies, allusions and misunderstandings.

Saturn became retrograde since the last issue of L.C. at 11 degrees Scorpio. This number is particularly interesting since the Solar Eclipse occurring in November will also be at 11 degrees Scorpio. It's something to be aware of and to research in your own life. From Jan 25th until March 15th Saturn made a station at 11 degrees. Research that time period. Put it in your journal

and compare it to the two week period before and after the November 3rd eclipse. Saturn rules Karma or fate of destiny- which ever word you like. It rules timing, ageing, delays, but also commitment, awareness of ignorance and the desire to know. It's a business transit and therefore not surprising to see its retrograde coincides with the huge sequester fiasco attempting to solve the national deficit problem!

Just a reminder: no planetary archetype is either good or bad. How one deals with it is what matters. Saturn will be retrograde throughout this quarter. Review your plans, be willing to wait and not rush things; let the idea unfold.

Not until mid April, the 13th, will there be another retrograde planet and the one joining Saturn is Pluto and ironically also making a station at 11 degrees but in Capricorn. You know, eleven is a mystical number. It's a prime number which means it can't be divided by anything that doesn't leave a remainder. It represents wholeness, as in male/female equality; when there is so much of this one number, perhaps the Universe is sending a message to maintain integrity, be more consciously aware and to rebalance our cells.

We are still under the thrall of the Pluto-Uranus Square. Yes, it rules transformation and change, even "out with the old, in with the new." But it's not easy and takes tireless endurance. You can see the destructive side of this energy in the news: so much gun violence, weird accidents and the resistance of the political parties to compromise. That's why Pluto takes so long to go through a sign: it takes a long time to bring opposites together. Even Mother Theresa has come under fire! But the real resistance is where the money is and that indeed takes a long time to change.

Jupiter is still in Gemini but moves into Cancer on June 26th. It's in its fast phase right now, meaning don't get caught up in hubris, hyperbole and excess! Learn not to make promises, but don't say "no!" either. It's the domino effect at work: one door opens another door, etc. In Gemini look for two opportunities because Jupiter rules expansion, progress, and self-confidence. This is also a good time to write, teach and journal. Learn another language! And on June 21st look for the next issue of *Longevity Circuit*.

TIME, continued

According to an eyewitness report of a friend of mine, once when Adano was almost a day late starting a cross country trip to New York to meet in airplane, he still arrived on time because he made all the traffic lights! Timing is also how your car runs, being in the right place at the right time for the right experience, solar nutrition, coincidences, Carl Jung's idea of synchronicity.

Time is an illusion, timing is reality. In a learning research project conducted by Jean Houston, Jean used artists in an experiment to draw a tree under several different conditions. The control group was told they only had five minutes to draw a tree. The results were crude and hurried. The other group was put in a trance state and not told the time allotted to draw a tree but they were stopped after five minutes. They produced exceptionally detailed work.

And remember the Peter Principle? "The time it takes to complete a job is equal to the time available."

When you believe in reincarnation you believe in time with a past, present, and future; but when you experience multidimensional personality there is only now. If you're reading a wonderful book you want it to last forever. If you're at the dentist you want it to be over yesterday. We want to live forever, yet the Great Ones tell us there is only Now. We equate immortality with endless time in the body, yet Enlightenment tells us the totality of all existence is in this very moment. Gangaji says, "You don't have to do anything but realize That which you have now."

The heart stops or time stops at the moment of seeing the beloved, of merging at least temporarily. Time also stops in suspended animation, being in the delta brain level state, merging with ones higher Self. Living in the now is conscious awareness, the place is no stress, the awareness, as CG Jung says, that we all share the same common denominator,

WHERE DOES GOOD TIMING COME FROM?

In the article "Alchemy," M.L. von Franz, a close associate of Carl Jung's, writes about Einstein's attributing his discovery of relativity to a 'miracle.' However, she reminds us that actually, it came from his unconscious. She goes on to say "Either the unconscious knows about other realities or what we call the unconscious is a part of the same thing as outer reality, for we do not know how the unconscious is linked with matter...Probably the unconscious has a material aspect...it is matter which knows itself. Then there would be a dim or vague phenomenon of consciousness even in inorganic matter."

WHAT ELSE DOES ASTROLOGY SAY ABOUT TIME?

In addition to the horoscope being a time indicator, because the chart as a whole shows the movement of the planets, there are specific planets that relate to time and timing. The Moon, Mercury and Saturn are useful when determining the right time to do something. For instance, the Moon, which we can see, has been used for timing since time itself began. Even now in modern times it tells when to plant and what to eat, especially for Solar Nutritionists. Mercury rules clocks in general, and Saturn indicates ageing, delays, waiting, keeping time. The pendulum is moved by the motion of the Earth. But I would also add Neptune, the great illusionist! Neptune tells us we are living a dream, or better yet, that we are being dreamed! And when we wake up we will find that time does not exist at all! "Row, row, row your boat, gently down the stream, Merrily, merrily, merrily, merrily, life is but a dream." Kids know!

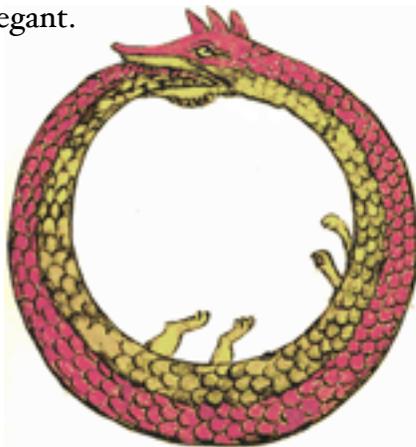
How to improve your timing:

- Develop your intuition
- Observe your environment
- Eat Solar
- Live in the moment
- Go with the flow

The Chinese Year of the Snake

The year of the Water Snake was ushered in on February 10 and ready to capitalize or regulate forces that were begun in the preceding year, the Water Dragon. These two archetypes belong together, the one being positive, the other being negative in energy force- and sometimes in mythology they are used interchangeably! Many disasters which had their beginning in the year of the Dragon tend to culminate in the year of the Snake. Don't be fooled by the Snake's calm demeanor: a lot is going on under the surface and consequently changes can come unexpectedly, though planned way ahead.

Positive areas for the Snake include commerce and industry. It's a good year to offer compromises and find solutions. The seductive nature of the Snake can bring romance and scandals! Also the fluidity in the movement of the Snake provides good art, fashion, music and theatre. Science and technology can flourish, too, but in the quantum mechanical sense. Dare to be sophisticated and elegant.



The Ouroboros

The Snake that symbolizes eternity: when one cycle is over another immediately begins.

GET LONGEVITY CIRCUIT ON LINE!

It's free, and all you have to do is email me at: ginger@lcircuit.com with the word "subscribe" in the subject line. Save a tree!

"All life is action. / All action is Love.
 All Love is service. / All service is freedom.
 All freedom is NOW / All NOW is giving.
 All giving is life. / All life is action."
 -- Adano C. Ley

★ Housekeeping (boring but necessary!)

★ Adano's audio and video tapes, CD's etc, are available **FOR FREE** to anyone who will send Paul an **EMPTY** 64GB iPod or hard drive. There is no charge for this. But please respect Paul's commitment to archive Adano's work. **Don't confuse it to mean he is your personal I.T.!** If you don't know how to use an iPod or hard drive, get someone in your own environment to teach you. Paul simply does not have the time to do that for you. Merely send the iPod or hard drive and include **return postage**. The archives have been cleaned up as much as today's technology can do. Paul is constantly reviewing tapes to see if the newest technology can improve them even further. It's an amazing body of work in Adano's own voice and unedited so that the videos and audios have his great energy unadulterated.

★ If you have anything of Adano's that needs to be archived, send it to Paul.

★ Because you asked for it, **Adano is now on Facebook!** Go to 'friends' request and type in Adano Ley. Also if you are needing some food ideas for solar nutrition, it, too, is on Facebook. Ask to be friends with Solaris Nutritionum. (Facebook only takes personal names!)

★ My book, "Food and Mood" is now available on Kindle from Amazon.com and Ibooks. Find out about how certain foods, additives and vitamins affect your body.

★ Since you asked for it, I can now do readings on Skype! Therefore I can also send you a CD of the recording rather than a cassette tape which many of you don't have anymore! Time marches on!! ☺

