

# LONGEVITY CIRCUIT



Coming home, Santa Fe, 2014

To know means to record in one's memory. But to understand means to make part of oneself.

Adano Ley

"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

## HEALTH ASTROLOGY PART II - STRESS

There are 5 emotions that cause illness: fear, dependency, anger, rejection and betrayal. And they all cause stress. Although we think that we are living in a particularly difficult time, history reveals otherwise: the stresses and strains of life are always with us! Remember the words of Yogananda? "Planet Earth is a hospital where sick people go and when they get well they can leave." We are all experiencing at least one of those 5 emotions all the time leading us to stress and illness.

In astrology, when we want to find where an individual experiences the most stress, we look at Saturn. Saturn is also the teacher of the zodiac. On the positive side stress and learning can go hand in hand. Wherever in your chart Saturn is located is where you will feel a life time of stress that will be easier or more difficult to manage depending on your willingness to look at it

and resolve it. In that sense it can be your teacher and will enhance your growth.

But environmental and emotional stress are different and can more readily affect the body because they come to us from difficulties after birth: child abuse, nutritional lack, and toxicity in the environment are common examples.

In addition to working on these issues psychologically and physically, here are some other techniques that are somatically useful since they make physiological changes to the reptilian brain and lessen the effects of stress. These come from Julie Henderson's book, *Embodying Well-Being*

1. Horse lips: Blow air through loose lips to mimic the sound of a horse. Continue as long as it takes to feel an emotional change.
2. Talk funny: Put the tip of your tongue on your lower teeth and relax it. Talk until

you laugh.

3. Stick your tongue out! And you can also pull on it to relax the brain stem.

4.Yawn! In case you think yawning is just a sign of boredom, read this!

"Yawning relaxes your throat, palate, upper neck, and brain stem. It helps you come down out of your head so that you can experience your sensations. It improves digestion by increasing saliva production. It also increases the production of serotonin, a neurotransmitter that tends to balance mood, calming you if you're hyper and lifting you up if you're feeling gloomy. And it helps balance the flow of cerebrospinal fluid which helps keep the brain and spine flexible."

5. Jiggle. Loosen up the body by bending your knees and moving your arms and body around.

6.Humming. More important than the sound is feeling the vibration through your body as it dissolves blocks and creates a pleasant feeling while improving body image.

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What parts of the body does Saturn affect?

Saturn is the ruler of Capricorn and as such rules the skeletal structure. That is, bones, teeth, even fingernails. Saturn also controls structure, form and limits. It rules aging and fatigue and rigidity. Specifically, it rules the knees and calcium deficiency. These are the areas most likely to be affected by a badly aspected Saturn. A positive

**Bioreflexiveness** is not planning to act, but acting upon response toneed. Whatever the need comes up, act it. That makes you bioreflexive,(rather) than trying to plan a need to act. Then there is no fear in your mind as to being guilty of anything or fear that you're going to be left out or be torn up by it, because you are reflexive and you generate sufficient flexibility as things come up. You're living here now...

Solar nutrition makes you into a bioreflexive person, because like it or not, it's all synchronicity. Bioreflexive behavior is synchronous behavior. Or bio-energetic behavior. You generate more energy by being bioreflexive, by being flexible to life. You don't generate more energy by being rigid to life... You're acting more on when more than what or where."

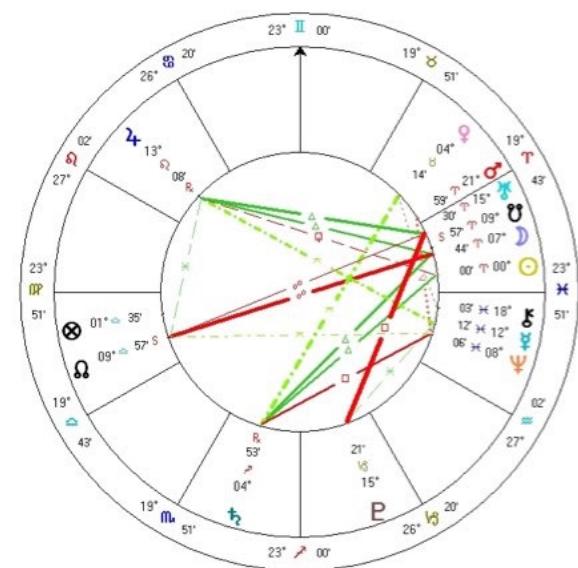
Adano Ley on stress.

Saturn can also be quite healthy. We all have Saturn somewhere in our chart!

**SATURN IN THE HOUSES.** We are using Saturn here in its negative role as creating stress. For example if Saturn is located natively in the first house you might be concerned about how you look to others or not feel comfortable about your own body.

1. Body image
2. Your resources
3. Basic thinking
4. Your home
5. Children and/or creativity
6. Your health and your work
7. Partnerships
8. Sex
9. World view
10. Career
11. Friends
12. Illness

Also pay attention to where Saturn in transiting through your natal chart.



Vernal Equinox Chart

## SPRING CALENDAR

The spring equinox occurs on March 20th. This year it begins with a solar eclipse and the new moon. Both the Sun and the Moon will be dark! For every new moon there is a time when there is no solar reflection, leaving the lunar face in darkness. The dark lasts about three days before the new crescent appears. As the Moon wanes toward those final days of darkness, there's often a turn inward. In those contemplative moments, the inner reality is presented through dreams and waking visions. Part of the dark Moon is a break-down of old systems, a letting go, a review going on of how we've been living, what we believe, our relationship with the natural world. The new seeds are being planted, but there's still a lot of uncertainty and fear -- darkness, but hope for a new beginning. Ancient as well as contemporary astrologers believe that the Spring or Vernal Equinox chart is the most important in mundane astrology to predict the events for the coming year. Since this time the Vernal Equinox begins with both the Dark Moon and the Solar Eclipse it signals the opportunity for the world to do some reflection. Global change comes from one person at a time. This is your time!

Saturn is the prognosticator of stress and is currently vacillating between the water of Scorpio and the fire of Sagittarius. Since Jan 1, Saturn has been in the early degrees of Sag but retrogrades on March 15 and returns to the late degrees of Scorpio in June before it settles into Sag in mid-September for the next couple of years. Many have felt the sting of the scorpion during the last two years as Saturn has gone deep bringing life changes to the surface. The outcome is often a more spiritual outlook on life but not without its cost. With Saturn being in Sag there is now a chance to examine one's belief and knowledge... or be forced into it. Travel and education will take on a more serious aspect. Sag likes expansion; Saturn wants consolidation. Not an easy partnership. Slow and painstaking steps will yield productive change. Determine which house in your chart Saturn will

be traveling through. This is where you can do the best work if you will do so voluntarily, otherwise you may be forced to do the work. Look for signs of melancholy, fatigue, stinginess, rigidness and distrust. If you feel them, you've got at least some Saturn work to do on your world view. On the other hand, nurture the positive side of Saturn: commitment and overcoming ignorance as in ignoring the truth. Saturn goes direct just as the next *Longevity Circuit* goes to press on June 15th at 29° Scorpio.

Jupiter will remain retrograde until April 9th where it makes a station at 12° Leo. If you've been contemplating doing something new, wait until then to begin it. Jupiter likes to review expansion when retrograde. Look for holes in your plan, deficits in your program. Many a great idea has failed because it was executed too soon or too quickly. Have you noticed how much fun Jupiter in Leo has been? Happy gatherings of friends, good parties, lots of creativity; this will last until early August so enjoy and experience all the good that Jupiter has to offer.

On April 17, Pluto will make a station at 15° and begin its retrograde function. This concludes the exact square between Uranus and Pluto that has created such havoc on the world scene. With the New Moon/Solar Eclipse Equinox chart there is a real opportunity to experience some global harmony.

Our next Mercury retrograde occurs on May 18 at 13° Gemini, with a new moon. Mercury retrograde is not always bad, I might add. A recent article in the on-line magazine for Solar Fire indicated that research shows that some very significant national events have occurred with the Mercury retrograde. Mercury is at home in Gemini and likes to gad about, talk a lot and socialize. Nothing wrong with that: just don't make promises you can't keep or negotiate long-term contracts. Okay? On June 21 look for the next issue of LL.*Longevity Circuit*.

**Happy Spring time!** Definitely a feeling of renewal, hope and the promise of warmth. For the Longevity Circuit readers in the northern part of the world, where the snow and cold have been redundant, such a promise is heartfelt! It is no accident that the Christian holiday is at this time of the year. Easter is the Resurrection, and indeed the onset of Spring is indeed a resurrection: the plants push up through the snow, the trees start to bud, birds sing, nature herself is resurrected. However, the timing of Easter has nothing to do with the life of Jesus. Rather it is based on the Celtic holiday of the vernal Equinox. Called Oestara, it is named after the Druid Goddess. Her companion was a Hare who could magically create eggs symbolizing the procreation and abundance. The Christians, wanting the Celts to celebrate their holiday used a similar time frame and symbols! Easter is the first Sunday after the Full Moon after the Vernal Equinox.



## UPDATE! RECORDING CHANGES



In addition to doing readings on Skype which lets us see each other and record to a CD, I am also recording on my iPhone, also providing a CD. The way of the cassette is antiquated and so many of you don't have players for them anymore and certainly not in your cars. This also enables me to get away from having an expensive land line.

I also encourage you to download the free Skype app and get someone to show you how easy it is to use, if you don't know already. It is so enjoyable

### GET LONGEVITY CIRCUIT ON LINE!

It's free, and all you have to do is email me at: [ginger@lcircuit.com](mailto:ginger@lcircuit.com) with the word "subscribe" in the subject

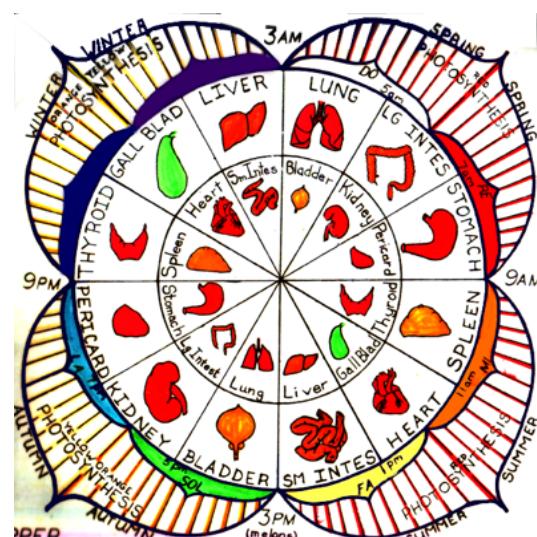
## Housekeeping (boring but necessary!)

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 and to preserve it for future generations and to make it available to all his students. He has a job! So if you don't know how to use an iPod or hard drive, please find 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**. My book, "Food and Mood" is now available on Kindle from Amazon.com and iBookstore. Find out about how certain foods, additives and vitamins affect your body.



For the list of Solar foods, go to my web page, [lcircuit.com/solar-food-list](http://lcircuit.com/solar-food-list) to download a free list.

You are Soul, you don't have a soul.