

LONGEVITY CIRCUIT

Perpetuating techniques which contribute to a longevity lifestyle

THE OTHER WAY

Since you, my readers, know yourselves to be spiritually based organisms, the winter solstice is a good time, with its ending and beginning, to illustrate the two ways that astrology shows how to get what you're living for. In short, one way would be the psychological way that Jung developed and the other one would be the meditation way.

To do this, it's necessary to look at the lineup of the planets from the Sun to Pluto. In this way you can discover a lot about yourself. The Solar System is a reflection of ourcells (ourselves). The Sun is the atomic principle within us, the creative energy that brings the sperm and ovum into bonding.

After the Sun comes Mercury, a diabolical little planet upon which we project our sense of communication, speaking, writing and listening, hearing. Mercury is the messenger to the gods, and the messenger from/to ourcells, from/to our atomic principle. At its highest Mercury allows for true intuition (not the wishful thinking stuff or the neurotic fears stuff that are often confused with the real thing). This planet is diabolical because it appears to go backward and forward, in front of and behind the Sun, speeding up and slowing down, mostly illusional, but it accounts for the difference

between hearing and listening, for changing one's mind, misinterpretation and lies.

Next in line, after Mercury is Venus, the ruler of the eyes. Our eyes look: backward, forward, all around, at, on, and for. We have a condition called "selective seeing," in which we see only what we want, or don't want, or are too preoccupied to identify. And there are many well known cases of several people viewing the same auto accident and each seeing something

different. We usually don't see with our eyes, but with our minds. Since Venus comes after Mercury, we are taught what an

object is, we are told that red is red.

Next in line in the Solar System is our own planet Earth, the third planet from the Sun. This is where we are in our evolutionary journey. According to Yogananda, "Planet Earth is a hospital where sick people go and when they get well they can leave." My own teacher Adano Ley indicated that Earth is where we've come to be recycled. I think the point is that these two great man were trying to tell us that we have the opportunity to know ourselves on this planet. But how are we to do that? We have two vantage points: one is to look toward the Sun and the other is to look toward Pluto and the jumping off spot.

"Out beyond ideas of wrongdoing and rightdoing there is a field. I'll meet you there." — Rumi

(And there's not just one way to get there!)

If we take the psychological way, the Jungian way, then we will look to the outward planets to uncover our wholeness. From the Earth we would look to Mars the next planet in the solar system lineup. Archetypally Mars indicates self-assertion, our urgency to act, our courage and our Animus, our inner maleness.

Next we would be looking at Jupiter: our interest in religion, our need to expand, to explore, to learn and teach, to improve. Jupiter also rules our religious and philosophical attitudes and in our quest for wholeness we would need to discover if these ideas help or hinder us in our growth.

Saturn is the next planet in the solar system lineup, And it is often very misunderstood with its reputation as being the task master, the old man of the zodiac. Physically Saturn represents our bones and without them we would be mere worms. We need to look at Saturn in ourselves to look at limitations, fears, discipline and responsibility, time and boundaries. In ancient astrology Saturn was thought to be the last planet in the zodiac because it was the last planet that one could see with the naked eye. Now however with modern technology we know the solar system extends and it includes Uranus and Neptune and the Kuiper belt / Pluto. Symbolically, increased technology also means increased knowledge of the self.

Uranus, the next planet in the lineup is revolutionary and tells us to look at our needs for freedom and individuality, how we rebel, how we can be free, how we can be intuitive, be awake.

The next step as we follow the Jungian way and go deeper into our unconscious is to look at Neptune in ourselves. Neptune brings us

transcendence, a sense of spirituality, the need to lose ourselves in the greater whole. But it also rules the imaginary, our dreams, myths and the elusive. How do we avoid? Misinterpret? Make excuses? This is not an easy archetype/planet to work through, and is especially difficult for people who consider themselves spiritual.

If you manage to get through Neptune the last planet in the lineup is Pluto. Destruction and creation, devastating power, the underworld, the deepest part of the unconscious, and self-destruction. Actually Pluto is in the Kuiper belt, the jumping off spot to the rest of the universe. Here is where the little S self must be destroyed, where thinking must stop, and individuality as we know it is merged into the Whole. Jung himself accomplished this mission, and wrote about it in his *Collected Works*. The famous *Red Book* is his pictorial and written analysis of this journey.

THE OTHER WAY

The other way is going in the reverse order via meditation. First in the reverse lineup is Venus which is using the eyes to grab, having a vision of what should be and seeing the world as a solid object. Instead, in meditation, traditionally one closes the eyes and focusses on the inner light to understand the holographic nature of the world.

Mercury, the planet of thoughts and ideas, must be tackled. All great teachers of the world, regardless of their system, teach the same thing: that thought must be exorcised, because Truth lies beyond thought. Your choice!



Winter Calendar

The winter solstice indicates the longest night of the year: the Sun has stopped its apparent movement to the north and begins its apparent travel to the south. You can imagine the rejoicing of the early uneducated humanoid (who might have thought that eternal darkness was setting in!) when he discovered that the light was increasing again. This is the origin of all celebrations that occur this time of year.

This year we have a very interesting astrological energy on the first day of Capricorn. A couple of days ago Mercury went retrograde in Capricorn on the 19th and it did so with a close conjunct to Pluto, also in Capricorn. You know that Mercury rules thoughts, ideas and speech and that Pluto is the planet I lovingly call the fascist. A combination of these two energies is very provocative. The potential for deep insightful thought and speech is as great as the potential for fanatical ideas and uncovering hidden information. We have already seen this in the news with the awareness of the Russian interference in the election. But this energy has just begun. With Mercury retrograde the detective work will continue and more and more hidden truths will be discovered and when Mercury turns direct on January 9th and until the end of January when Mercury will be moving forward and making another conjunction to Pluto. On a personal level it is a great energy to uncover your own personal negative attitudes that prevent you from evolving. Business attitudes and decisions can benefit strongly from this energy but not until Mercury has gone direct again on January 15th. There's always new information to be gathered

during the retrograde and making a decision prematurely can cause trouble.

Pluto is quite prominent right now and not just because of the conjunction with Mercury. Jupiter and Uranus which are opposite each other are also squaring Pluto. Jupiter and Uranus together are revolutionary, insightful and idealistic but the opposition may create a challenge to utilizing them. Jupiter square Pluto can bring expansion and transformation and has the potential for healing and regeneration but not without effort. Uranus square Pluto on the other hand is very disruptive. There can be revolutionary and violent eruptions. We have had this transit for quite a long time and towards the end of this transit it is not unexpected to see some of the more radical outcomes of the energy. I've written about this transit before as it has a direct bearing on the Pluto opposite Uranus that occurred in the 1960s. Remember, the only constant is change.

Luckily we also have Saturn sextile Jupiter and Saturn trine Uranus, two energies that have a stabilizing force. Jupiter expands and Saturn constricts, and with the sextile there is practicality. Optimism can create useful solutions. Saturn's trine to Uranus is also practical in terms of innovation working together with the authority. Much of United States is experiencing the loss of hope (The words of Michelle Obama) but these energies would seem to indicate that there is a lot of astrological energetic help to find a positive and practical path to the future.

We have a brief period from January 9 to February 6 when Jupiter retrogrades where no planets are retrograde. Jupiter retrograde gives

us a chance to review our expanded plans, to look for missing components that would prevent success. Unimpeded growth is like a cancer that can destroy.

On March 4th Venus also goes retrograde at 13° Aries. When Venus is retrograde we tend to reexamine anything we value including relationships. Venus is our planet of desire so this will be a good time to adjust what we yearn for. Venus in Aries is aggressive. It initiates and energizes incipient relationships. The retrograde will slow that energy down, giving the individual a chance to think things over.

On March 20th, look for the next issue of Longevity Circuit.

— *BREATHE!* —

BE LOOKING FOR the resurrection of my ASTROLOGICAL CARDS! I WILL BE PUTTING THEM ON ECARDS!

Update! Recording Changes

In addition to doing readings on Skype which lets us see each other and record to a CD, I can also record on my iPhone, and provide 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. I 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 to see your face when we do the readings! Doing this new stuff is nervy to me, too, but it's a great challenge to stay current with all the new technologies.

Housekeeping (boring but necessary!)

Adano's audio and video tapes, CD's etc, are available **FOR FREE** to anyone who will send Paul a 64GB USB 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 hard drive and **include return postage**. The archives have been cleaned up as much as possible with today's technology. 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.

In addition to Adano's website (adanoley.com), **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.

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, <http://lcircuit.com/solar-food-list> to download a free list and the 5 laws.