

LONGEVITY CIRCUIT

Perpetuating techniques which contribute to a longevity lifestyle

Over 25 years ago Deepak Chopra observed in his book, *Ageless Body, Timeless Mind*, that "the power of interpretation overrides the genetic imprint, causing a change in the body's informational fields." He cited many examples of deeply traumatized people and their outlet in disease as examples of negative interpretation. Conversely he drew upon many other case studies to show that a shift in point of view brings healing. If you bring your memories of the past into your present life without conscious inquiry, you are vulnerable to incorrectly interpreting your "now" as if it were your "then." Life then becomes hard, victimizing, in stock.

But we have a tool from astrology to help us locate how we erroneously or correctly tend to interpret our life. This is THE RISING SIGN, or ascendant on the natal chart, the moment of first breath. It is the point of contact between the soul and the personality, the field of unlimited possibilities and our personal expression of that totality, the unmanifest into the physical. And this breath that that is "breathed into us" takes on a life of separateness that gives us our singular presentation to the world. It is an illusion, and one that we gladly agree to as it gives us the possibility of experiencing love and touch. It also gives us the experience of pain, separation

and suffering. So since our first breath we are given choice of interpretation, not free will. But that one choice we are given gives us immense power: to know Freedom, to know Love, and in short to override that very illusion into which we were born.

How can we use the information inherent in a rising sign to help us? Let us look at the 12 signs to see what the negative versus the positive interpretations might be. Where you feel guilt and fear are the markers of the original traumas that keep us locked into the illusion. This information can also help you use your Sun or Moon sign more effectively.

The first constellation is **ARIES** with the energy expressing itself as initiating

and egocentric. Childish versus childlike. Yet Aries is also known for intuitive and spontaneous action. So he can choose to view the world as something to fight or something to lead until he finally sees that he and his extended body, his environment, are one.

TAURUS has the choice of security derived from material possessions or security from knowledge of inner resources. If his self-image is damaged from rejection or limitation, he will take the path of tangible assets; if his image is whole he will trust the process rather than the product.



Spring at Yogananda's - 2017

GEMINI has the opportunity to reevaluate the most basic premises on which his life hinges. He can either hold to the original misprogramming and live a life of duality, or he can rewrite his core beliefs through new perception based on curiosity to discern the truth.

CANCER can interpret life through the eyes of tradition and maintaining the illusions of the past, or he can develop trust in his intuition to feel competent to handle the vicissitudes of life. If he interprets life as being threatening, he will stay in his shell or cling to the past; if he feels his physical body to be the manifestation of intelligence he will move freely through the universe.

LEO's choices pivot around taking risks based on knowledge that there is unlimited energy. If his viewpoint is one of limitation then his demands on the world create a loss of his native creativity. When the healthy Leo perceives that nature is aristocratic, his generosity of spirit flows unceasingly from the totality of his being.

VIRGO's challenge lies in looking at the way ordinary things are done. On one hand this sixth sign can be obsessive about details to avoid inner inquiry, using work as an escape, or negatively finding fault with others as an attempt to force perfection on themselves and others. They often serve out of guilt. Or they can be positively methodical and critical to bring about self growth and healthy bodies, knowing that "they also serve who only stand and wait."

LIBRA, the sign that hangs in the balance between day and night, has a particular challenge in finding equanimity. On the depleting side, Libra can understand or swing back and forth between two opposing viewpoints only to be caught in self-doubt and indecision. The healthy Libran however takes

no posture and views the world of opposites without judgment. He then makes decisions based on the conditions of the present moment.

SCORPIO takes on the challenge of polarity as his very intense emotions can either kill him or cure him. He can either explore the invisible ranges by a deep desire to merge with totality itself or he can self-destruct out of revenge and possessiveness. Incorporating ambiguity is his path out of the darkness.

SAGITTARIUS, the prophet – will he act on his ideas and vision or will he be content with thought? Here lies the possibility of jumping into the abyss from the heights of the intellect, or self aggrandizement in arm-chair philosophy.

CAPRICORN challenges control. Initially his life is sustained due to his ability to discipline himself. This spills over into maturity, he boxes himself into structures that stifle. To interpret life as being ordered within the chaos, Capricorn gives up his need to be in charge and let's life flow through him.

AQUARIUS interprets life from the vantage point of higher consciousness and detachment when his energy is healthy. But the downside brings the inability to see the common thread that is woven through us all and detachment then becomes inability to commit to anything. The healthy Aquarian knows that we all come from the same source of living water.

PISCES can interpret life as the wave or the ocean, as the victim, or the mirror, depending on the definition of his own boundaries. His downfall is being used, confusing service to others with service to his own needs. Ideally (and Pisces loves the Ideal), he can entropically merge with higher consciousness from the vantage point of individuality.

Spring Calendar

The delineation of the **Spring Equinox** is considered to be the most important in mundane astrology. Mundane Astrology looks at the current energies of the world as a whole. It is only recently that astrology has become important to individuals other than a king or ruler. Spring is defined as the Sun entering into the constellation of Aries and sets the tone for the entire year because Aries is the first month of the astrological year.

This year the Spring Equinox Chart is especially interesting. We all know we are living in unsettled times. The equinox chart definitely describes the way we feel perfectly. So many energies are occurring at the same time. A big problem is that due to

Saturn conjunct the Moon (exact) people are very depressed, worried, and distressed. The Moon rules the people at-large and Saturn rules restrictions, depression, and the need to be austere. What is particularly interesting about this is that the Saturn/Pluto conjunct is in the 10th House of the US chart which also rules the country's president. In this case, Donald Trump.

Another interesting configuration is the **T-square that involves Pluto in Capricorn (11th house), Uranus in Aries(1st house), and Jupiter in Libra(7th house)**. Pluto in Capricorn destroys outmoded structures while Uranus in Aries brings about change quickly and unexpectedly. Jupiter intensifies and revolutionizes. This highly energetic configuration began on November third just

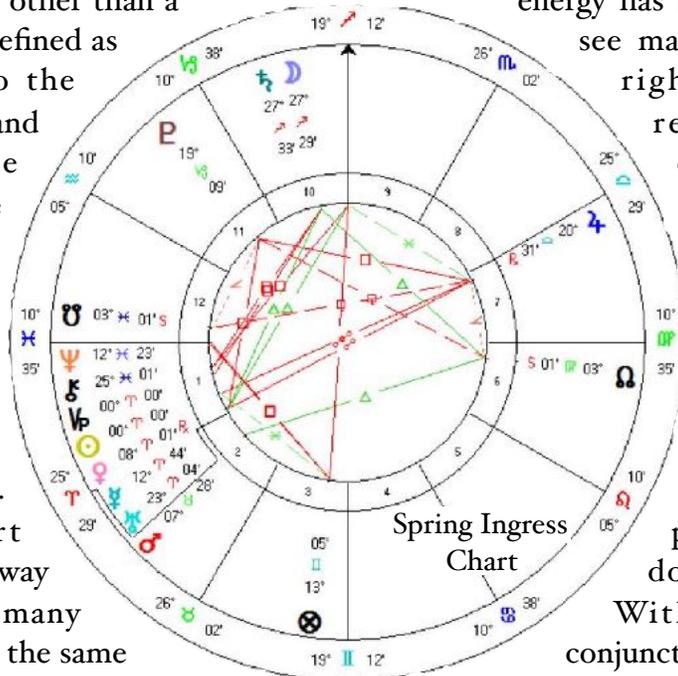
before the election and yielded the surprising and unexpected win for Donald Trump, so be prepared for continual disruptive events. For several years, Pluto and Uranus have been square and now with the influence of Jupiter the

energy has been amped up and we see many developments. And right now Jupiter's retrograde energy is causing the religious suppression, international crises, border disputes, and import/export problems we see around the world and made worse by a 9-year-old acting president elected by a do-nothing electorate.

With depressing Saturn conjunct Moon there is always the need to make changes, and when

Jupiter turns direct (on June 9th), it could also add the increased energy to do so. I have often quoted Edmund Burke who said that all that is necessary for evil to prevail is for good men to do nothing. This T-square and its problems are causing many more people to take an interest in politics who never did before. It is like using a bow and arrow: You need to pull the arrow back first before you let it fly to hit its mark. These astrological energies seem to indicate that we are in the pulling back phase which will, in the years to come, show the positive effects resulting from a seemingly difficult time.

Other interesting energies involve Mars and Venus. **Mars is in Taurus** in the second house of the United States treasury, the GNP, and the economy. Mars is the energy force that impels a



society for good or for ill. Placed here the growing riots and anti-social activities are probably the result of uneven financial equity: The haves and the have-nots. It also indicates that the energy of this country goes into making money, exacerbating the tensions already existing. It could be the energy that accounts for the rise in the stock market. **Venus is retrograde in Aries**, close to the Sun in the first house. Actually there is a stellium of planets here, the sector of the chart that rules the country as a whole. Venus is the planet of harmony, love and art, victory in war. More importantly for our time, Venus represents the feminine, and all the issues regarding women's rights. BUT, Venus is retrograde! This can mean cultural or artistic suppression and censure. Fortunately Venus turns direct on April 15th but it is not clear that a direct Venus can really change the energy in the Equinox chart. For sure, Venus in the first house indicates that women are a force to be reckoned with. Also in the First House is **Neptune conjuncting the Ascendant in Pisces**, which it rules. Neptune here is not good for creating change. Neptune is watery, takes the path of least resistance, makes excuses for others, is willing to be a victim, and lives in illusions! We see plenty of that just now. Yes, I know, no astrological energy is only bad or good. The helpful part of Neptune is its spirituality, its compassion, its artistry. We see that too in our current society, but for creating change, Neptune here is slowing it down.

The other planets in the first house (besides Neptune in Pisces, the Sun and Venus in Aries) are Mercury, and Uranus which is part of the T-Square. Change will continue to be the only constant as we, ourselves, the people change.

One or two other items: **Mercury is going retrograde on April 9th at 4° Taurus**. It will go back to 24° Aries on May 2nd when it turns direct again. Since this retrograde occurs in the

second house of the treasury in the vernal equinox chart we might expect some changes in the economy in interest rates or inflation. But remember on a personal level if you are making any travel plans or major decisions the time to do it is before or after the retrograde Mercury. When Mercury is retrograde it is actually an opportunity to review, revise, and check the facts so that better decisions can be made bringing about a more successful venture. Saturn goes retrograde on April 5th at 27° Sagittarius as Pluto does on the 20th at 19° Capricorn. Neptune will retrograde on June 16th at 14° Pisces. Think, review, revise, and reflect.

On June 20th, look for the next issue of Longevity Circuit!

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 nervey to me, too, but it's a great challenge to stay current with all the new technologies.

— *BREATHE!* —