

# LONGEVITY CIRCUIT

Perpetuating techniques which contribute to a longevity lifestyle

## FATE OR DESTINY- Your Choice!

**Fate** - Traditional usage defines **fate** as a power or agency that predetermines and orders the course of events: events as ordered or inevitable and unavoidable. It's the direction your life moves in without any effort on your part. For example, Fate is your sex, the number of hairs on your head, your gene pool. The things you can't change. Destiny is what you do with all that.

**Destiny** on the other hand is a set of pre-determined events within your life that you take an active course in shaping. The key difference is that while fate excludes us from influencing the future, destiny does quite the opposite - in fact, it needs us to shape the future. That is, if you have self awareness the likelihood increases that you will work with your destiny.

It is said that astrology impels but does not compel. We could say that is the difference between fate and destiny. Astrological energies are the same for everyone in any moment, but what we do with them is what matters. Fate

indicates an unchecked unchangeable path, while destiny indicates a life direction allowing the individual to work with the energies to one's own advantage. It's not surprising that Astrology is the first science. The ancients who gave us astrology knew this and that's why so many of the old texts call the energies

"directions." They are the directions to the path that is the way to get out of your astrology! Here's an interesting phenomenon to illustrate: if you paint an astrological circle on the ceiling and stand directly under it, you will see that the numbered houses flow in a

clockwise direction. But if you stand outside the circle you will see that that flow is in reverse: counterclockwise! So many people have asked me why the chart is set up that way. It is because we live our lives looking out at reality instead of looking in to Reality! So when the ancients talked about "directions" out of astrology they were saying instead of passively observing energies and blindly participating in



*Best Wishes for a Wonderful Season!*

them, work with them. Another odd thing that the ancients did was to put the person in the center of the chart rather than the Sun. This was not ignorance; rather it was the awareness that you are at the center of these energies and you have the choice of working with them instead of letting them work with you. It is obvious to me that the ancients knew that the earth revolves around the sun because of the amazing ability they had to define the frequency sound of "A" in the musical scale to exactly correlate with the mathematics of the precession of the equinoxes. (If you want to read more about the origins of music and astrology, see Joseph Campbell's "THE MYTHIC DIMENSION, and PATHWAYS TO BLISS") Clearly they knew their astronomy as it later became called. We like to think we are smarter now in our evolution but it's really not true: what we do have is an easier lifestyle but clearly not a smarter one.

In astrology there are three planets that deal with a sense of destiny. These three planets are Uranus, Neptune, and Pluto. Though Saturn is not a transpersonal planet because it is visible to the naked eye, I am adding Saturn to the mix because it is so pivotal between the inner personal planets and the outer planets: how has the work you've done on yourself affects what is possible in the future, your destiny.

Saturn is often called the teacher of the zodiac because it rules structures that maintain the status quo. For instance Saturn rules the skeleton and without the skeleton the body would be a useless blob. So when we break the rules that Saturn imposes upon us, we pay. If you were to use Saturn positively to enhance your destiny then you would look at the outcomes of your actions as they pertain to self and others. The ego is Saturn's worst enemy and wisdom its best friend. So we have an ever

changing structure upon which our destiny evolves.

The first transpersonal planet is Uranus. Together with Neptune and Pluto these planets are identified as transpersonal because they move so slowly, their effects last a long time, and they tend to affect generations. The "Love Generation" of the 60's is a good example of the important and lasting effect of Pluto conjunct Uranus. There is another Pluto/Uranus transit affecting us now which I want to write about in a future newsletter. Uranus brings new technology to us, yes, but in terms of a discussion of fate and destiny, Uranus can bring us intuition and freedom. Ram Dass said most people would "rather be right than be free." The ultimate gift of astrology is to free oneself, but Ram Dass is indicating we hold onto archaic modes of thinking rather than to recognize and listen to the help that we are given.

Next in line is Neptune the planet of illusion. Indeed the holographic world is an illusion. Our choice here is to buy into the reality of the senses or to confront the illusion through meditation and intuition. And finally we arrive at the outer reaches of the solar system to the Kuiper belt that houses Pluto and all the planetoids. This is the jumping off point from our tiny area to the immense universe. Pluto brings us the promise of transformation, but not without destruction. The Phoenix, one of the 4 symbols for Scorpio, the home of Pluto, flew too close to the Sun (hubris) and his burning ashes fell to the ground, only to be reborn once again. We can't transform without first making mistakes and learning from them.

So our destiny can be enhanced by creating and using a practical structure (Saturn) that allows us to listen to our intuition for help in freeing ourselves (Uranus) to be able to meditate to see through the illusion (Neptune) so that we may transform! (Pluto)

## Winter Calendar

As my readers must know by now, all religious holidays near the Earth's Poles are based on the interaction of the Sun and the Earth. The Festival of the Lights is not archaic: our ancient origins are still very present in our psyches. In a world without electricity we are overjoyed at the return of the light (Can you imagine living in Norway or Tasmania?) and that the days are getting longer.

As I write this, Mercury is still retrograde and will be at 13° for a few more days until the 23rd. As this planet returns to its original position at 29° Sag, use its energy to consolidate and reorganize your new thoughts and plans that you worked on during the retrograde.

Today, December 20th, Saturn just entered the new sign of Capricorn. Many are sighing with relief, I imagine, as Saturn in Sag encouraged negative and depressive thinking and actions. Saturn is at home in Capricorn: there is no stress between the planet and the constellation. These next 2 1/2 years bring the promise of a more mature structure, the father caring for his children, doing the "right thing." Saturn will be joining Pluto in the next two years. This is a very powerful energy encouraging brain tenacity, endurance, and the capacity to actualize really difficult work. This energy creates discipline and self-denial as well as renunciation. On the

negative side this energy is cold-hearted, violent, fanatical, and murderous. Ironically the conjunct rules mass murders, which we have had plenty of lately. Perhaps this energy will be used to curtail the environment that allows that. Saturn energies are often realized during

its 2 1/2 year sojourn through a constellation. On Christmas day Venus joins Saturn in Capricorn until mid January. An opportunity to make mature commitments, save money and even lose weight!

As of the 2nd of January, when Uranus makes a station at 24° Aries, all the planets will be in direct motion. We will enjoy a couple of months with all the planets in a forward direction,

strengthening their energies, until March 8th when Jupiter retrogrades at 23° Scorpio. Later, on March 23rd, we will have another Mercury retrograde.

It's a good thing to have Jupiter look backward in retrograde. Too much Jupiter is too much of a good thing: we get in a hurry, push too hard, overlook important details, etc. In Scorpio, Jupiter is power hungry, can be religiously strong or fanatical, brilliant, and speculative. Bitcoins come to mind as I write this, as a Jupiter gone wrong can cause loss of wealth, social standing, and governmental conflict. The exposure of sexual abuse at this



time relates to Jupiter in Scorpio, the sign of sex.

Mercury retrograde in late March lasts until the 15th of April. In Aries, we would do well to use this energy to reevaluate the timing of new projects, pursuing managerial plans that involve others, and watching out for the ego jumping the gun.

In closing I want to add that I know this is a very difficult time for many of my clients in terms of the political situation. This is why I wrote about fate and destiny. We can either do nothing but complain because it is “all fate” or we can see it as our destiny to develop ourselves (ourcells) with responsible action, education, and compassion. And, we can ask ourselves, “Who is in charge?”

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### *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.

### *Adano Audio and Video Recordings*

...are available FOR FREE to anyone who will send Paul a 64GB USB drive. There is no charge for this, but if you don't know how to use an iPod or hard drive, please find someone in your own environment to teach you. Merely send the USB 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! Type “Adano Ley” in the search box for Facebook. Also if you are needing some food ideas for Solar Nutrition, it, too, is on Facebook. Ask to be friends with “Solaris Nutritionum.”

