

LONGEVITY CIRCUIT

Perpetuating techniques which contribute to a longevity lifestyle

Stuff - Just some things that interest me, and I hope you, too.

Sometimes it isn't so easy to keep a newsletter fresh when you've been writing it for 30 years. So sometimes I look back to old issues to get ideas and I found one that is applicable today. In the summer of 1998 I wrote about the path of least guilt. It was based on the fact that Neptune had just gone into Aquarius indicating a new energy associated with that planet. And since Neptune rules our attitudes toward guilt, the fresh breath of Aquarian energy could change our understanding. With Neptune now in Pisces we again have the opportunity to heal our guilt. Here's what I wrote in 1998:

"Guilt is somehow wrapped up in pleasure otherwise it wouldn't work. Guilt gives us the excuse to do something we think we shouldn't be doing. Guilt is initially a solution to a problem but which eventually becomes the problem. If you're really honest with yourself, you'll see that everything that you feel guilty about revolves around something you actually want to do. And then there's the guilt trip others place on you. It usually begins in infancy with dysfunctional parents or caregivers. To the infant, remember, the parent is God. Imagine your tiny size compared to those



Autumn Harvest in Phoenix 2017 (©V. Cornell)

overpowering energy fields on whom you're completely dependent. In your helpless state you attribute godlike status to your parents. This is why most of us select our God based on early childhood experience: angry parents beget a wrathful God; benign parents, a good God; absent parents, God as concept. It also accounts for our projection of God outside ourselves. With such an uneven flow of energy, what means of survival has the infant in the face of abuse save for taking onto himself the responsibility? He says, "There must be something wrong with me for these gods to be treating me so badly." He becomes guilty and he gets a lot of help to

do so from his caregivers who say things like, "If you hadn't been born we'd be ____ (fill in the blank: rich, better job, happier, not married, etc.) or, "I'm doing this for your own good." You go through your whole life with this underlying, not so unconscious feeling that you are guilty of something and your self-esteem plummets. A similar

scenario could be painted around your church, school or your culture. How can the search for wholeness be successful with such training?"

More on the Aquarian Age: I was listening to a podcast with Elon Musk. He's been getting a lot of attention lately which is not so surprising. Not only is he a billionaire, a brilliant mind, and an Aquarian thinker, but on the downside he's being sued for a thoughtless remark and has done unpopular actions (he smoked pot and drank whisky on the podcast, both legal in California but unexpected by his followers). It's a long podcast but most of it is fascinating. He spoke about Artificial Intelligence and how people really don't understand its implications. I have friends and even family that think that AI will rule the world. Not so. Musk takes us through an interesting discussion of the limbic system and cortex of the brain and how AI will actually make the brain more whole and consequently more useable. This fits precisely with what my Teacher taught: Each scientific object we invent is actually representing some function of the brain that we can do WITHOUT the object. He likened Man's potential to the comic strip Superman. For example: the telephone indicates humanity's ability to send messages via intuition. I'm sure all of you have that going already. Television equals teleportation. In other words anything a machine can do we can do without the machine. So what about robots and artificial intelligence? Elon Musk speaks about the ability of AI to free man's mind to work without his appliances so that his mind can do other things - and he says that the brain's limbic system, which is our emotional self, would be happy. I looked at his astrology chart and of course it revealed a lot about him. He is a Cancer Sun with a Virgo Moon. (Since his birth time is unknown we do not have his rising sign.) Uranus squares both his Sun and his Mercury, indicating brilliant, unorthodox and innovative thinking. But it also indicates a problem in getting along with others. This is a very

Aquarian type chart so I would add him to the list of people on our planet right now who are pushing us deeper into the Aquarian age. By the way I would add Donald Trump to this list as he also has a great deal of Aquarius and Uranus in his chart and negatively is pushing us forward.

Some thoughts about Venus: Right now Venus is in Scorpio, its detriment, which means that while the natural energy for Venus is artistic, enjoyable, pleasant and non-abrasive, the natural energy of Scorpio is intense, deep and loyal. So Venus in Scorpio often is fanatical and jealous, even over the top, passionate, possibly licentious. On October 5th, Venus will retrograde, meaning time for review in matters of love, sex and art. Of course it makes a difference where your own Venus is in your natal chart, but nevertheless you may find yourself feeling awkward in relationships, doubting yours or others thoughts of love, becoming obsessive or disappointed. The real point of Venus, however, is determining what you really value. Is it money, sex, art or love? And what IS love, anyway? Venus is squared to Mars and Uranus for a lot of this time, exacerbating the tensions and difficulties. But despite the problems, it can be a good time to do some conscious reviewing. Guilt and fear can muck up many a good relationship so this actually could be a good time to do some emotional housecleaning!

It's interesting how energy flows: On Halloween, Venus retrogrades back into Libra, where it is at home, meaning there is harmony between the planet and the constellation: no tension or stress between them like there is with Venus in Scorpio. Yet still there is the need to review and reconsider. Are you blocking your flow of love or money or aesthetic? Question and reevaluate anything you value.

And another thing: something I've noticed about hero movies. Have you observed that the

Hero is no longer perfect? He has become the "Wounded Hero." He has flaws, does bad things because he thinks that will help. It is a interesting change, a reflection of the Piscean cycle moving into the Aquarian cycle. The perfect Jesus is being replaced by a more mundane character. I'm hoping that this points to the reality that we are all saviors when we recognize the truth in our cells.

And finally: looking way ahead to 2025 when Pluto moves into Aquarius and Uranus moves into Gemini and they will be in trine to each other! Major change and revolution in the area of science, technology and communication. Will it be a manned station outpost on Mars? AI enhancing the abilities of human experience? Or a viable floating substation in outer space? Just sayin'.....

Autumn Calendar

The Autumn Equinox indicates that days and nights are equal - if you live at the equator. But for people who live in the northern parts of the globe it means the nights are getting longer and longer, and from Halloween to Groundhog Day the early inhabitants wondered if the Sun would ever shine again! The Celts are one of the first who first defined the movement of the Sun and Earth, and celebrated accordingly: Halloween, a sort of celebration of death actually due to lack of light and inability to grow anything life supporting; Groundhog Day: surely the Spring cannot be far away. Watch this yourself: see how the lack of sun affects you and when.

This equinox we find the 3 outer planets are still retrograde. Because they are so far from the Sun, their retrogrades last quite a long time. Consider this: Pluto, the farthest from the Sun retrogrades for over 5 months, while Mercury,

the closest retrogrades for only 3 weeks. The outer planets, Uranus, Neptune and Pluto are called the Transpersonal planets because you can't see them with the naked eye. It is only recently that we have added those planets to our astrology. These outer planets affect humanity as a whole in addition to their effect on personal planets and consequently our own charts. (For instance, political corruption is universal.) Pluto is turning direct on October 1st, and Neptune will turn direct on November 25th. Uranus remains retrograde throughout this quarter. When these planets turn direct we see more action and less talk.

Saturn turned direct earlier this month. When retrograde you might have felt the brakes were on, or a sense of inadequacy, or even depressed. Now direct, projects can begin to move forward, although slowly at first. Luckily Saturn is in its home sign of Capricorn maintaining the strong stock market and low



Autumn, Giuseppe Arcimboldo, 1573

unemployment. Saturn doesn't move into Aquarius until March of 2020. Jupiter is still in Scorpio, the sign of Big Money. It moves into its home sign of Sagittarius on November 8th, keeping business strong. Incidentally, these two planets are giving Trump a lot of trouble for both his reputation and his family. Once Pluto goes direct, we could see some repercussions of his actions.

I have already written about the Venus retrograde beginning on October 6th and ending in November 16th. Right afterwards on November 17th, Mercury goes retrograde. I want to reiterate: not everyone feels the effects of the backward looking Mercury. A lot depends not only on your personal chart, but also on your expectations. This Mercury retrograde begins at 13° Sagittarius and ends at 27° Scorpio on December 15th. Always review ideas and plans, look for signals from the environment to assist in making decisions, realize you may not be at your 'best,' and that this is a good time to assimilate what you've learned recently. Nothing in astrology is meant to be 'bad.' ALL the energies are intended to bring about greater awareness of the human potential.

On December 21st we celebrate the Winter Solstice with a Full Moon! The light is gradually going to increase and the Full moon adds to the energy of celebration! Look for the next issue of Longevity Circuit!!

Update! Recording Changes

In addition to doing readings on Skype or FaceTime which lets us see each other and record to a CD, I can also provide an MP3 electronically. 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. Even CDs are rapidly becoming

obsolete! I encourage you to download the free Skype app (or use FaceTime which is already included with every iPhone, iPad, and Mac computer) 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 nerve 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 flash drive. There is no charge for this, but if you don't know how to transfer it to your phone or computer, please find someone in your own environment to teach you. Merely send the USB flash 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 (<https://www.adanoley.com>), Adano is now on Facebook (<https://www.facebook.com/adano.ley>)!

