
LONGEVITY CIRCUIT

Perpetuating techniques which contribute to a longevity lifestyle

Summer Calendar

The first day of summer is Father's Day this year, so here's a hat's off to dads!

Mowing

by Robert Wrigley

Sleepy and suburban at dusk,
I learn again the yard's
geometry, edging around the garden
and the weedy knots of flowers, circling
trees and shrubs, giving
a wide berth to the berry patch,
heavy and sprawled out of its bounds.
Shoving such a machine
around a fairway of dandelions
it is easy to feel absurd.

Things ARE different this summer, aren't they! Masks are off for those of us vaccinated and hugs are back on. And the astrology is different too, Pluto has been retrograde since the end of April and being the symbol of transformation and power, its energy has gone within, giving all a chance to review and revise what is important. Neptune will be joining Pluto in retrograde beginning on June 25th, again a chance to review. Neptune has been a difficult energy these last years as so many are buying into all the conspiracy theories. Neptune represent the disenfranchised, the unknown, and the helpless, no wonder they are open to deception with hopes of political gain. And in the U.S. Chart, Pluto is squaring the Sun, the beginning of a new regime even though the square indicates it is hard to let go of the past. It

is a time for transformation and Neptune is making a semi square to Mars indicating frustration and the folly of forcing matters.

Saturn has been retrograde since the end of May. It has been common for the last years for all the outer planets to be retrograde in the summer and this year is no exception. Typical of retrograde, Saturn requires reviewing and restructuring of rules, processes, systems, organizations, etc. In the U.S. Chart, Saturn is currently conjuncting Mars in the 12th House of secrets, self undoing, but also healing. The new President, who is represented by Saturn, is facing surprises, obstacles, and lack of cooperation, but Saturn indicates his determination. Later, Saturn will be crossing the Ascendent bringing a new cycle and more changes. Don't forget to be vigilant in your personal life as well.



On the Solstice Day, Jupiter turns retrograde as well! Jupiter in Aquarius can be quite exciting, and volatile. Great ideas can come swarming in all at once. But right now, all those great ideas and plans you've made need to be reviewed, renewed, and improved.

No, I have not forgotten Uranus which maintains its direct function until August 20th. Uranus is in Taurus until 2026. It's an air sign in an earth constellation, not a very practical place to be for a symbol that acts in the moment. Retrograde will slow it down further, but mainly because those great intuitive ideas that Uranus engenders will be reviewed for practicality. That's not a bad thing and since there is so much volatile energy on the planet right now, practicality and sustainability are helpful. Uranus in Taurus is a positive energy for resolving climate change, revealing innovative solutions, and driving the need to protect the planet.

The Mercury retrograde is over on Tuesday, June 22. Remember, however, that there is a shadow period which some feel, others not. Be aware, and continue to watch important decision about travel or money. The next retrograde will occur in September.

Recording Changes

In addition to doing readings on Zoom, Skype, or FaceTime which lets us see each other, I can provide an MP3 electronically since CD players are rapidly becoming obsolete! I encourage you to download the free Zoom 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 nervy to me, too, but it's a great challenge to stay current with all the new technologies.

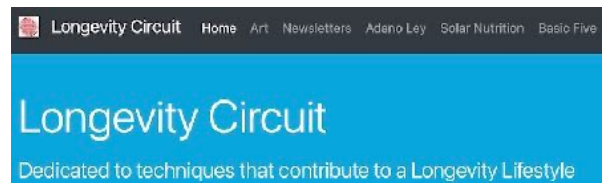
Adano Audio / Video Recordings

After 20+ years of collecting, transferring, cleaning up, and archiving Adano's videos and audios, they are now ALL available online for the first time on Adano's YouTube page (<https://www.youtube.com/c/AdanoLey>).

It's an amazing collection of over 300 Adano Satsang audios and videos! Some of these recordings go back to the 1960s and we received them over the decades on reel-to-reel tape, cassettes, and VHS video tape, sometimes in very poor condition. They have been cleaned up as much as modern audio restoration technology will allow and some are of excellent quality so you can hear His voice, His laughter, and His wisdom in our world today.

Your own copy of the Adano archives is also available, just send Paul a 64GB USB flash drive and include return postage. The archives have been cleaned up as much as possible with today's technology and Paul is constantly reviewing the newest technology to see if they can be improved 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](#), Adano is also [on Facebook](#).

Reminder: An archive of all Longevity Circuit newsletters for the past 33 years are available on [my website](#)!



Where Are We?

Did you know that there are 2 very different ways of calculating a chart? You might think that you are a Taurus, but really you might be an Aries. That's quite a difference, so what's the deal?

Any zodiac is a circle which has no beginning and no end. Consequently any starting point is arbitrary. In the West, astrologers use a system called Tropical Astrology. In India, Sidereal Astrology is used. There are proponents around the world that espouse either one or the other and they never agree.

Sidereal means relating to the unchanging backdrop of the stars and the Sidereal Zodiac commences from the star Spica which is a fixed point in space. It is a relatively unmoving zodiac of the constellations. Some call it Eastern Astrology as it is prevalent in India.

The Tropical Zodiac, on the other hand, refers to the movement of the planets around the Sun and commences from the Vernal Equinox which is a point in time and the basic solar and seasonal cycles are of primary astrological significance. A phenomenon called the Precession of the Equinoxes is due to the time it takes the Poles of the Earth's axis to complete an entire circle around the Pole of the ecliptic. This is why one's birth sign is different between the two systems. Sidereal astrology involving fixed stars moves very very slowly,

whereas the Sun moves more quickly in relation to the fixed stars. And thus the signs do not now correspond with the constellations of the same name. In Tropical astrology, astrologers are dealing with the Zodiac and not with the constellations.

On the personal level, the difference involves almost an entire sign. In Sidereal time one might be a Virgo, while in Tropical time, a Libra. In the big picture it means the difference between being in the Age of Pisces or the Age of Aquarius.

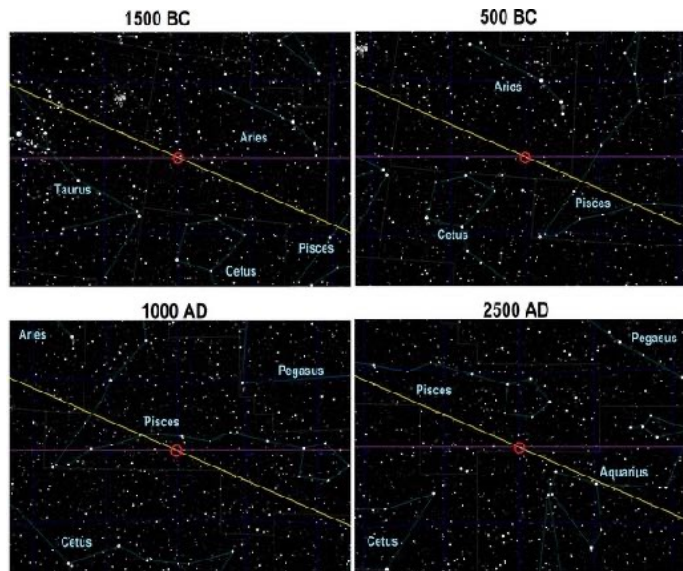
One way of determining which system is which is by looking at the great ages. Here are a few examples of the differences.

The Age of Pisces is pictorially represented by the 2 fish connected by a silver string but moving in opposite directions, a symbol which pervades Christian lore. Piscean

emotionalism and fanatic devotion became rampant in all mystical sects of the world.

Water, another Piscean symbol, was notable for both the extensive ocean voyages leading to the circumnavigation of the globe, for wars fought at sea, and water for plumbing facilities.

The Age of Aquarius is characterized differently. This is the age of science, aeronautics, speed of travel, computers, entertainment industry, and space travel. But it doesn't sound like what we've been told about it. Remember the song, "Age of Aquarius?"



From Wikipedia: Precession of equinoxes, the changing position of the [vernal equinox](#) over the course of about 25,800 years. The yellow line is a section of the [ecliptic](#), the apparent path the [Sun](#) appears to follow over the course of an [Earth year](#).

The purple line is the [celestial equator](#), the projection of Earth's [equator](#) onto the [celestial sphere](#). The [point](#) (red) where these two lines cross is the [vernal equinox](#). In 1500 BCE, it was near the end of [Aries](#); in 500 BCE, it was near the beginning of [Aries](#); and in 1000 to 2500 CE [Pisces](#).

The Age Of Aquarius Lyrics

(by the 5th Dimension)

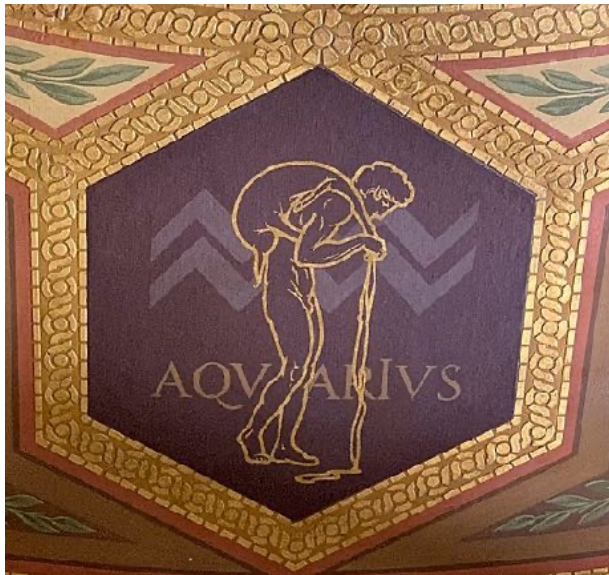
When the moon is in the Seventh House
And Jupiter aligns with Mars
Then peace will guide the planets
And love will steer the stars

This is the dawning of the Age of Aquarius
Age of Aquarius
Aquarius! Aquarius!

Harmony and understanding
Sympathy and trust abounding
No more falsehoods or derisions

Golden living dreams of visions
Mystic crystal revelation
And the mind's true liberation
Aquarius! Aquarius!

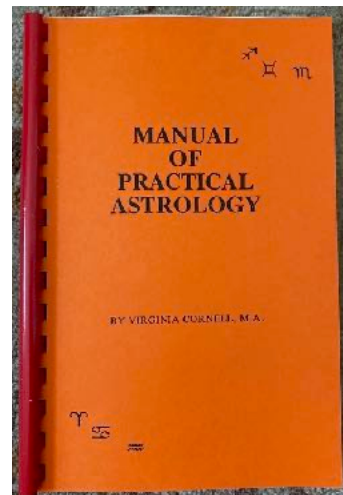
When the moon is in the seventh house
And Jupiter aligns with Mars
And peace will guide the planets
And love steer the stars
This is the dawning of the age of Aquarius
Aquarius, Aquarius



Maybe what we are seeing is a more personal understanding of Man's inhumanity to Man. War, which is easily accepted (Bush's Iraq war was hardly disputed) is quite different from the huge public outcry over individual killings, creating change. Now everybody's voice is heard, creating chaos and dissension. And mass communication, i.e. internet, gives anybody a chance to know anything. We must remember we are the the very beginning of the new Age, which began around the year 2000. Therefore we are in the cusp of the Piscean/Aquarian Age. It is just beginning and will take until 2030 to remove all vestiges of the Piscean Age.

N.B. This is an oversimplification of a subject that is highly scientific in the field of Astronomy. Information is readily available if you want to know more about the Precession of the Equinoxes in scientific terms. This article is merely introductory.

The Manual of Practical Astrology



I have a few of my astrological books left. They are \$10 plus postage and those who took my class thought it was very helpful.