

LONGEVITY CIRCUIT

Perpetuating techniques which contribute to a longevity lifestyle

Will Santa bring you presents or presence?

In psychology we know that one's interpretation of events is so powerful that it can override one's genetic imprint, causing a change in the body's informational fields. Every cell in your body is totally aware of how you feel and think about yourself. There are many examples of deeply traumatized people and their outlet in disease that show the power of negative interpretation, but a shift in one's point of view can bring healing. For instance, past memories that are recalled in the present without conscious enquiry often come with incorrect interpretation causing one to act as though then is now. Consequently life becomes difficult, victimizing and stuck.

But in astrology we have a toolkit of coping mechanisms that helps us to locate and correct our tendency to misinterpret our life. This is the rising sign or Ascendent in the natal chart that indicates the first moment of breath. It is the point of contact between the soul and the personality, the field of unlimited possibilities in our personal expression of that totality, the unmanifest into the physical. Then,

this breath that is breathed into us takes on the 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 a possibility of experiencing love and touch. It also gives us the experience of pain, separation, and suffering. But that one choice we are given gives us immense power to know freedom, to know love; in short to override the very illusion into which we are born.

Every sign and planet has qualities that are positive or negative, designed to aid us in our



growth and the Ascendent is no exception. How can we use the information in our rising sign to help 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 an egocentric. Childish versus childlike. Yet Aries is also known for intuitive and spontaneous action.

So Aries can choose to view the world as something to fight or something to lead until they finally see that the extended body, the environment, are one.

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

Gemini has the opportunity to reevaluate the most basic premises in which their life hinges. They can either hold to the original misprogramming and live a life of duality or they can rewrite their 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 they can develop trust in their intuition to feel confident to handle the vicissitudes of life. If they interpret life as being threatening, they will stay in their shell or cling to the past; if they feel their physical body to be the manifestation of intelligence, they will move freely through the universe.

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

Virgo's challenge lies in looking at the way ordinary things are done. On the 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. They then make decisions based on the conditions of the present moment.

Scorpio takes on the challenge of polarity as their very intense emotions can either "kill them or cure them." They can either explore the invisible ranges by a deep desire to merge with totality itself or they can self-destruct out of revenge and possessiveness. Incorporating ambiguity is their path out of the darkness.

Sagittarius, the prophet, will act on their ideas and visions or they will be content with thought. Here lies the possibility of jumping into the abyss from the heights of the intellect or self aggrandizement in armchair philosophy.

Capricorn's challenge is control. Initially their life is sustained due to their ability to discipline themselves. If this spills over into maturity, they box themselves into structures that stifle. To interpret life as being ordered within the chaos, the Capricorn gives up their need to be in charge and lets life flow through them.

Aquarius interprets life from the vantage point of higher consciousness and detachment when their 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 their own boundaries. Their downfall is being used, confusing service to others with service to their own needs. Ideally and Pisces loves the Ideal, they can entropically merge with higher consciousness from the vantage point of individuality.

Autumn Calendar

Winter begins on December 21st at 8:58 AM in Santa Fe, NM as the Sun reaches its highest point in the Northern Hemisphere, making a station and beginning its apparent move south. Actually this phenomenon is due to the axis of the Earth and its relationship to the Sun as it revolves. It was a magical time to the ancient peoples around the world, which is why we have so many religious ceremonies occurring at about this time. All the religions found ways of letting the ancients celebrate the return of the light by inventing situations that coincided with the Solstice. It was and is a time of rejoicing!

This year we have something quite rare: a newly discovered **comet**. It will be visible with binoculars in the middle of the month early in the morning but it is uncertain how long it will be visible at all. It is named after its discoverer, Gregory Leonard from Arizona, who discovered it in January this year in the Whale Galaxy which is found in Aquarius in the Zodiac. It is expected to make just one appearance here on Earth before it heads out to outer space, never to be seen again... or falls apart!

What does Astrology have to say about Comets? Well, historically they were considered evil and foretold misfortune. Here's what Shakespeare said: *"When beggars die there are no comets seen; The heavens themselves blaze forth the death of princes."* It was said that they are malefic to the countries ruled by the signs through which the comet passes while it remains visible..., but superstitions usually arise from lack of knowledge. The English physicist, astronomer

and mathematician, Sir James Jeans wrote this: *"Before their true nature was understood comets were regarded as portents of evil, and, oddly enough, many of the most conspicuous appearances of comets seem to have coincided with, or perhaps just anticipated, important events in history."* We will have to see for ourselves what is true.

Another interesting phenomenon: By the end of January, all the planets except Uranus will be grouped together in a small sector of the zodiac. They will all be located at the end of the zodiac in Capricorn, Aquarius, and Pisces. When the chart is divided into four sectors, each part has a specific contribution to the understanding of the chart. In this case, the planets are in the "winter area" — Capricorn, Aquarius, and Pisces.

This is the area of objective and personal attitudes and concerns with outer practical activities — affairs that go beyond personal consideration. The slower moving planets, beginning with Jupiter have been in the "winter sector" for some time, but as the more personal planets move to the area, we find the impersonal becoming more important to individuals. For example we have, in the recent past, coined an interesting new definition

to a common word, "WOKE." It means *"alert to injustice in society, especially racism. We need to stay angry and stay woke."*

Then as we look at the one planet away from the others, we find Uranus in Taurus, the planet of rebellion and individuality. It's in Taurus, the stubborn fixed planet, at odds with the other planetary energies. This describes the political situation know so well. As the transpersonal planets come out of the 12th house we may



begin to see resolution, but since Pluto moves so slowly it won't be anytime soon.

In the meantime, **Jupiter** is moving into the new sign of Pisces on Dec 30th. Jupiter is happy there and contributes a benign attitude. It will get to 18° Pisces by the Spring equinox. **Saturn** stays in Aquarius giving structure to new ideas, and perhaps a seriousness of purpose to the general public. These two planets could contribute to healing the pandemic, but don't forget **Uranus** at 11° Taurus: Uranus is not happy in Taurus, creating unyielding stubbornness, but this energy is also responsible for the new ways of creating and using money: Bitcoin and NFTs. Francis Sakoian says it so well: "*Spiritual impulses may be frustrated by subservience to conservative institutions in business and government that reflect the materials of the prevailing social order.*" And finally **Pluto** which moves so slowly now, from 25° to 28° Capricorn, and brings changes in government. Pluto was also in Capricorn when the Colonies began their revolution against England so it is possible that what we are seeing with the radical and incendiary right is the effect of this planet.

In other areas, **Venus** turns retrograde this month on the 19th at 26° Capricorn at the same time as the Full Moon, very close to a conjunct to Pluto. Venus rules one's values as well as romance and sex so you can expect issues arising in those areas. Venus will turn direct on January 29th at 11° Capricorn and will travel through much of Aquarius by the Spring Equinox. Venus and **Mars** are moving through Capricorn together in February and they both move into Aquarius on the same day, March 7th. I can't remember that ever happening before, but I think it is a good energy for expression of innovative and mature values. And finally, **Mercury** goes retrograde at 10° Aquarius on January 14th. It returns to 24° Capricorn on February 4th and then returns to its original place on February 24th. Everyone knows during the retrograde to read fine print, wait to start new activities, and to plan for travel problems.

But don't forget the good part: revise, repair, reflect, so you can review and renew.

March 21st marks the Vernal Equinox and the next issue of *Longevity Circuit*!

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>).

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](#).

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.

Longevity Circuit Newsletter Archive

An archive of all Longevity Circuit newsletters for the past 33 years are available on the [Longevity Circuit website \(lcircuit.com\)](http://lcircuit.com)!

