

# LONGEVITY CIRCUIT

Perpetuating techniques which contribute to a longevity lifestyle

## End of Year Musings..... or How 2022 Changed Us Forever

**T**hirteen years ago, in 2009, Pluto entered Capricorn. Since then its energy has increased until now we know that the world will never be the same as it was before. Like the ostrich, we have too long kept our head in the sand and the lion is at hand. If we feel victimized by our lives it's because we are not living synchronously within time. Your astrological chart is your unique map giving directions to be in good timing. Every four minutes, the earth moves one more degree around the Sun indicating that time is based on movement. So we know that time is motion. We are constantly going from one crisis, change or evolutionary step to the next. Time marches on as they say, but we can opt for what we do during each moment. And one's unique Astrology provides for us the information we need to powerfully select those moments to act. It also explains the reasons, the areas of growth we have agreed to undertake in this lifetime. Ultimately, the Astrology chart is a map out of itself, meaning that perfect synchronization ends the need for Astrology. There is a famous Buddhist image of a spider on a mirror, the reflection is perfect. Which is real?



The object or the reflection of the object? Time collapses! Another way to 'collapse' time in order to step out of Astrology is to stay fully present in each moment. In this way intuition can flourish and be used as perfect guidance, but how many can do this? So we are grateful for the gift of Astrology to indicate another way.

And what has Astrology shown this year? The strongest influence we have had comes from **Pluto**, the energy field farthest from the Sun, in the Kuiper Belt (but still in our solar system), and located in Capricorn which is ruled by Saturn: the task master of the zodiac, the rule maker, the disciplinarian. Pluto is the do or die energy, hubris or humility. He is the dealer of the zodiac, but knows the House always wins. Dictators are under the rulership of Pluto and especially when

merged with Saturn become despotic. Out of 195 countries on this planet, 50 of them have dictatorships! So it is not so surprising to find we had a hopeful dictator in our own country! And the Queen died, ending an era irrevocably.

Another Pluto in Capricorn issue we have been confronting is the misuse of guns. There are two issues here that are involved: one is that

the U.S. Constitution allows for every citizen to have a gun and the fact that in the U.S. Astrology chart, Pluto and Mars are conjunct in the 12th house. We ARE a bellicose nation. Will, can Pluto in Capricorn be able to change that? It's not likely to occur soon since Pluto will still be in Capricorn through next year. But when Pluto moves in January of 2024 into Aquarius for many years, society may insist on a revision of the Constitution. The Supreme Court (now often called "The Imperial Supreme Court") has also been affected by Pluto: revoking abortion rights, invoking religious attitudes, lying in order to be selected, acting in secret, all dictator-like actions fostered by a dictator wannabe. And we can't leave out the Russian War on Ukraine.

**Neptune** has been very strong too, being in its own sign of Pisces since 2012. It doesn't move into Aries until 2025, beginning a new cycle. When a planet is in its own sign it is strongest, for good OR for bad. Pisces rules the masses, and like the ocean which it also rules, who can identify a single drop of water newly come from the river? The pandemic and the many diverse issues that have arisen because of it are all Neptune ruled: the many anti-vaxxers, the amazing use of mRNA technology, people wearing masks, the deaths, and let's not forget all the lies, dis- and mis-information, and media abuse allowing the spread of hatred and calumny. Nor can we forget the abuses of organized religion. No other astrological sign is as good at denial and avoiding the truth as is Neptune, and in its own sign is masterful at it! I am including **Jupiter's** effects here because Jupiter has been in Pisces for the last year. Jupiter is the enlarger, causing Pisces to be even stronger. Here we find the crypto controversy. With Jupiter in Pisces it is too easy to believe the impossible or the impractical. And look: just as Jupiter is leaving Pisces and starting a new cycle in Aries, Bankman-Fried (man fried by the bank) goes down, the January 6th panel charges our ex-president with insurrectionism, and

Harvey Weinstein is found guilty of yet another sex crime.

**Uranus** went into Taurus in 2018-19 and will remain there until 2025 so we have yet to see the full effects of that energy. What we have seen so far is the stubborn refusal to make changes of a beneficial nature to humanity as a whole — aided by Neptune's ability to facilitate and avoid. Uranus rules large groups of people, technology, radio and TV, intuition, but Uranus is thwarted by Taurus, an earth sign. It takes air(wind) a long time to move earth and most of the Uranian advances have been off of our planet, like the James Webb Space Telescope and the rocket to the moon voyage. One positive change in the U.S. is the beginning of mining rare earth metals, the lack of which has left us dependent on other countries we are not in synch with.

So "Yes!" We are changed forever. And yet we know the the only thing that never changes is change itself. All the Wise Ones tell us we are entering the Aquarian Age and it appears that in order to move to a more intelligent and humanistic time we must expose all the ways that show man's inhumanity to man. If we don't know (admit) what we are doing wrong, how can we change?

**(Winter Calendar on Next Page)**

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### **Longevity Circuit Newsletter Archive**

An archive of all Longevity Circuit newsletters for the past 34 years are available on the [Longevity Circuit website \(lccircuit.com\)](http://lccircuit.com)!

**Newsletter Archive**  
of 34 Years of Longevity Circuit!

# Winter Calendar

**D**ecember 21st, at 2:48 MST, the Sun moves into the constellation of Capricorn signaling the beginning of Winter, but also, ironically, the beginning of more light! The Celts and other early humans dependent on an agrarian way of life celebrated this day as it indicated life would continue. The early Christians, in an attempt to sway the Celts and others from their so-called pagan ways, decided to say Jesus was born on the 25th, a ploy that worked!! Actually, the little bit of real info we have of that time period indicates Jesus was born sometime in March!

As a nation, we've had several really difficult years. Is 2023 going to be any better for our country? This is the chart of the U.S. I have been researching it for years and can conclusively say it is the most accurate chart we have for this country. I hope someday to turn my research into a book! When we look at the current transits as a whole we see that all but Mars is in the left hand sector of the chart, and even Mars which is retrograde goes back to 8° which is conjunct the IC! The left side of an astrological chart is called the East, or self-activating side (the right or West is the Karmic side). And if you look carefully you will see that Pluto, Neptune, Saturn and Jupiter are residing in just 2 adjacent houses: the 12th and the 1st. These planets have been tightly grouped in the Solar System for quite some time causing a strong soup of divergent and powerful energies. And because they are on the self-activating side we

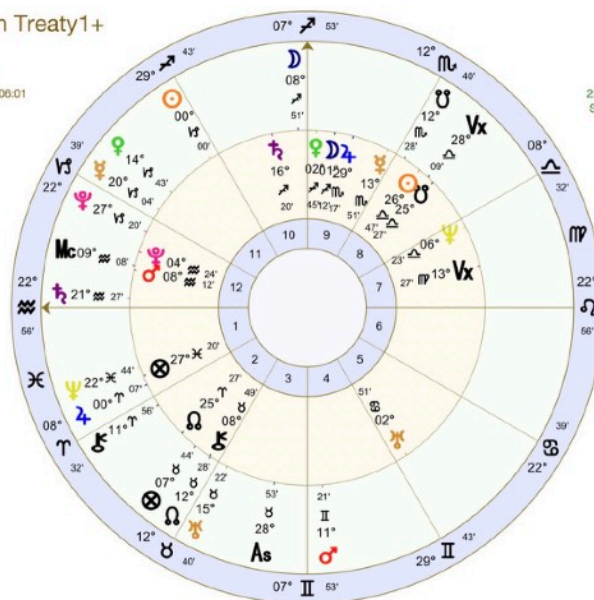
can see what happens when groups of people are of very different minds, share very different needs, and want very different things. And when planets are in adjacent signs, they don't see each other, the various groups then don't see or understand each other. It's the mess we are in!

**Pluto** is now at home in the 12th house and has just finished a square to the Sun in the 8th money house. This would account for inflationary trends, but also the fall of crypto and Bankman-Fried. But Pluto transits can persist for years so the exact square does not necessarily mean that inflationary trends are over. Pluto takes its first peek into Aquarius just after we enter Spring on March 20th, along the way making a long sextile to Jupiter in the 10th house of law. This could be very good for eliciting from the Department of Justice the right action on current issues concerning the January 6th insurrection. The transit will be in effect through the year. We may have many years of exposés, issues around prisons and hospitals (which actually have already begun), and crime (gun ownership, etc).

**Neptune** remains in the first house for many years. The first house is "the people" and Neptune here has certainly affected the population. Mass epidemics and endemics are under the influence of Neptune which knows neither rich nor poor, famous or not. Neptune is at 22° Pisces making an inconjunct to the Sun in the 8th house, a semi-square to Mars in the 12th house and a trine to itself. I

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Natal  
Inner Ring  
Oct 19 1781, Fri  
2:30 PM LMT +5.06.01  
Yorktown, Va  
Geocentric  
Tropical  
Placidus



Transits

Event  
Outer Ring  
Dec 21 2022, Wed  
2:48:19 PM MST +7:00  
Santa Fe, New Mexico  
Geocentric  
Tropical  
Placidus

would say some groups of people are looking at reality for the first time and separating themselves as they end a chapter in their life. (FYI it may interest you to know that our ex-president has Neptune exactly squaring both his sun and his moon: confusion times ten, bad decisions, weakness, more lies, anybody want a playing card?)

**Uranus**, the outlier of the group is well placed in the nation's 3rd house of learning, education, written and spoken words, the post office, and neighbors. As I have already written, Uranus energy is slowed down by being in Taurus, but when it unifies itself, this would indicate improvements in education, especially the early years. We have dumbed down our younger population and made college inaccessible for most. It also brings technology to the younger set.

**Saturn** has been in the nation's 12th house for the last 3 years. We've been in a pandemic that whole time, many hospitalized, many died. The good news is that Saturn is leaving the 12th and entering the 1st. That means Saturn will be crossing the Ascendent, a major transit in a nation's life. It indicates leaving something behind, but starting something new under difficult circumstances. Since the first house is the people, the nation as a whole, it would be likely for Saturn to act as an enforcer, perhaps and hopefully acting together with the Justice Department to stop the rampant school shootings and other uncalled for illegalities.

And finally **Jupiter**, which is together with Neptune in the first house. Jupiter has just left Pisces as I am writing this and is now in Aries where it is the most useful since Aries is the constellation of new beginnings, fresh starts, and shooting for the moon, which has just been accomplished after a 50 year hiatus! Jupiter will be going into the 2nd house of money in February until May helping the economy.

On March 20th, the Sun enters Aries. Look for the next issue of Longevity Circuit!

## Herbal Remedies

So many of us have had the Covid and/or one of its variations that it behooves me to tell you about the herb, ginger. The Chinese herbalists call it "The Universal Healer" and for good reason: it is used in so many herbal tinctures and pills. What we have found out is that ginger is the best help if one has a cough or any chest illness. There are two excellent ways to take it and obviously one is tea. Use FRESH ginger (readily available at most grocery stores), grate it, and pour boiling water over it. The second is to take fresh ginger root, grate it, and fill a vodka bottle 1/4 up. Fill the rest of the bottle with potato vodka and let sit in a dark area for month or more. Our experience is that it stills the cough, warms the body, and speeds up recovery. Try it! Also, on its own it's a delicious afternoon or evening tea.

## 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](#).

