

# LONGEVITY CIRCUIT

Perpetuating techniques which contribute to a longevity lifestyle

## Varieties

A good friend of mine recently sent me an article by some person from NASA, debunking astrology because the stars and planets aren't exactly where they purport to be in astrology. So she wondered if we should redo her chart to accommodate the movement of the heavens. I said "No!" and was so sorry that she had been unnecessarily distressed. I told her that NASA is NOT in the least interested in Astrology, so whoever wrote that post meant to upset rather than inform. The irony of it is that there is another kind of astrology that does accommodate the changes but is used primarily in other countries.

What the NASA person was referring to is called the "Precession of the Equinoxes." There is no secret about that. Here is what the Spanel Planetarium at Western Washington University has to say about it:

*"The Earth wobbles in space like an out-of-balance top. Each full wobble takes about 25,765 years... The reason for the slow wobble is that the Earth is not a perfect sphere. If the Earth were a perfect sphere there would be no precession at all, but the equatorial diameter of the Earth is larger than the polar diameter.*

*"Because of the slow change in our orientation to the stars, the position of the Sun on the first day of spring (the vernal equinox) slowly shifts westward*

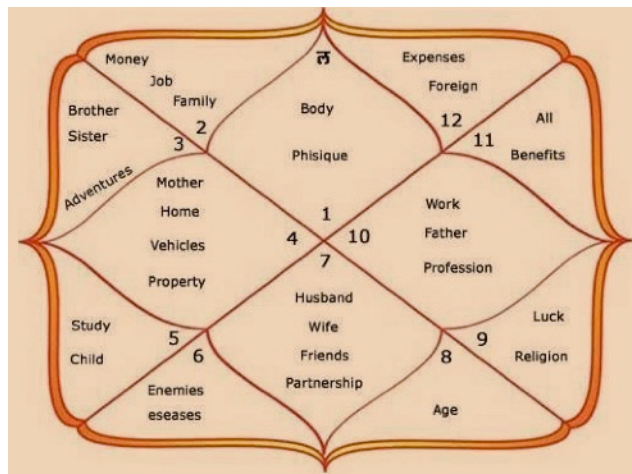
*around the sky, which also moves it around our calendar. That is why we refer to the effect as the precession of the equinox. The rate of the shift is 1 day every 71 years. The position of the Sun on the day of the vernal equinox is presently in the constellation of Pisces near the border of Aquarius."*

So there are two basic types of astrology. Sidereal astrology which is based on the current progression of the equinoxes, (that is, the current position of the constellations as described above) is 24° different from tropical astrology which is based on a fixed astrological map of the stars as they were around 0 A.D. Thus a person's sun sign is likely different from one system to the next. The sidereal system is currently in use by Hindu or Vedic astrologers.

It uses physical accoutrements to dispel evil or bad predictions, herbs and other artifacts. Tropical astrology, on the other hand, offers protection through understanding and change.

But wait! That's not all! Some systems even use undiscovered planets: as many as three! And there is Tibetan Astrology and

there is the Chinese system, called shengxiao (which means "born resembling") in which animals are assigned months on the traditional Chinese solar calendar. Each animal sign corresponds with 2 of the 24 solar terms, for a



The 12 Houses in Vedic Astrology

period similar to a western zodiac month. This means that the Western astrological signs and Chinese zodiac months have a half month overlap. And there are several other systems based on the Moon, or other celestial symbols all of which have positive proponents. Go check them out and decide for yourself which is better than the one you use now!

The system I use, which is the most popular not only in our country but in all the so-called western countries, is based on the tropical system and is so popular because it reflects the understanding that the symbols are archetypes of the unconscious (to put it way too simply), as well as for predicting events. You may want to read some of the works of Carl Jung, maybe "Memories, Dreams and Reflections." It is autobiographical and if you like it you can read his professional work. He actually used Astrology to maintain integrity with his patients. That is, it is too easy for therapists to project their own dysfunction on their clients! Western countries think differently than other parts of the world where so many countries are governed by kings or other arbitrary rulers - 52 to be exact!

And within tropical astrology there are many specific or targeted charts. For example the pre-birth chart, based on the conception date, to predict the baby's needs. A horary chart is based on the moment of the question and is used to "ask" for the outcome of a specific problem. The medical chart is used for health, the political chart is used for countries and their rulers, and there is another called the synastry chart which gives information about couples and families. There is also the Astrocartography chart that deals with locations.

The origins of astrology remain a mystery. The first record of it is in Mesopotamia in 3000 B.C.! Generally the people of our time think we are superior to those who came before us, but Astrology doesn't indicate that to be true. It spread to India and then the Western form entered the Greek civilization during the Hellenistic period around 300 B.C. Ironically it

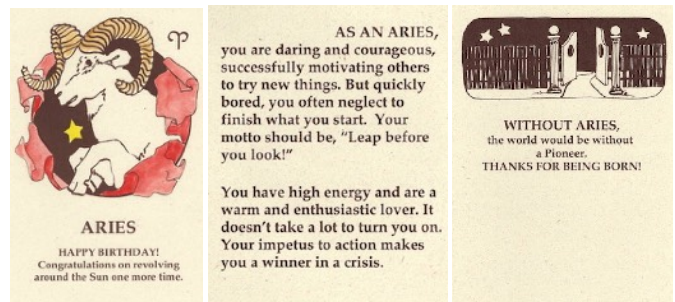
entered the Islamic culture, (where it is prohibited now) and returned to Europe through Arabic learning. And it is thanks to the libraries of Islamic culture that we have so many records of astrology despite the devastating burning of the Library of Alexandria!

But despite knowing the progress of astrology through the ages, the question still remains: how was astrology created despite the lack of the astronomical equipment we have today? Knowing the Moon's nodes has always been present in charts from any country or in any type of chart. Yet determining their location is a very complex astronomical and mathematical challenge. Did understanding Astrology come as a vision? Or, as some suppose, a collision of Venus to Earth bringing advanced knowledge? And why was the tropical zodiac decided upon around 0 A.D.? And when was it understood that a person's Astrology is the script of a their life in coded form? (The ruler or king of a country typically had his or her chart done and actions like war were timed by the chart.)

Despite there being so many different kinds of astrology charts, each culture has the type that best fits its people. The tropical system I use has long been proven to be the most helpful for Westerners!

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## Astrological Birthday Cards



Available at [LongevityCircuit.com](http://LongevityCircuit.com)! A box of 12 astrological signs for \$30 (plus postage).

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# Spring Calendar

The author T.S. Elliot wrote that “April is the cruelest month.” But I have to say March is too this year in Santa Fe! After 10 days of spring-like weather, it is now snowing as I write this. And here we are, near March 21st, the first day of Spring! As they say, “The only thing that never changes, is change itself.” And our quarterly calendar surely confirms this.

The two planets we all love to hate, Pluto and Saturn are changing signs!

First let’s look at **Pluto**. The last time Pluto was in Capricorn was during the Revolutionary War and it brought the Industrial Revolution. And when Pluto entered Capricorn in January 2008, it brought with it one of the worst financial crisis since the Depression, a new industrial revolution we call artificial intelligence or machine learning, and the corruption of power. Now, on March 24th, Pluto will take its first step into Aquarius.

Because Pluto is the farthest planet from the Sun, its progress around the zodiac is very slow. Consequently it will take well over a year before Pluto is firmly entrenched in Aquarius, where it will remain until 2044. What can we expect? Aquarius is a humanitarian sign and is scientific in an eccentric way. Remember: the water bearer is pouring out water for good or for bad. Machine learning will surely continue, as will social justice, reforming corruption in government, and issues of social media and freedom of speech. Pluto continues to be in the U.S. chart’s 12th house, a good place to seek out secrets and reveal them as we see happening in our current political scene.

**Saturn** made its move into Pisces on March 7th. Saturn is the last of the personal planets and

is one of the most important because, as the “Teacher,” Saturn shows us what we have to work on, what is being tested. But Saturn is not very happy in the constellation of Pisces: Saturn is strong and structured while Pisces is malleable and watery. Both have strong karmic tendencies and while Saturn wants you to do the right thing, Pisces can wiggle out of it through avoidance and denial. On the positive side however, if this combination exists in the chart of a well-balanced and mature person, much can be accomplished in terms of developing and



repairing positive attitudes and unresolved relationships. In the chart of the U.S. this transit could repair much that is wrong with the medical issues in our country: opiate and other drug abuse, hospital needs and buildings, and doctor oversight. Depression and paranoia could increase and cause additional burden on

therapists, especially since Saturn is in the first house of the people in the U.S. chart. Useful tools like on-line therapy and A.I. treatments for mental illnesses, could increase and be refined. For example, there are computer programs called “Woebot” and “Happify.” Alcohol abuse, sales, and revenues could also be addressed during this time. Saturn will get to 7° just before the summer equinox and then turn retrograde.

**Neptune and Uranus** continue to be direct. Neptune remains in the 1st House of the U.S. chart where drug abuse and illnesses of the pandemic type still are in the news as is the N.I.H. Uranus on the other hand is firmly in the 3rd house of the U.S. chart. Here Uranus must deal with issues of education, particularly student loans, huge costs for higher education,



and changing demands for what is taught. Uranus here also tells us about commerce, as in the recent toxic chemical release of the train wreck in Ohio and the failing Post Office, and can give creative and unusual solutions.

**Jupiter** has completed its yearly retrograde and now is whizzing through the remainder of Aries and will be moving into Taurus on May 16th. Jupiter is happy in Aries as they both have fire and the impetus for action. When Jupiter goes into Taurus all those good ideas will need to be put into practice!

The planets are still bunched together in a small sector of the chart: all within 46° of each other! In the U.S. chart most are in the first and second houses. These last few years do seem to be strongly about the various sectors of the public, their beliefs, their health, and their demands. Pluto and Mars, the war-like planets are the exception, with Pluto in the house of secrets and Mars racing through the community section (houses 3, 4, and 5) making an opposition to Pluto on May 20th at 0° Aquarius/Leo. This could have something to do with a great energy: a sports event, something to do with war, or obtaining something by force. Trump has just asked for another insurrection to protest if he goes to jail.

**Mercury** goes retrograde on April 21st. I know you all know the drill by now: to reflect, refine and review any important plans during the retrograde that ends on May 15th, but it bears reminding. And take care of those travel plans: the airline industry is not at its best these days.

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### 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](#).




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### 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.