

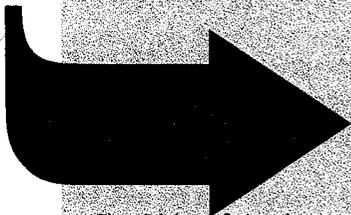
# LONGEVITY CIRCUIT

Perpetuating techniques which allow for a longevity life-style.

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SUMMER, 2000

## IN THIS ISSUE



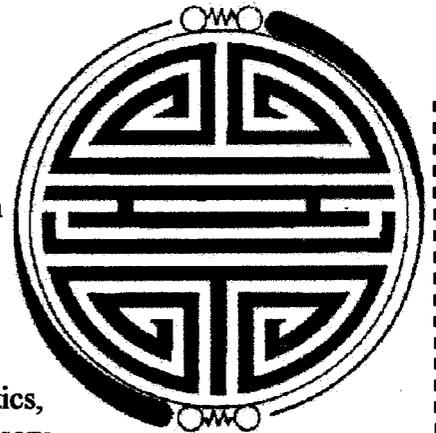
- The Origins of Astrology and the Number Two ..... 1
- Summer Calendar ..... 2
- Astrology ..... 2
- Solar Nutrition ..... 3
- Recipes from Phyllis Wurscher ..... 3
- Adano Ley Transcription ..... 3
- Poetry ..... 3
- Brain Food ..... 4

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## The Origins of Astrology and The Number Two

Despite what you may think, the origins of astrology are not materialistic. That is, the earliest forms of astrology began long before scientists had awareness of planets as real entities in a universe "out there." Much as we, as modern astrologers, might like to attribute the authenticity of our art to scientific principles of astronomy or Euclidean Mathematics, we just can't. Nothing holds up under the tight scrutiny of such materialistic thinking. Astrology is much closer to being understood by the quantum mechanics and unified field theorists. But it is the ancient Egyptian God of Wisdom, Hermes Trismagistus, who best sizes it up for us, and tells us why astrology works the way it does. He is believed to be the author of the Emerald Tablet, the writing whose essence has been reduced to the short maxim, "As Above, So Below." Here are the first 6 lines from the original tablet:



### THE EMERALD TABLET OF HERMES

I. I SPEAK NOT FICTION, BUT WHAT IS CERTAIN AND MOST TRUE.

II. WHAT IS BELOW IS LIKE THAT WHICH IS ABOVE, AND THAT WHICH IS ABOVE IS LIKE THAT WHICH IS BELOW FOR PERFORMING THE MIRACLE OF ONE THING.

III. AND AS ALL THINGS ARE PRODUCED FROM ONE, BY THE MEDIATION OF ONE, SO ALL THINGS ARE PRODUCED FROM THIS ONE THING BY ADAPTATION.

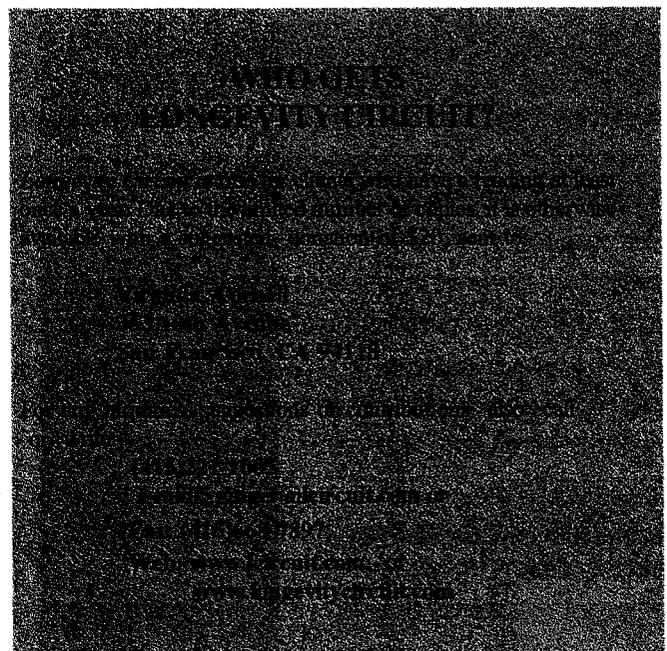
IV. ITS FATHER IS THE SUN, ITS MOTHER WAS THE MOON, THE WIND CARRIED IT IN ITS BELLY, ITS NURSE IS THE EARTH.

V. IT IS THE CAUSE OF ALL PERFECTION THROUGHOUT THE WHOLE WORLD.

VI. ITS POWER IS PERFECT IF IT BE CHANGED INTO THE EARTH.

What Hermes is saying here is that everything comes from The One. In the last issue of *LC* I wrote about the number one, the monad, the unmanifested, the Void, God.

Now let us look at the number Two. Hermes tells us that everything is produced from the One and that whatever is produced is like that which is not produced.



Continued on page 4

## Summer Calendar

**A**s we enter the summer we find Uranus, Neptune and Pluto retrograde. These are all transpersonal planets so when they retrograde we often feel our sense of density is not so strong as before. It CAN mean a breathing space or an internalization of what has been happening in your life. It is certainly a time to regroup, and review areas concerning your personal transformation, your spiritual life and your level of compassion and your needs for freedom and enlightenment. Jupiter and Saturn are still within orb of conjunction in Taurus giving continued interest in enterprise and business. Mars, Venus and Mercury are gathered together in Cancer and, since these are the in-your-face personal planets, you will be doing a lot of feeling, either through communications, actions or relating.

### June

20<sup>th</sup> - The Summer Solstice. The Sun enters Cancer at 6:48 PM PDT.

23<sup>rd</sup> - Mercury in Cancer turns Retrograde at 3:32 AM PDT, suggesting that speaking what you feel might be a good idea, or at least, time to think about what you feel.

### July

1st - Solar Eclipse, number 1 (there are two this month) which is a New Moon at 10 degrees Cancer, 12:20 PM PDT. This eclipse is visible from New Zealand to the south part of Chile, mostly over ocean and even though it packs a wallop with Mars exactly conjunct, there is very little human activity in that part of the globe so little should occur. But if you have 10 degrees of a planet in your chart be prepared for some intense activity. Please note that Pluto is making his station at 10 degrees also adding additional potency. There are altogether 5 planets in Cancer for this eclipse affecting, for example, areas of the home or mother.

1st - Jupiter moves into Gemini on this eclipse day for a year.

12th - Venus moves into Leo, bringing love of fun, creativity, and spontaneity.

18<sup>th</sup> - Mercury goes direct again easing up emotional conversations.

22<sup>nd</sup> - The Sun enters Leo. This is holiday time so it's no wonder all of Paris takes off for the beach!

30 - July is a curious month having two solar eclipses in one month. Two full moons in one month has come to be known as a Blue Moon. What do you suppose we should call two New Moons that are Eclipses? A Black Moon?

### August

1st - Mars goes into Leo adding fuel to the fun.

7<sup>th</sup> - Mercury follows Mars into partying Leo for a short sojourn, while Venus makes her exit to go into Virgo where she is much more discriminating.

10<sup>th</sup> - Saturn takes his first peak into Gemini by making a station at 0 degrees Gemini for almost 2 months! If you have a planet at Zero take heed! That area of your chart will slow down, you might feel blocked, suffer a loss or feel sadness. On the other hand if you need commitment, discipline or structure you'll find that comes easily. Remember, everything in the chart is designed to bring you wholeness, so delays and losses, though difficult, are not happening to punish you.

21<sup>st</sup> - Pluto turns direct at 10 degrees where he has been stationed for 2 months.

Continued on page 4

## Astrology

## Celebrity Horoscope

### Michael J. Fox

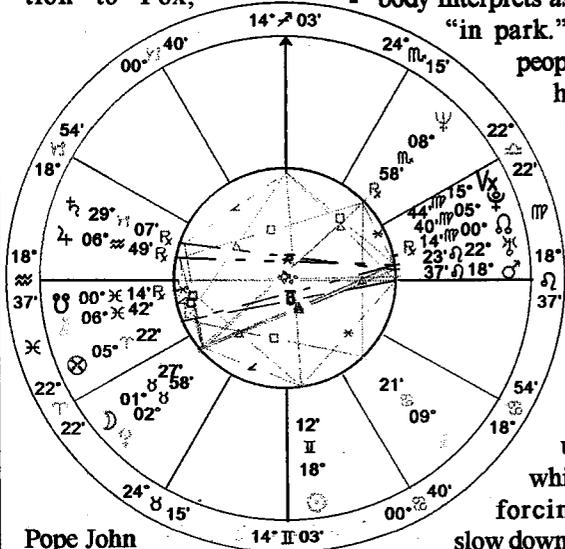
**N**o, he's not running for office, but he is running for his life and of the two races, a far more interesting subject than rehashing all the political garbage of Gore and Bush: I've been Gored by an amBush long enough.

Fox has just retired from a very successful TV show, *Spin City*, due to Parkinson's disease, an illness he contracted in 1991 when a finger on his right hand began to shake. Parkinson's is a brain disease in which the nerve cells die that normally produce dopamine, a brain messenger chemical that plays a key role in controlling movement. Lately we've been hearing a lot about this disease because several celebrities are sick with it. In addition to Fox,

a strong emphasis on Pluto. Since the Moon symbolizes one's body in health astrology, these two factors would seem to indicate physical problems. Pluto can indicate problems with the DNA as well as traumatic situations that might cause deterioration in the body.

Apparently there are 2 types of Parkinson's: hereditary and environmental. These 6 charts I am viewing demonstrate that, since several of the charts have adverse aspects to the Moon from Neptune indicating toxic influences. All have stress aspects to their Mars, the planet that rules movement as well as the brain; 4 of the charts, including Fox's, have Mars in adverse relationship to Uranus indicating uneven rhythms in movement, thus the shakes or palsy, while the Pope's and Ali's Mars have a Pluto problem. Ali supposedly got the disease because of head injuries while boxing; could Graham have had an accident to his head?

In medical astrology this disease is due to a trauma (but whose? The person or those who came before him?) that the body interprets as needing to be



Pope John Paul II, Mohammed Ali, Billy Graham, and Dudley Moore (who has a cousin of this disease) have all gone public about their condition. An interesting group of people, don't you think? Since I happen to have all their horror-scopes I thought this might be a much more interesting area than another ho-hum political race. Space constraints prevent me from showing all of their charts so I picked Fox's because he has some interesting transits going on now.

Two things that they all have in common is, 1) at least 1 planet in the 12<sup>th</sup> house of illness and prison, and, 2) they all have an adversely aspected Moon with

“in park.” All of these people have worked hard and long from an early age. Maybe an obsession, or mother trauma (Moon & Pluto) causes overwork or overuse of the body which then rebels forcing the ego to slow down. Most of them, if not all, are professed to be religious (or get that way from confronting the disease), which could indicate problems of guilt, denial or delusion (Moon & Neptune).

What is interesting about Fox's current transits is the number 18 which is the degree of the big August '99 eclipse and which finds itself in Fox's chart 3 times- the Ascendant, the Sun and Mars. Thus as transiting Uranus conjoins, opposes and trines those areas Fox unexpectedly leaves his show and starts a foundation to find the cure for the disease. In 1991 when his first symptom began, Pluto was also at 18 degrees, in Scorpio creating a T-Square and an inconjunct, not unusual indicators of disease.

# SOLAR NUTRITION

**S**olar Nutrition is a method of eating based on timing in order that one may synchronize with the planet, and in so doing, lower stress, conserve energy and live a longevity life-style. It was modernized by Swami Nityananda Saraswati, who said, "Eat your way to Butterflyhood."

## Five Laws of Solar Nutrition

1. There is a time, a place, and a season for everything.
2. A little of anything is medicine for the system.
3. Live to eat to get sick.
4. Live to eat to in order not to get sick.
5. Live to eat in order to live NOT to eat.

In response to all those who think dinner is the most boring or difficult to prepare, here is something new from our new food editor.

**Phyllis Wurscher's**

**Creative Cooking!**

### Roots

Carrots, potatoes of all kinds, parsnips, turnips, rutabagas and radishes all have one thing in common—they grow underground and are called root vegetables. Roots are so good for you. Take carrots for example. One carrot supplies more than the daily recommended amount of Vitamin A. Carrots are also full of potassium and low in calories.

Who says nighttime meals are colorless and boring? Try these recipes.

### Recipes

#### ROOT DIP

Rutabagas and turnips are good even raw. I cut them up and serve them in a raw vegetable platter with a dip. Many of asked me what the peppery flavored white vegetable was. Imagine their surprise when I said turnips and rutabagas!

#### BAKED BEETS

This excellent vitamin packed root can be baked

and served with ghee (or clarified butter). Cut back the beet tops to about 2-3 inches, place beets on a cookie sheet. Bake at 375 for 45-50 minutes until fork pierces the beets easily. Remove the skins and tops. Add butter. Delicious!

#### SWEET POTATO AND PARSLEY SALAD

6 cooked sweet potatoes

1 small onion, diced

The bottom half of two celery ribs, diced

1/3 c. peanut oil

rice vinegar to taste

1/2 c. chopped parsley

4-5 marjoram sprigs, leaves chopped

Salt and cayenne pepper to taste

1/2 c. toasted peanuts

Peel the cooked sweet potatoes, cut them into one half inch chunks. Combine in a large bowl with the onion and celery. Mix the peanut oil, vinegar and soy sauce or tamari in a small bowl. Stir in the parsley and marjoram, add the salt and cayenne. Toss it with the sweet potatoes. Just before serving, sprinkle the salad with the peanuts.

Serves 6

Thanks, Phyllis! ■

# ADANO LEY



## Transcription November 1985

(The following transcription explains the importance of Solar Nutrition and how our cookbook got its name. Ed.)

**N**o one can give you God real-

ization. It's already inside of you. It's up to you to accept yourself. Nobody's going to master, because God is the master and God became you. You've got to realize that. You don't become God. But you can become God realized. When you want to accept that I can't force upon you. I can only remind you.

That's why teachers come as cosmic nursemaids. They just pull your head out of your ego and your emotional jungle and let you roar like a lion.

That is what the whole process is all about. In simple language you liberate yourself by accepting yourself. "Free men all, Lord of your self." But don't try and think that you're running a race. This is a very individualistic process. Each one of you carries your own cross. You don't pick up his cross or my cross. You pick up your own cross. That's your horoscope. It could be a horror. And then you live it everyday and they nail you to your cross with your emotions. Your own cross is your own confrontations. It's right here, nowhere, not someplace out there. But don't be afraid to face it.

That's why the great teachers will always tell you, the journey is not at birth. But rather, how you're put together is the journey. The memory bank of your cells— how you are put together. The sperm and the ovum look like

E.T. under a microscope. But that's the fact. Losers can't be born, so meet all the winners here. The idea is the journey is very short, but it takes a great deal of patience to sit down and work your way back.

You're working your way back through the memory banks to how you're put together. Not WHO you are, because God became you, you can't become it. So **WHAT** you are, you have all the evidence of it, and why you are. Then you can live this life without fear. You open your eyes and stand on your own two feet. I don't promise you anything, other than to look at yourself and don't sell your cells short. The caterpillar did it already: he became the butterfly. It's up to you to become immortal. If ever you want a guideline, the reality of yourself, think of the caterpillar, **ALL HE DOES IS EAT HIS WAY TO BUTTERFLYHOOD.** And therefore, each one has the opportunity to arrive at his own immortality. ■

## POETRY

A fabled few poem

by Beti'

### We Should All Be So Stupid!

One may be called stupid  
Who exists on the cupid's bow  
Levels of non-perceptible  
Divisions of decisions  
Precipitated by unanticipated  
Measures of  
Treasured merciful grace.

Sort through the confusion  
Of knowing delusion  
Will be the conclusion  
Of those expert illusion  
Analysts and panelists  
Who cannot understand  
The demand  
Of that rare role  
Whose only goal  
Is to perceive the purity  
of each human soul.

Thanks Beti' ■

## Hermes cont

Astrology then tells us what is manifested from the unknown. The Jupiter in your chart has nothing to do with the physical Jupiter in the Solar System but rather with the "Jupiterness" within you! If you look at Number One as being the unmanifested, and the Number 2 as being a natal astrology chart then you can see how the horoscope is a blueprint of potentials in the person. Hermes even says, "Its power is perfect if it be changed into the earth!" Living your chart is the way to get out of your chart!

Number two is polarity, projection, and manifestation. It is self and other as separate from self— and consequently the origin of suffering. Astrology can help to locate the origins of the separation and show how the soul nature intends to drive the ego back home to oneness. The ancients also assigned planets to the parts of

## SUMMER CALENDAR CONT

22<sup>nd</sup> - Mercury whisks into Virgo to join Venus for a short while. This combo is good for us and any craft needing detail work.

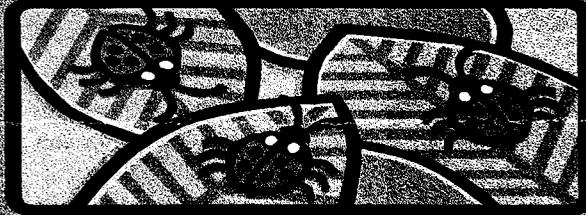
31<sup>st</sup> - Venus goes home into Libra where peace and harmony reign, the hopes.

September 8<sup>th</sup> - Mercury joins Venus in Libra to add to the harmony and fact, or appreciation of beauty.

September 12<sup>th</sup> - Saturn makes his retrograde turn, still at 0 degrees.

17<sup>th</sup> - Mars moves into Virgo affecting the work load or bringing in the grant work.

23<sup>rd</sup> - The Sun enters Libra - The Autumn equinox. Look for the next issue of Longevity Circuit!



the body in the awareness of as above, so below. Anything out there exists in here within me. The physical body is the microcosm of the macrocosm. Like all Truth this concept is simple but not easy to integrate into our thinking. Yet if you really dwell on understanding you will soon discover it answers most of the life questions we ask ourselves, such as why was I born, what hap-

pens to me when I die, is there life after death, etc. Life becomes more complicated as we move away from One, and Two is pretty complex! I'll talk about the astrological Three in the next issue of LC. ■



## BRAIN FOOD

Many have written or called to ask about the new format for LC. The reason I did it was to keep costs at a minimum so that I could continue to send the newsletter free to all who have had readings in the last year. Printing costs doubled and by going to a different size paper I was able to lower the cost considerably.

Cast your vote! Go to [www.lcircuit.com](http://www.lcircuit.com) to state your preference for the new format or the old.

Send me your e-mail address: I am thinking of doing a monthly calendar update if there are enough people interested.

Nobody knows why scorpions glow under ultraviolet light. Maybe you do?

If you see an asterisk by your name, it means you have not subscribed or had a reading in over 1 year and if you want to continue receiving L.C. you need to do one or the other to help defray expenses. Thanks!

FIRST CLASS

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