

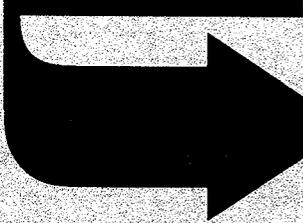
LONGEVITY CIRCUIT

Perpetuating technology and longevity life-style.

VOL. 12 • No. 2

AUTUMN, 2000

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We have recently secured the web page,

www.adanoley.com for all friends and students of Adano. This page is for YOU...to tell stories on or to contribute any information you think would be of interest. Just e-mail: webmaster@lcircuit.com

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MANY Thanks to Adano Ley, Beti Monk, Phyllis Wurscher for their contributions, and to Bethany Brown and J.R. Collier for helping to compile, and to Paul Zakian for all the technical help.

The Number Three

In the last two issues of LC we discussed the esoteric meaning of the numbers *One* and *Two*. To recap, *One* is the number that represents the unmanifested. For example, *One* has been referred to metaphysically as The First Principle, the Monad, God, Atman, The Void, the "I am," Unity. In the science of religion, *One* is SOUND: "In the beginning was the Word."

The number *Two* represents the concept of duality, the manifest. It is the Mother as separate from the Father. It is seen in nature as Male/Female, yes/no, good/bad, night/day, etc. Within man, it is experienced as the constant mental dialogue existing between the left and right sides of his brain and the projection of God outside himself. Number *Two* is LIGHT and light's duality is seen in its particle/wave nature.

Now we come to the number *Three*. *Three* is the reconciliation between the *One* and the *Two*, the Creation that is both the Monad and the Duad-- having both contained within it. In Christianity, *Three* is called the Trinity and symbolizes Father, Son and Holy Ghost. In Sanskrit, however, *Three* is known as *AUM* and is written as:  Each of the three letters in *AUM* has a distinct sound of its own relating to its primordial nature and each stands for a primary quality of the threefold Unity. This word then symbolizes the pulsating life of the universe. You can read a lot more about *Aum* at: <http://www.spiritsound.com/aum.html> In Adano Ley's teaching, it is the yes, no and maybe, the maybe being the neutral between the negative and the positive. In Astrology, three represents the cardinal, fixed and mutable signs.

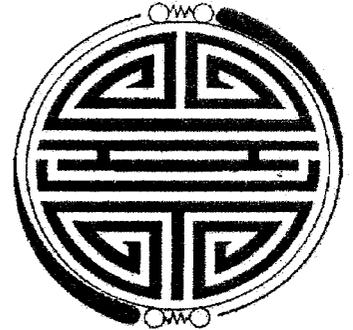
Three is where we come to understanding, balance and harmony. So *Three* is the returning to SOUND using consciousness in the material world. Great Teachers from the East have long been teaching "Shabd Yoga" which is listening to the sound current within as a meditation to return to the self. This practice is still widely observed.

What are the laws of nature

"You can't break a law of nature, but you CAN break your ego against a law of nature." Adano Ley

Science is a good place to start looking for the meaning in this quote from Adano, AKA, Swami Nityananda Saraswati because the Order of Saraswati Swamis designates the branch that deals with science. Adano recommended a book that outlines those laws and gives several clues as to the meaning of the above quote. This book is *Space-time and Beyond* by Bob Toben in conversation with physicists Jack Sarfatti and Fred Wolf. I have frequently quoted from it over the years because it points to explanations that explain the impossible. Adano would say often that there are no miracles only technological ignorance in defining them. (See tape excerpts on p. 3)

The Law of Karma, for example, is scientifically described using Newtonian physics' law of motion which states that every action has an equal and opposite reaction. The wise men of old understood the laws of nature but described them in agricultural terms, the language of their times. Yet the Gurus, Rabbis and Masters have constantly broken the laws of Newtonian physics forcing us to question if those are the laws of which Adano was speaking. For example, Jesus walked on water, Babaji dematerializes, and Sri Yukteswar bi-located. These examples are legion. Furthermore, many of the spiritual injunctions and certainly the various "fruits of the Spirit" can best be explained from the point of view of the laws of quantum mechanics and Einstein's Unified Field Theory. The world of subatomic particles is dense with explanations of how our lives and world are constructed. It is ironic that we live in a time when these scientific principles are known and regularly used in our TV sets, cell phones, computers and other hi-tech devices but which we refuse to acknowledge in our personal daily lives! For example, it is



WHO GETS LONGEVITY CIRCUIT?

Longevity Circuit is free for clients who have a reading at least once a year. Due to the limited number of copies it is otherwise available with a suggested donation of \$20, sent to Virginia Cornell, 263 10th Avenue, San Francisco, CA 94118.

For any inquiries, suggestions or contributions call or write: (415)221-1005

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Web: www.longevitycircuit.com
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(Continued on back page)

Fall Calendar

September

22- The autumn equinox. Sun enters Libra. Once signalling a time of reflection, now a time of using more electricity! Are we out of synch or overcoming nature?

24 - Venus in Scorpio- passion, intensity and obsession are key! OoLaLa!

28 - Mercury in Scorpio, words too become intense and probing. Leave no prisoners!

29 - Jupiter goes retrograde, joining Saturn, Uranus and Neptune. Review time, reassessing goals; checking plans.

October

13- Full Moon in Aries. The harvest moon which appears larger than normal. A very active time.

15- Neptune goes direct at 3° Aquarius; Saturn returns back to Taurus. Perhaps controls will be eroded and confusion increased.

18- Mercury retrogrades at 15° Scorpio; With Neptune direct now (in a conflicted sign), this might be a retro Mercury that needs to be treated carefully. "The best laid plans of mice and men..."

19 - Venus into Sag- The "grass-is-greener" Venus. Okay, so that last one didn't work out, well, move on to better things.

22 - Sun into Scorpio - If something needs exposure, this is the time to do it. Or, how about a little transformation?

26 - Uranus direct at 16° Aquarius - If the unexpected hasn't happened yet, expect it now!

29 - Daylight savings ends. Turn clocks back one hour. Solar nutritionists take note.

November

3 - Mars into Libra- Open warfare- choose your corner!

7 - Mercury moves back into Libra and makes a day-long station there until turning direct in the evening. Quickly, say it NOW!

8 - Mercury back into Scorpio. Watch those words again.

11 - Full Moon in Taurus - This is a good finishing up Moon.

12 - Venus into Capricorn - Commitment time; doing the right thing.

21 - Sun into Sag - Dream the dream, think big, be wise.

December

3 - Mercury into Sag. Think a little deeper, negotiate, conceptualize.

8 - Venus into Aquarius- Well, commitment sucks, doesn't it, and hey, look, freedom is everything, right?

11 - Full Moon in Gemini- You could be better at voicing your emotions than usual.

21 - Sun into Capricorn, Winter Solstice. Our darkest day which used to be a cause of spiritual reflection is now party time. O well, isn't this the era of knowing God on the way to the bank? Look for the next issue of LC.

!!FLASH!!
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Religion and Politics

In 1995 a new era was ushered in when Pluto moved into the constellation of Sagittarius. We had finished (for the time being) looking at sexual issues, corruption in banking and other Scorpionic problems. Now we are faced with the energy of power and how we are going to use and we must look at religion in politics and religion used as power. Consequently, this current election to choose Gore or Bush has us in the horns of a dilemma for both candidates have opted to use religion as voting power. It's not like it's their fault-- on the contrary, astrologically the time has come to reassess religious values in politics.

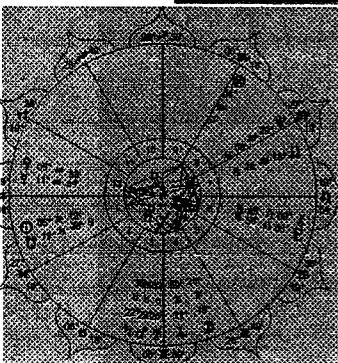
Intensifying the Pluto in Sagittarius energy, is the year long transit of Jupiter opposing Pluto, providing a double whammy effecting the chart of the USA in the 10th house - the President, Government, and the outcome of war. Certainly, these days, political elections do look more and more like battles, like war. Jupiter is currently making a station at 10-11° Gemini and Pluto has been stationed at 10° Sagittarius. Jupiter is the natural "Lord" of Sag and being in Gemini he is out of sorts with himself. Gemini is shallow compared to Sag who aims for the stars! Jupiter wants to expand,

progress, act on opportunity in a big way, but being in Gemini there is little constancy or commitment. Pluto I must repeat is the most intense planet we have in our astrological repertoire and is intent on transformation -giving us the feeling of a destiny we are powerless to prevent. We are looking at a bid for power and using religion as the weapon, but with little depth.

We're not the only country going through this confrontation with fanaticism: in comparison to their tactics, the middle eastern countries make us look like children playing with cap pistols --at least we don't jail, torture and repress people in the name of religion as many of those countries do. Our country actually was based on spiritual values: the natal chart has Jupiter in Scorpio conjuncting the Moon in Sag in the 9th house of spirit and philosophy. Our forefathers were mystics and Masons steeped in the mystery schools. But now instead of using mature values as a structure for determining government, we are messing around with religion as a tool for getting votes. Ouch!

Confounding this is the Jupiter/Saturn conjunct bringing change in direction or a new trend, so it might be a good idea when pulling your switch at the polling booth, to look at the Vice Presidential candidates as possible presidents Caveat emptor. ■

Celebrity Horoscope



Joseph Lieberman

Lieberman, the Democratic candidate for Vice President is a Senator from Connecticut. He is also Orthodox Jewish and if Gore is elected he will be the first Jew in the White House! According to *The New Yorker* magazine, Lieberman's "religiosity is unthreatening to the unchurched, the unsynagogued, and the unmosqued. Judaism doesn't proselytize, and Orthodox Judaism is harder to get into than Yale." Yet what about anti-Semitism in general? And is Gore's choice courageous or a defensive attempt to separate himself from Clinton? Since both presidential candidates

have chosen similar running mates, maybe the religious issue can be cancelled out in favor of issues.

Lieberman is a Pisces, the sign of compassion, spirituality and weakness in the form of addiction to suffering, victimization and denial. He has an Aquarius rising giving his personality an entirely different face than the watery Pisces. Here we have autonomy, independence and rebellion, as well as stubbornness and unorthodoxy. His Moon and his Jupiter are in Gemini bringing luck and optimism- and also reflecting the current global energy. He has a triad of Taurus planets indicating his own share of suffering at the hands of brothers or other peripheral members of his family and fostering a hard anger-based structure of thinking. The Gemini planets give him a lightness that belies other factors in his chart. Pluto is currently opposing his Jupiter and squaring the Nodes. He is making his bid for power and is at crossroads of his life: choices he makes now will alter his life destiny. ■

SOLAR NUTRITION

Solar 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 formulated by Swami Nityananda Saraswati, who said, "Eat your way to butterfly-hood." The 5 basic principles are:

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.

HERBS

This is the time of year when gardens are full, roadside stands are brimming and farmer's markets are flourishing. In other words, because foods are always more potent when grown in your area and when eaten in season, it's time to put lots of fresh fruits and vegetables into your meal planning.

What's more, herbs which are generally thought to be culinary, that is tasty and aromatic, are also therapeutic. For instance basil which is usually associated with Italian cooking is also useful for the stomach, for counteracting gas, indigestion and constipation. Rosemary, used in the recipe below promotes liver function, the production of bile, and good digestion. It also acts to raise blood pressure and improve circulation. Thyme is good for throat and bronchial problems as well as an aid in digestion and relieving gas. Even the hardy parsley is used as a diuretic, to alleviate coughs, asthma and eye inflammations. The aromatic lavender used in the following recipe has properties that promote diuresis, sedation and digestion. As with all herbs used for healing, get a good book and learn about them. Nature has provided everything we need for healthiness and it's usually right in your own back yard.

RECIPES

Another great idea from Phyllis Wurscher.

Pasta With Zucchini, Rosemary and Lavender Blossoms

- 8 medium zucchini (2-1/2 pounds trimmed)
- 1 teaspoon fresh thyme
- 1/4 teaspoon each crumbled rosemary and lavender blossoms
- 1 tablespoon sunflower oil
- 2 - 3 tablespoons minced fresh parsley
- Cayenne pepper to taste
- 1 pound pasta such as spaghetti

Slice zucchini 1/8" thick - stack and cut again lengthwise into 1/2" thick julienne strips, discarding core. In small bowl combine thyme, rosemary and lavender flowers. Pour oil in medium skillet, increase heat to moderate high and add squash, herbs and 2 tablespoons water. Toss squash several times, cover and cook, shaking pan occasionally until crisp tender (2 to 3 minutes). Remove lid and season with parsley and pepper. Continue tossing and cooking 1 or 2 more minutes. Spoon squash mixture over pasta of your choice, sprinkle extra rosemary and lavender blossoms over dish. Enjoy!

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WHO IS ADANO LEY?



Excerpts from Richmond June 1973

Saint Augustine said this: "There are no miracles, simply unknown laws." (The Teacher) has to defy the normally accepted rules of behavior and physiological laws of existence to superimpose the divine principle. When we do not know about creation at our present level of behavior, that act would appear to be a miracle when it is executed by those who have the ability to execute it. As soon as we are capable of understanding those laws and executing them, then the miracle disappears. We have achieved new understanding. So in relation to these truths we find in our scriptures, all these laws appear at certain times to confound us with the innate quality of our spirituality— that we have to raise our level of consciousness to be able to apply them.

"If you can find ten right thinking people I will not destroy the city." This is an ethical law at work. It only takes ten to hold back a tremendous amount of people that are not spiritual. Ten spiritual people can hold back

thousands of unspiritual people. It is very simple. Ten people generating love for mankind must first remove their own desires. Ten desire-less people having no personal motivation can affect the lives of many people because it will bring that law into order, into manifestation. But it is when you have personal desires that there is conflict.

In the case of John the Baptist's parents, they were not in the physiological age bracket to have children, yet the higher laws that could come into effect in their life span would defy every known understanding at that time. So having children at that age would defy the accepted rule of having children. They were in their late sixties or seventies. But you see the thing is this, we have fallen down physiologically speaking in terms of bearing children and having children because of our mental make up.

The human body is capable of performing these functions at an advanced age, even when we don't have the mental disposition because the same principles are in us. Premature aging is a mental function. We age prematurely from a mental function and from an environmental programming. Our society in which we live is not here to live, it is here to die. We have already programmed our existence and a condition of premature death at 45 and from then on we are merely living out borrowed time. We continue to break down and build up all the time, but you can prematurely inhibit it. It's all in the consciousness and the application of the consciousness in this particular substance.

But when you don't understand the laws and you don't know the laws, then you cannot apply them. There are no miracles— simply unknown laws working at different levels of behavior— and the behavior has to do with ethical living. The average individual does not know the laws involving creation, he is content merely to eat, live, mate, and die. Very few of us know the laws of creation, let alone know what creation we are living in. You know we are very naive people, or very strange people, to live on the planet earth and think we have all the answers

Cont. on back page

IPSO FACTO

Tycoon
Peasant
Mogul king
Reduces plainly
to
Just one thing.
Each one lacks
Even a glimmer
Forgetting identity
As
The swimmer.
Anticipating
Elation
Regarding station
Frenzied
Calculation
And
Manipulation
To ace
A winning place
In a race predetermined.

Thanks, Beti

Laws of Nature

well known in the scientific community that the material world is constructed by "the participation of those who participate," meaning that consciousness is the basis of the universe. This construct of the world is not new and can be traced back to Parmenides, a philosopher who lived in the Golden Age of Greece (500 B.C.) who said, "All is One." Adano reaffirmed this: he said that there must be at least 1 fully realized master on the planet at all times to dream the dream, that is, to hold the focus of the material world. Heisenburg, a modern physicist (the famous Heisenburg principle of uncertainty) says that the influence of the observer is unavoidable. So the idea of an observer at all is refuted: in our observations we become participators! Thought is indeed a thing and negative or positive thoughts of any kind can, in reality, change reality! Maybe this is a better explanation of how the law of Karma works. Even the French have a famous saying "Honi soit qui mal y pense." Evil is who thinks it. The New Age expression is, "What goes around, comes around." ■

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to the galactic system and that we are the only people.

We are very very immature spiritual people. We are in a dark age cosmologically speaking, but we are in a new age solarly speaking. The age of the soul is the age of God. That is the age of the soul. You see the soul is as old as God and if God is eternal polarity, or what we call the constant polarity of life, He has no beginning he has no end. He is Alpha and Omega. He is self-existing. Now God is not the person. When we use the word 'God' we are always going to be confused with some personage sitting on the throne, when in reality there is no such person sitting on a throne.

God is the creative principle of eternal polarity and out of that eternal polarity we must have a creation based upon desire or will. It is called cosmic law. You can't have a creation unless you have negative and positive, there is no existence without it. So we have to have these two forces existing in two different directional flows. Negative is not bad and positive is not ultra good. It is the directional flow upon itself that makes it continuous or eternal.

Well, as long as it is a creation and we are the re-

sult of the creation, we will be viewing it with our minds. We will not be viewing it with our souls. Therefore we will have no comprehension of it as it is, we will only have a comprehension of it as it appears as it is by the use of the mind. Our mind is going to give us an apparent appearance of something on a sensory level, but never on an intuitive/oneness level, we have to achieve that condition and that is what you call the breakthrough of the darkness in the brain. "When thine eyes are single, the whole body is full of light" and "the light shines in the darkness and the darkness comprehends it not."

This darkness that you see when you close your eyes is the result of the density of the desire make up of the body and until that density is dispersed, you can't see the pure light of God inside. Now this whole body becomes light, atomic light, because it is energy equal to the mass times the velocity of light squared and the actual experience of seeing it.

Now the light of the soul, which you are, is the brilliance of nine Suns. You couldn't even begin to look at your own soul force— it will blind you eternally. So we are talking about something that is happening on a different level than the mere intellectual level that is being passed on as the truth. ■

BRAIN FOOD

We have recently secured the domain name and put up a web page called

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Help make Adano alive and available on the net for everybody!

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Since 1950 our population has doubled, but we have ten times more autos!

A prehistoric map of the sky has recently been discovered: astrology is as old as man is!

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