

longevity circuit

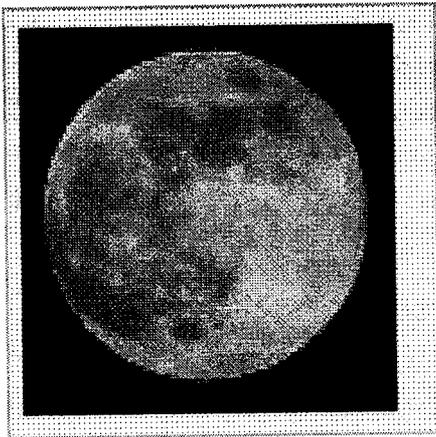
Perpetuating techniques which contribute to a longevity lifestyle.

Longevity Circuit

volume 14, no 2 autumn 2002

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THE EIGHT MOON PHASES AND HOW THEY AFFECT US

The moon is our link between science and the philosophy of astrology. There are many various theories as to why astrology works, but the Moon needs no such rationale because it is observable, man has landed on it; and its effects are easily measured, researched and documented. We KNOW the moon is out there. During a full moon, we know the tides are highest, that people get "looney," that more women menstruate, etc. Consequently, we shouldn't be surprised to discover that the entire phase cycle affects us individually on a daily basis. The phases of the moon are also an important factor in one's natal chart. The natal moon defines our home life, our right brain and all that functions in it, such as creativity and intuition, our body sense and therefore our physical well being, your mother or the nurturing parent in your early childhood and if you're a man what you would be like if you were a woman. Thus the phases give depth and additional information about this important sector of your horoscope.

You can easily find out in which phase of the moon you were born by going to www.googol.com/moon, or www.bajanet.com/moon.html. For good animations go to www.astro.wisc.edu/~dolan/java/MoonPhase.html. You can also easily see which phase of the moon is current by looking at the calendar on page 5.

Please look on page 3 for a visual chart of the 8 phases:

1. new moon
2. crescent moon
3. first quarter
4. gibbous
5. full moon
6. disseminating
7. last quarter
8. balsamic

1. THE NEW MOON TYPE

When you are born during a new moon, picture how the moon is occluded by the brightness of the Sun. Part of you is eclipsed. But which part? Do you tend to be lopsided toward the receptive feminine or more directed toward the masculine? It doesn't matter if you're male or female which side you'll choose; it seems to matter more whether you're reacting against or siding with one of your parents. If you're this moon type you may also project your hidden side on others.

Continued on page 3

FALL CALENDAR

When the sun enters Libra on September 22 or 23, depending on which side of the USA you live on, the Autumnal Equinox occurs. On this day we have equal days and equal nights since the sun is overhead on the Equator. But immediately thereafter, the Sun's intensity begins to wane in the Northern Hemisphere. For the early hunter/gatherers this was a time of preparation to store up supplies for the winter. Archetypically we still 'remember' the need to store up and prepare. This year the Equinox is ushered in by the Harvest Moon on the 21st.

SEPTEMBER

As we move into this new quarter, only Uranus and Neptune are retrograde and **Mercury** has just begun its third and last retrograde action for the year beginning on **September 14th at 13° Libra**. This illusionary energy can foible communications, contracts and travel plans.

Pluto has recently turned direct in **Sagittarius** and you may have felt a renewed sense of energy or direction around that time. I myself felt excited suddenly about the recent developments in wireless communication. We live in a thrilling time described by Pluto in Sagittarius as communication in general is being transformed. That little appliance called a cell phone is being metamorphosed into a multi-media object with capabilities that few foresaw even 10 years ago. Everyone wants to be in constant communication. According to realized persons, telephones are the manifested form of telepathy so

these recent developments in the industry indicate we are evermore in constant touch, phone or no phone!

Venus is in Scorpio now symbolizing intense emotional energy or heightened desire nature. Mars is in Virgo bringing about action directed at perfection and consequently can be critical, cranky or nervous.

Jupiter is in the early degrees of Leo and opposes Neptune in the early degrees of Aquarius. With Neptune transiting through the 12th house of the US chart we shouldn't be surprised to see such confusion and chaos concerning possible enemies of the state and the way the government is handling the problem. With the opposition to Jupiter such chaos is magnified, delusions and illusions are increased and general misrepresentation is obvious. This is not a time to ask for anyone's assistance. If you want something depend on yourself. It's also a time of idolizing and wastefulness. On the other hand, Saturn trining Uranus offers creative solutions. This trine could be very fortunate for the US chart as it completes a grand trine to the US Sun in Libra. I say 'could be' since so much depends on how it is used. Trines are also midpoints which cause stress and in this case separation, rebellion and inflexibility. The symbol of the Sun often reflects the energy around the President so we hope he uses this energy for strength and creativity.

OCTOBER

6th - Mercury turns direct at 28° Virgo

10th - Mercury leaves Virgo and enters Libra the sign of balance and fairness which your thoughts and communications will reflect. Also **Venus** turns retrograde on this day

at 15° Scorpio.

11th - Saturn almost makes it into Cancer but stops short at 29° turning retrograde today. Retrogrades affect some people more than others. It all depends on how willing you are to take a step backward and review what you've done so far. Nothing is intrinsically bad in astrology and in this case time to review and revise can be very helpful, but if that ol' ego insists are charging ahead unconsciously, then retrogrades can be difficult.

15th - Mars moves into the next sign, Libra, where he does not feel at home. Libra is 'ruled' by Venus the receiver of the zodiac; Mars here can give an edge but on the positive side also works toward teamwork.

20th - A full moon assists Neptune in turning direct at 8° Aquarius. Neptune will have been stationed at 8° for a total of 4 months so look for that number in your chart (check the ephemeris for your birthday) and substitute meditation and compassion for denial, avoidance, and delusion in the area affected.

31st - Mercury moves into Scor-

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LONGEVITY CIRCUIT

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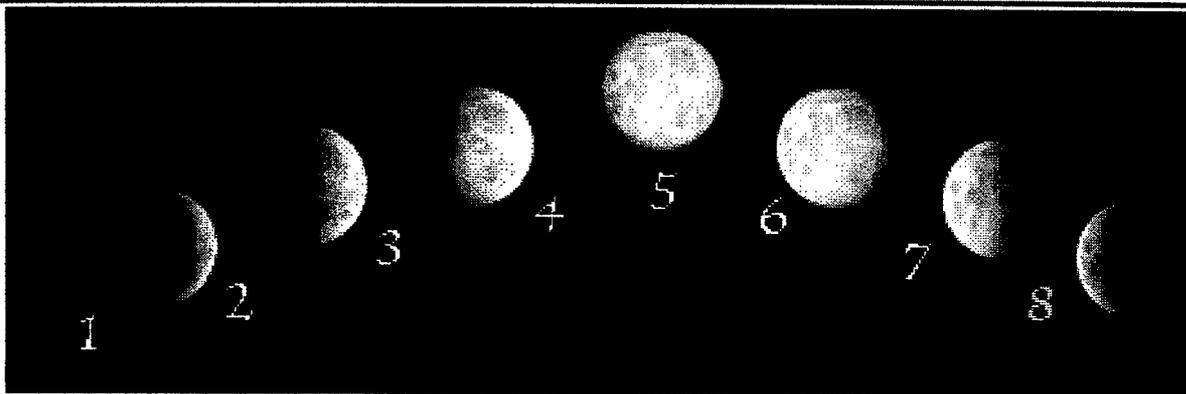
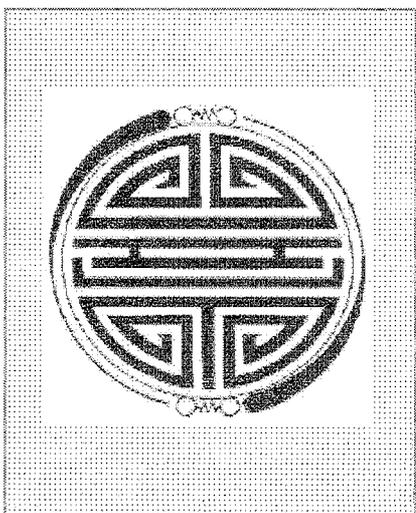
Moon Phases, Con't

Even if you weren't born during the new moon we can still use this energetic time to make plans for the future. Since the reflective light of the moon is absent, our male energy is prevalent which encourages us to be courageous and active. Make plans, be bold. Begin!

2. THE CRESCENT MOON TYPE

Now we can see the tiniest sliver of the moon. Something new is emerging. Very often there is a sense of beginning a new karmic pattern, and in fact that could be true. There can be a sense of fear or excitement as is experienced when breaking new ground or beginning something for the first time. Perhaps there is a complete break with the past in terms of family patterns and role models are not easily forthcoming. The projection is gone and now this type wants to be something of its own.

In terms of everyday life, this phase of the moon encourages us to get more information about the plans we made in the



new moon. Now we can organize, question, listen. Process!

3. FIRST QUARTER TYPE

The first quarter moon describes a moon that is 90° ahead of the sun. Since there are essentially 4 quarters to the phases of the moon even though we don't call the new moon the last quarter or the full moon the second quarter, that is what they actually represent in terms of the 360 degree circle that the moon orbits. Beginning with the New Moon, it at first races ahead of the Sun until it becomes full, at which time it trails the sun until their paths seem to converge again at the new moon. Consequently, first quarter type people tend to be polarized between their sun side and their moon side. This is frequently evidenced by having difficulty finding the right career or life partner. Since the Sun and Moon are squaring off during this phase we often find that the parents were similarly engaged. The tension of the opposites produces a high energy level, the need to be active, doing, accomplishing. Then, once some measure of success is acquired, the person questions the activity, sees it as unfulfilling to some part of the self and embarks on a new path.

In daily terms, this phase of the moon offers us the chance to bring our intuitive self into our plans. At our best, we can use both intuition and intellect to make our project successful. Either/or will not work. Integrate!

4. GIBBOUS TYPE

There is a sense of coming into the fullness of life with this position. Often it represents a person who is fulfilling a mission or

coming into his/her own sense of identity. Personal growth is a major commitment as is the sense of contribution to society. There may be an association with a cause celebre or a great personality.

Since we have this energy available every month, this energy comes to us to refine our plans/projects by relying on our intuition to aid our intellect. A truly successful project implies that both sides of our brain are in play. Innovate!

5. FULL MOON TYPE

People born during this lunation tend to be high energy. At first their lives may be full of indecision reflecting the tension of the opposites: the male v. female; emotion v. individuality, etc. But then as the inner conflict is resolved these types learn to channel their intensity into goals and projects which usually succeed. They can become illuminated, fully seen or seeing, fulfilled. Sometimes Full Moon people are difficult to understand as they flip-flop between their two strong sides, but once you realize what is happening it all makes sense. Furthermore, this type tends to have excellent health being capable of resisting disease.

Energetically we feel stimulated! And no wonder: both sides of our brain, the intellect and the intuition are in full bloom. Realize!

6. DISSEMINATING TYPE

This moon is shaped the same as the Gibbous Moon but the energy is waning.

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WHO IS ADANO LEY

This is an edited excerpt from "Originis" a lecture given on Oct 10, 1971, in which Adano outlines his core teachings.

"Man, a thinking entity, can only exist in reality via breath. We say in the Genesis, 'God breathed into man Breath of Life and man became a living Soul.' But God made man in his own image. We know our association with God is via breath. The Breath of Life is the link. Now the Breath of Life links us back to our creator, the source of our Origin. Breath is the infusion or the force which comes into man and we are patterned after that.

"In order to think, we must breathe. There is no way possible you can start the process of thinking without infusion of life force. Our origin as Soul is embedded within the principle of Breath of Life. Now all of us are sitting here, we have many plans, many involvements. What is the most important thing to you as a human being as Soul right now? What is the most important thing to you right now? Think clearly. No answers? Is it a new Cadillac? The next installment payment? The possibility of the baby being born? No. None of these things are the most important thing right now, but the most important thing right now is the next breath. And if you don't take it I think they will have to cremate us or bury us because the place will stink up. See, this is why we must establish our origin before we can really set out to rediscover our Godness.

"God created us in His image. Now the image of God is locked up in the breath and we are familiar with air as a form of oxygen and different gases and within the oxygen and gases we come down to recognize atoms as the building block of creation. So the atom is the true image of our cells. We are made of the atom. Interesting. Notice something peculiar with that word? At-Om? Now in the Book of John, he gives an origin of man, 'In the beginning was the Word and the Word was with God and the Word is God and the Word was made flesh and dwelt in man.' And the Word we know is either Amen or Hum by the Tibetans or the Hindus would say Om, call it the sound current, or Audible Life

Current, that is constantly passing through the human being via the breath. In Hindu writings we see the Word Om, in the Jewish writings we see Shalom, no difference, all meaning the same thing. We see the Word Amen, yet we see the word At-Om, atom. I AM that vibratory sound, you and I both, that audible life current Om. Yet 'At' means something with it, something focused upon it, something infusing it, something stimulating it, something driving it. We are made in the image, audible life current, Om, of the atom and we are made in the likeness that would have to be a stimulating, driving force, an intelligence behind it, a thinking power, and it would have to coordinate."



This entire CD and others are available from Paul. See back page for details. Please email him at psaktion@lccircuit.com

For those of you who do not already know about her, there is an extraordinary woman named Ammachi. You might want to check out her web page to find out more about who she is: www.ammachi.org. Recently she was in the Bay area where we went to see and hear her to get our annual 'battery recharge.' Her thoughtful talks are often peppered with humorous teaching jokes. Here are a couple I found particularly good.

Referring to the good in everyone she said, "Even a broken clock tells the correct time twice a day."

Here's a good story. "There was a man who went to the doctor because he hurt everywhere. The man said, "When I touch my head, it hurts. When I touch my arm, it hurts. When I touch my foot, it hurts, and when I touch my stomach, it hurts. After a total exam including an MRI and all the tests the doctor finally discovered the man had a broken finger." Ammachi says, this is what it is like to view the world through ignorance.

And finally: "A horse was trained to gallop when he heard the word, "I" and to stop when he heard the word, "God." So a rich man buys the horse and says, "How wonderful I look on this steed." Whereupon the horse, hearing the word "I" takes off at a huge gallop right to the edge of a cliff. The man, fearing his death, yells out, "O, God!" so the horse stops right on the edge of the cliff and the man is saved. The onlookers rave and praise the man because they think he is so great that he can stop the horse on a dime. He believes them and brags again saying, "How great I am!" whereupon the horse takes off at a gallop to the edge of the precipice and goes over!

Be sure to visit the web site dedicated solely to the teachings of Adano Ley.
www.adanoley.com

This site contains quotes, pictures and streaming videos, updated from time to time.
Check it out.

And now we have another web site that we welcome all readers of Longevity Circuit to contribute their ideas. It is called

www.thescienceofthesoul.com

What would you like to see here?

pio. This can enhance your insightfulness as you penetrate to the core of a problem. On the other hand, because you can penetrate to the core you're capable of using words like bullets. But hey, sometimes that's necessary, right? If you were a realized person that would be called a Rebuke.

NOVEMBER

3rd - Uranus turns direct at 24° and sails on into the next sign of Pisces in March. For those of you with late degrees of anything you probably feel you're on a rollercoaster ride and from now until March you'll either stay on or get bumped. Either way you'll feel relief!

19th - Mercury moves into Sagittarius where big thoughts arise. It's also good for travel and getting along with 'foreigners.'

20th - Venus turns direct a 0° Scorpio. Since this is such a sexy sign perhaps you've taken a look at obses-

sion and compulsion and gained some insight to improve your relationships. Or maybe you've put your desire nature into perspective.

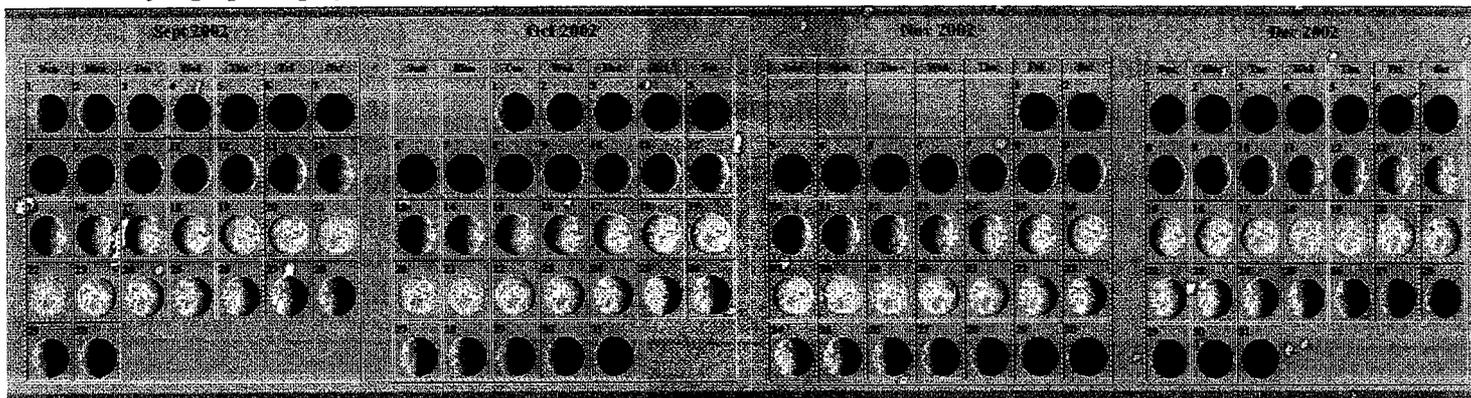
28th - Thanksgiving Day. If you're in a large group be careful what and how you say it. Energy today could cause communication problems.

DECEMBER

1st - Mars joins Venus in Scorpio and they almost conjoin so the combined energies are strong this week. Passion reigns. Later, as Venus moves away, Mars will show his energy by force and lack of tact.

9th - Mercury moves into Capricorn. Now those big ideas see the light of reality. How are you going to make them work? Cynicism can also be a problem.

21st - The Sun moves into Capricorn signifying the Winter Solstice, the shortest day of the year and the promise of more light to come. Look for the next issue of Longevity Circuit!



THE MOON, continued

The fully ripened fruit falls to the ground. That is to say, the person with this moon is a disseminator of energy. Whether teacher types or not, they want to show others their know-how or expertise. The danger is in fanaticism and identification with a cause, a know-it-all.

Our project can now be broadcast. Tell the media; call a friend; let people know what you are doing. Distribute!

7. LAST QUARTER TYPE

Here we are again with the Moon in adverse relationship with the Sun in the 90 degree square position, but now the moon is following the sun, waning in light and returning to darkness. Here the conflict appears to be internalized and centers more around ideological matters rather than work or partnership. Maybe there is the sense that the moon will soon be blocked of light again so there is a stubbornness or inflexibility in order to maintain one's posture in life as one senses change. Or it might be that this type knows that what he does will only be realized in the distant future. Note the 'father' types in history

with this moon: Luther, Gandhi, Washington, Lenin, Mussolini.

What last minute changes need to be made. Look at details. Does this project reflect your definition of life? What do you need to do to make it successful? Refine!

8. BALSAMIC TYPE

Here we find the individual who is in transition. "The last of life for which the first was planned." To quote Robert Browning. Implied is a letting go. Often those born with this phase of the moon have a special prophetic awareness or sense of destiny. What is done, is done and let the chips fall where they may. This is the seed time. Be aware of problems of sacrifice or martyrdom.

As the month comes to an end, by now you realize you've done everything you can and therefore, you must let go. Holding on will only delay the success of your venture. Instead, relax, open yourself to new ideas. Visualize!

From *Fundamentals of Digital Audio*:

“Time sees to be continuous. However, some physicists have suggested that, like energy and matter, time might come in discrete packets. Just as this book consists of a finite number of atoms and could be converted into a finite amount of energy, the time it takes you to read the book might consist of a finite number of time particles. Specifically, the indivisible period of time might be 1×10^{-42} second (that’s a 1 preceded by a decimal point and 41 zeros). The theory is that no time interval can be shorter than this because the energy required to make the division would be so great that a black hole would be created and the event would be swallowed up inside it”

Adano audio and video

VIDEO

Part 2 of the Adano Video is now ready. Each 2 hour DVD is \$25. Samples can be viewed at www.adanoley.com.

AUDIO

1. Talks on “The Teachings of Jesus” 1971.

This is a 3 CD set for \$30.

2. Adano’s core teachings contained in 3 lectures on

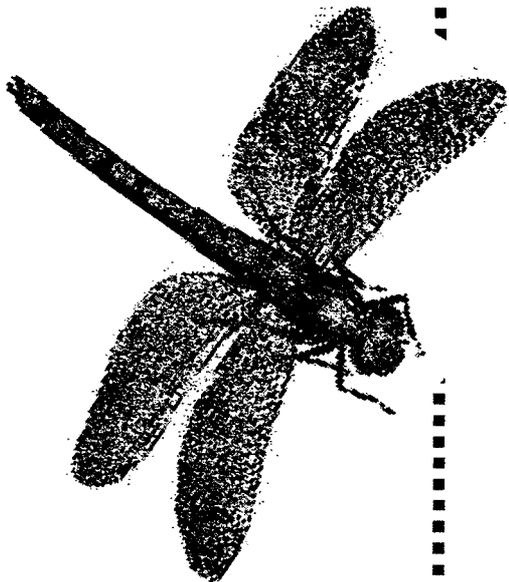
“Origins,” “Involvement,” and “Emergence/Resurrection.

This is a 6 CD set for \$60.

Please send your check to Paul Sakion at 363 10th Ave, San Francisco, CA 94118. Or you can email him at psakion@lcircuit.com.

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