

Chapter 4

Thoughts Which Lengthen The Life

While thought-cell activities are chiefly responsible for all conditions and events of life including vitality, health and illness, we need to know much more than we now do about the electromagnetic energies generated by the cells of the body through which thought-cell activity influences vitality, health and illness. Before 1936 and the publication of *The Phenomena of Life; a Radio-Electric Interpretation*, by that renowned surgeon Dr. George Crile, we had to be content to speak of the nerve currents and the Boundary-Line energy connecting the astral and the physical merely as etheric energy. But while science has now rather generally accepted this energy as electromagnetic, its processes are but faintly understood and the terminology that can be used in referring to it is still vague.

This terminology in generations ahead will be made precise. But this cannot be done until a vast amount of research has been made based upon the general concepts outlined by Dr. Crile and verified by his own laboratory work. Until then the difference between the electromagnetic energies which radiate the frequencies that afford vitality and those that nourish and sustain the constitution, and the manner in which they interact, cannot be described in terms that are as intelligible as is to be desired. Instead, as yet we must refer to Sun frequency electromagnetic radiations as affording the vitality of living things, and Moon frequency electromagnetic radiations as in some manner the polar opposite, or at least the complementary and less intense electromagnetic phenomenon which is essential to health.

Health is not the same thing as vitality. An individual may be quite healthy all his life if the Moon in particular and the other planets in general are well aspected but the Sun afflicted and weak, but die young because he has not sufficient vitality to recuperate from the first attack of some disease. Yet we have in our files the charts of people who have lived beyond ninety years who have been in poor health most of their lives, having the Sun in strong aspect to Mars and in harmonious aspect to

Jupiter. They may have seldom known a day free from some ache or pain, yet the Sun frequency electromagnetic energies were powerful enough that nothing but old age could kill them.

Relative to this matter of health, as distinct from vitality and recuperative power, no planet in the chart can be neglected. Yet the life of any organism depends in some manner upon the interaction of the solar electromagnetic radiations with the lunar electromagnetic radiations.

As I have said, we need to know vastly more than we do regarding the nature of these interacting electromagnetic energies. Our conceptions of them as yet are crude, and in time will have to be modified to conform to discoveries yet to be made in the laboratory of material science. But we do know that the activity of the thought-cells mapped in the birth-chart by the Sun encourage the generation in the physical body of electromagnetic wavelengths which, while of lower frequency than those generated by the activity of the thought-cells mapped by Mercury or the upper-octave planets, are particularly suited to giving vitality and recuperative power. And we do know that the activity of the thought-cells mapped in the birth-chart by the Moon encourage the generation in the physical body of electromagnetic wavelengths which are of low frequency, may be generated in great volume, and which are highly beneficial to the health. Also we know that there is some kind of interaction between these two sets of electromagnetic energies which if harmonious is highly beneficial to the life of the organism. While the electromagnetic radiations generated by the thought-cells mapped by each of the other planets are potent to influence these Solar-Lunar energies, it was the custom in former days to say that man has a Solar-Lunar etheric body. And except perhaps by substituting the word electromagnetic for the word etheric we do not yet know enough about electronics and the radiations from organic cells to improve on this statement.

Let us therefore merely consider that the electricity and magnetism of the physical body are ruled by the Sun and Moon. They are generated by the chemical changes--chiefly the oxidation--which constitutes the metabolism of all physical organisms, whether they be bacteria, plants, or animals. The nerve currents of man, and the magnetic reactions of plants to stimuli, are merely specialized forms of this electrical and magnetic energy, and are colored both by the thought-cell activity of the organism, and by external stimulus.

Not only the thought-cells mapped by the Sun and Moon, but the thought-cells mapped also by Mercury, have direct and constant contact with the electromagnetic form, as Mercury is the planet ruling cerebral thoughts and the nerve currents.

Thus any planet in aspect to Sun, Moon or Mercury is able to use the electromagnetic energies as a conductor to reach other thought-cells, and through imparting the vibrations of its thought-cells to the electromagnetic body is able much more readily to affect the health than if it had the same aspects otherwise but did not aspect one of these three.

In judging length of life we need first to consider the vitality, and therefore the recuperative power. This may be judged from the house

position, sign location and aspects of the Sun.

Counteracting this, and tending to shorten the life, we must weigh the various weaknesses of the constitution. The weaker the constitution the more subject it becomes to disease. And the more subject the body is to disease the stronger must be the vitality to keep it alive.

While the Moon governs the constitutional magnetism, it is only one factor, although the most important one, in gauging the strength or weakness of the constitution, and therefore whether or not the individual is readily attacked by disease.

Every planet in the chart maps the state of activity of a given type of thought-cells, maps where the most active group of this type is located, and by its aspects indicates the energy of these thought-cells and whether or not they desire health--harmonize with the other thought-cell groups--or desire and work to attract disease. Even the Sun, in addition to mapping the thought-cells on whose activities and desires the vitality and recuperative power depend, also by its position and aspects maps the condition of the physical tissues in that region of the physical body and whether or not the Sun thought-cells work to attract the diseases characteristic of the Sun.

Thus in determining the strength of the constitution, every sign, planet and relation has a bearing as indicating how strong the physical organs are and how much stress they will endure. If the constitution thus shown is weak enough, or if there are powerful enough discordant progressed aspects to impair it, much vital power on the part of the Sun may not be sufficient to prolong the life. In other words, if the chart is otherwise sufficiently discordant, no position of the Sun in a chart of birth can prevent early physical dissolution.

On the other hand, if the constitution, as indicated by the chart as a whole, is sufficiently strong and harmonious, even a rather weak and discordant Sun may afford vitality enough to enable the individual to live to a good age.

Environment, of course, also is important, as are precautionary actions, but even so length of life must be judged by weighing against each other the weaknesses of the body, in which estimate the Moon as the most important factor of all, and the strength of the vital electrical energy which sustains it; striking a balance between the weaknesses of the chart as a whole and the power of the Sun thought-cells.

In the effort to determine the astrological positions which map the thought-cell activities that tend to give length of life we collected the data of 70 women who had lived more than 70 years and 80 men who had lived more than 70 years, whose time of birth is known. In addition to selecting out the planetary positions which are the constants of long life, we also tabulated the charts by Sun-sign and Rising-sign.

80 Men Past 70 Years of Age

| | | |
|---|----|-----|
| Sun aspecting Mars | 59 | 74% |
| Sun in harmonious aspect with Jupiter | 41 | 51% |

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| | | |
|---|----|-----|
| Sun in an angle | 38 | 48% |
| Moon aspecting Mars | 35 | 44% |
| Moon in an angle | 27 | 34% |
| Moon in harmonious aspect with Jupiter | 23 | 29% |

70 Women Past 70 Years of Age

| | | |
|---|----|-----|
| Sun aspecting Mars | 54 | 77% |
| Sun in an angle | 31 | 44% |
| Moon in an angle | 28 | 40% |
| Sun in harmonious aspect with Jupiter | 27 | 39% |
| Moon aspecting Mars | 18 | 26% |
| Moon in harmonious aspect with Jupiter | 17 | 24% |

80 Men Past 70 Years of Age

| | Sun-sign | Rising-sign |
|-------------------|----------|-------------|
| Aries | 5 | 5 |
| Taurus | 9 | 7 |
| Gemini | 6 | 6 |
| Cancer | 12 | 15 |
| Leo..... | 9 | 5 |
| Virgo | 4 | 11 |
| Libra | 6 | 5 |
| Scorpio | 3 | 11 |
| Sagittarius | 2 | 6 |
| Capricorn | 13 | 2 |
| Aquarius..... | 6 | 4 |
| Pisces..... | 5 | 3 |

70 Women Past 70 Years of Age

| | Sun-sign | Rising-sign |
|--------------|----------|-------------|
| Aries | 9 | 2 |
| Taurus | 4 | 2 |
| Gemini | 8 | 4 |
| Cancer | 11 | 7 |
| Leo..... | 5 | 8 |
| Virgo | 8 | 7 |
| Libra | 3 | 9 |

| | | |
|-------------------|----|----|
| Scorpio | 1 | 11 |
| Sagittarius | 3 | 6 |
| Capricorn | 4 | 4 |
| Aquarius..... | 4 | 8 |
| Pisces..... | 10 | 2 |

It is common for astrological textbooks to rate Scorpio as a vital Sun-sign; but while Scorpio rising is shown to conduce to length of life, the above tables indicate that Scorpio as a Sun-sign does not.

Cancer, either as a Sun-sign or Rising-sign, gives tenacity of life. Capricorn as a Sun-sign gives long life to more men, and next to Cancer, Pisces as a Sun-sign gives long life to more women. The relative tendency of any sign when rising, or when holding the birth-chart Sun, to give length of life, can readily be ascertained from the above tables; but as in vocational selection, tendency to disease, and various other matters, the prominence and aspects of the planets are far more significant where length of life is concerned than either the Sun-sign or the Rising-sign.

Standing out most conspicuously in these charts of people who have had long lives are the prominence and certain aspects of Sun and Moon. This means that the most significant thought-cells affecting longevity are those that have been built relative to thoughts of significance (Sun) and thoughts of the family (Moon).

The table completely refutes the idea that the Moon is the giver of vitality in the charts of women, or that it matters whether the Sun or Moon is above or below the horizon in judging the vitality. The rules for judging the length of life of women are the same as the rules for judging the length of life of men. With either sex the vitality depends upon the activity and harmony of the thought-cells ruled by the Sun, certain aspects being especially favorable.

The Sun in an angle is shown by the table to be favorable to longevity. A planet in an angle maps thought-cell activity of greater volume than when the planet is not in an angle. The volume of thought-cell activity mapped by a prominent birth-chart Sun is derived from prehuman experiences with authority, and it may be increased after birth by thoughts of pride, firmness, approbation, conscientiousness and self-esteem. In other words, if these are harmonious, the mood of vital power, thoughts and effort to attain significance, and the exercise of authority--even if only the kindly authority of a parent--add to the energy of the thought-cells responsible for vitality and recuperative power.

The most favorable astrological position of all for longevity is an aspect of Mars to the Sun. Mars is the planet of energy, and even those who have a heavy affliction of Mars to the Sun have a better chance of a long life than those who have no aspect of Mars to the Sun. It is true that afflictions of Mars may be severe enough to attract violent death, or a

virulent infection leading to quick death, such as by smallpox or blood poisoning. But the deaths attracted by Sun afflicted by Mars are not due to low vitality, but to impacts or invasions that are powerful enough to end the life in spite of the exceptional vitality and recuperative power shown by the aspect of Mars, to the Sun.

The reason the thought-cells mapped by a Sun in aspect to Mars are so vital is that the thoughts of significance which built them were associated with initiative, aggression, combat, construction or destruction. Mars thoughts are never negative, and never associated with discouragement or the mood of defeatism. And after birth people can add harmonious Mars thoughts to the Sun thought-cells by seeking significance through initiative and construction.

Each of us has a job to do in the cosmic scheme of things. The most satisfactory significance we can attain is through seeking that job and doing it to the best of our ability. But if at the same time we would build into the Sun thought-cells the Mars energies which are most potent to prolong life, we must tackle the job aggressively, use initiative, and never permit the mood of discouragement or thoughts of failure to intrude. Negative thoughts not only depress the vital forces at the time, but they tend to shorten the life.

In addition to thoughts and thought-cell activity indicated by any aspect of Mars to the Sun, we find that thoughts and thought-cell activity indicated by a harmonious aspect of Jupiter to the Sun also are beneficial to length of life. But unlike the aspects of Mars, a discordant aspect of Jupiter to the Sun indicates no added vitality, and attracts diseases that tend to shorten the life.

Yet whether or not there is an aspect between the Sun and Jupiter in the chart of birth, the Sun thought-cells can be given activity which will tend to prolong the life by associating thoughts of significance harmoniously with Jupiter thoughts, that is, with thoughts of benevolence, veneration, hope, devotion, good-will and generosity. Joviality and optimism, as well as the religious moods and yearnings, when cultivated pleasantly relative to thoughts and efforts to be significant, or relative to authority, give the Sun thought-cells energy of a type that enables them to lengthen the life.

While recognizing that the Sun influences the secretion of thyroxin, the hormone of energy production, and a hormone of the front pituitary gland which provides for sustained effort, we need not discuss the influence of these hormones on longevity other than to comment that any affliction of the Sun through a discordant aspect from another planet tends to affect these two hormones, and except in the case of Mars, to impair vitality and recuperative power.

In terms of what we can do about it this means that with the exception of thoughts and emotions relative to destruction and combat, all painful and distressing thoughts and emotions about significance, au-

thority or vitality tend to shorten the life. And that all pleasant and happy thoughts and emotions about significance, authority and vitality tend to lengthen the life. Furthermore, as the table indicates, pleasant and happy Mars thoughts and pleasant and happy Jupiter thoughts about significance, authority and vitality are especially potent to give recuperative power and length of life.

But how are we to avoid painful thoughts about significance, which is the strongest of all drives, and how cultivate harmonious Mars and Jupiter thoughts in association with them?

In trying to attain significance, as in trying to accomplish anything else, there is a right attitude and a wrong attitude. The wrong attitude is to permit temporary error or temporary defeat to engender a discordant emotional response. One may have a superiority complex or an inferiority complex, so that what one expects of oneself is beyond possible realization. With such a complex, no matter what one attains there

is always the feeling of dissatisfaction because it was not more. In the case of the inferiority complex the individual usually is even afraid to try to do that which is well within the realm of his ability, because he dreads the stigma of failure.

Through a study of his birth-chart and progressed aspects the individual needs to appraise realistically his own abilities and possibilities. Within the scope of what his birth-chart and progressed aspects indicate are his possibilities, he should then select the avenues through which he can attain greatest usefulness and consequent significance.

It is not to be thought that every effort will at once be crowned with success. It is not to be thought that his boss--if he has one --will not at times reprimand him; or if he is boss over others that there will not at times be subordination. These things are normal in the course of life and cannot be prevented. But he can, and should, prevent these occurrences, or any others that block his path to significance, or tend temporarily to discredit him, from causing him to feel humiliated, frustrated, or disagreeable. He should simply brush them off. View them merely as holding a lesson that can be used to future advantage.

In the employment of the Mars energies he need not fly off the handle, but he can employ aggressive thoughts not merely to tackle whatever needs to be done with energy and initiative, but through a positive attitude to prevent any feeling of failure, despondency, fear or humiliation when his significance has been attacked. If he has made a mistake, his Mars thoughts can enable him to admit it, to laugh it off, and instead of feeling humiliated to feel that next time he will have sense enough to handle the matter successfully. He can not only think positive, constructive, and aggressive thoughts whenever any situation touches significance, authority or vitality, but he can tune in on Mars energies as Rallying Forces by holding the mood of positive and aggressive energy.

In ignoring the things that tend to be disagreeable that touch upon significance, authority or vitality he can also use the Jupiter technique to good advantage. The attitude of optimism and joviality and thoughts of hope and good-will are effective in preventing the feeling of frustration when things relating to these matters do not pan out as expected. And in addition to such thoughts, the individual can tune in on Jupiter energies as Rallying forces by holding the mood of prayer, devotion and thankfulness to the Almighty.

Next to the Sun being conspicuous in the charts of people who have reached advanced age is a prominent Moon. This signifies that a powerful constitutional magnetism favors longevity. In addition to generating heat, the protoplasm of the physical cells emits waves of high frequency, capable of knocking electrons off atoms and thus creating an electric charge. These charges have been measured, and the electric currents which flow over the nerves enable the mind to control the body.

The wavelengths radiated by the release of energy stored in the protein fraction of the cells are not all the same. But some have a frequency that provide the vitality mapped by the Sun, and some have a

much lower frequency and provide the constitutional magnetism mapped by the Moon. And abundance of either tends to conduce to length of life; that having Sun quality giving vital power and that having Moon quality giving strength to the physical constitution.

While the Moon in the chart of birth indicates the volume of constitutional magnetism with which the individual was born, he has it within his power to increase this volume, and thus increase the strength of his constitution. The thought-cells whose activities are responsible for generating constitutional magnetism were formed by prehuman experiences with providing sustenance and comfort for the young, and by thoughts and emotions since human birth relative to women, the offspring, the weak and helpless, music and the domestic life.

To build more of the Domestic thought-elements into the finer form and thus give volume and power to the thought-cells mapped by the Moon such thoughts and emotions should be harmoniously cultivated.

We find also from the table that the association of the aggressive thoughts and emotions ruled by Mars with the domestic thoughts gives the thought-cells ruled by the Moon outstanding energy and vigor that conduces to length of life. And we can add such energy to the Domestic thought-cells by adopting an attitude of initiative, aggression and construction toward women, the offspring, the weak and helpless, music and the domestic life. And to assist in adding Mars energy to the Moon thought-cells, we can use Mars Rallying Forces when our thoughts are engaged in thinking of these things, inducing and holding the mood of abundant and positive aggressive energy.

Here again we find that negative thoughts and attitudes are detrimental. Feeling negative and depressed or discouraged or fearful rela-

tive to home and children or other of the things ruled by the Moon lowers the powers of resistance of the constitutional magnetism, and this in turn paves the way for the entrance of disease.

Mars thoughts are the natural antidotes of Moon thoughts, and better than any others, if harmonious, tend to neutralize by building a more beneficial compound, the discordant desires shown by discordant aspects of the Moon. The best way to apply this natural antidote is through the use of courage and constructive ability in protecting the young and helpless.

It is true that our relation with women may not be all that we would desire, it is true that illness may enter the home, and that difficulties may arise in providing for the family, and the children may conduct themselves in ways that cannot be approved. But it certainly does not help any of these conditions to permit thoughts of anxiety or discouragement. Neither is it beneficial to express harshness, irritation or anger. These Mars thoughts, however much they give new energy to the Moon thought-cells, tend to upset the digestion through the action of too much adrenalin, and tend to attract accident and inflammatory disease. But an attitude may be cultivated in which the various situations of domestic life are faced as problems to be solved calmly, with initiative, courage, and the determination to speak and act only in a con-

structive, even if aggressive manner. No other attitude will be quite so effective in attracting more fortunate conditions into the domestic life and at the same time will give vigor to the constitutional magnetism and thus tend toward a longer life.

Next to the association of Mars thoughts with those of the domestic life in their power to strengthen the constitution and thus lengthen the life, is the harmonious association of Jupiter thoughts with the domestic thoughts. To laugh off the difficulties encountered in the home and with the family, not only the positive attitude of Mars is helpful, but in particular the joviality and optimism of Jupiter.

Generosity and optimism need to be tempered always with common sense, which merely means that the thoughts, emotions and attitudes relative to the affairs of domestic life and assisting the weak and helpless should be those characteristic of a harmonious Jupiter rather than those characteristic of a Jupiter receiving discordant aspects. By prayer, benevolence, hope, devotion, good-will and generosity cultivated relative to the Domestic thoughts, energies can be built into the thought-cells mapped by the Moon that will give them the trend and power commonly signified by a harmonious aspect between the Moon and Jupiter in the chart of birth. And it will conduce as much to length of life.

We have thus far considered only giving volume and the harmonious Mars and Jupiter energy to the thought-cells mapped by the Sun

and Moon. But as every discordant aspect in the chart tends to weaken the constitution according to the planets involved, and gives the physical body that much predisposition toward the diseases governed by the planets involved in the discordant aspect, it will be seen that to ward off disease and thus lengthen the life the thought-cells indicating the most pronounced predisposition toward disease need to be reconditioned so they will have a more harmonious influence. That is, the thought-cells mapped by the most heavily afflicted planets in the chart of birth need to be treated by their natural antidotes, or subjected to conversion, so that they no longer will work to attract disease but will have more harmonious desires.

While the general principles to be followed in changing the composition and activity, and thus the desires of a group of thought-cells mapped by an aspect between any two planets have already been set forth at the end of Chapter One and the end of Chapter Two, more specific details will be given when considering the thoughts which prevent each type of disease.

While the most effective method of lengthening the life is properly thus to change the composition, activity or organization of the thought-cells within the soul, it should be recognized also that what the thought-cells can bring about depends upon the facilities of the physical environment. Therefore, foods specially suited to the chemical peculiarities of the individual will be found highly beneficial, foods selected according to the glandular and physical makeup mapped by the planetary chart of birth, and during certain periods selected to counteract the in-

fluence of discordant progressed aspects. How to make such food selections is explained in *Stellar Dietetics*.

Not only in the matter of foods, but in other hygienic matters, length of life depends not merely upon the thoughts and emotions, but also upon utilizing factors in the physical environment to build up resistance to disease. And it must not be overlooked that old age is not merely a condition of the physical body, but also a state of mind. A keen zest for living, interest in things new, and enjoyment of the activities which commonly attract those younger, all will help to add years to the life.

