



EP44:

Astrology As Medicine & Navigating Your Cosmic Blueprint

With Debra Silverman

Colette:

Hi there and welcome to INSIDE THE WOONIVERSE, a podcast brought to you from the corner of Fringe and Main. I'm your host, Colette Baron-Reid. Joining us today is astrologer, psychotherapist, spiritual guide, climate change activist, podcast host, and my sister from another mister, Debra Silverman.

Outside of the fact that she literally is one of my very, very best friends for eons, centuries, etc. I respect and admire this woman so much. For Debra, astrology is medicine. She's developed a unique psycho-spiritual model of astrology and is the founder of the most incredible astrology school on the planet. She's trained over 4,000 students to date. Some of her astrologers are the best walking on the planet. I've had readings from them. They're amazing. Debra is also the author of an amazing book, *The Missing Element: Inspiring Compassion for the Human Condition*. She believes that the wisdom of astrology is an undeniable, dependable, and healing balm for society. I can hardly wait to talk to you. Welcome to the Wooniverse, Debra.

Debra:

Thank you so much, Colette.

Colette:

You are so welcome. Okay, so I'm going to pretend we're not friends, but we have been friends for over a hundred years.

Debra:

Good luck pretending.



Colette:

But for any of our listeners who don't know you, I really want to introduce you to this audience so they can get to know you. So I want to go way back to the beginning. Going back to little Debra, what was it like for you growing up?

Debra:

I had a classical dysfunctional, really extreme circumstance where my family dynamic was like Woody Allen would not have had to change any of the outfits. He could have brought the cameras in and just started moving the camera and go, "This is the perfect little Jewish family. They're so loud, they're so eccentric, they're so uninhibited, and they were so crazy." And part of it was, it gets really good, this story, so juicy, my father was in the Jewish mafia, which I did not know. So he went to jail when I was a kid and they told me he was at camp.

And then I was in first grade in the bathroom with the thing shut and I heard Susie and Susie talking, I swear, talking to each other and they said, "Did you know that Debbie's dad's in jail?" And I was like, "He's in..." And I remember this vividly, I came home from school and I was like, "Mom, he's not at camp. He's in jail." And it was such a radical moment in my psychology because at that moment reality and illusions and the quality of the emotional temperature in my household and my brother ended up being an addict and got into heroin and ended up in recovery. And it was a long process for the family. So it was just an extreme chaotic nonlinear nonlogical, except the way the house looked on the outside and the neighborhood I grew up in, nobody knew.

So it was extreme in that I felt normal. That's a joke. I really did my best to fit in and to be part of the norm because all my kids... I went to Hebrew school. My mom wouldn't drive me. I had to go to the neighbors. I took dance lessons. My mom wouldn't drive me. So I became industrious to figure out how to manage my world and I became super independent. And by the time I left home, I ended up going to Harvard for this exclusive dance program at the age of 18, which opened up the window of me really seeing the world. I honestly did not know, ready? That Christmas existed. I grew up in an exclusively Jewish neighborhood and there was only one person across the street that had Christmas lights on and we would go across the street and when I left home and went to college the first year and went to a Christmas party, I was like... My dad's birthday was Christmas, so we never knew that celebration.



Colette:

You didn't know about Christmas.

Debra:

I was kind of sheltered and yet, as soon as I could leave, which it was at 17, I left home and said, "Bye-bye now." And from that point on, my passionate, and you know this, I have a very childlike enthusiasm. I don't know where it comes from except in my chart, all the fire. And I just could not wait to go become an astrologer. It was like-

Colette:

That's what I want to talk about next.

Debra:

Yeah. So the childhood was very, very, very chaotic and it is a perfect lead in to me getting a master's in clinical psychology because I was so confused.

Colette:

Let's talk about that because the two of them kind of... Well, you had your dance, right, so that's also expressing the physicality, et cetera. Now you have the mind, so you have your clinical psychology and then you have your astrology putting it all together. So let's segue into, you got into psychology, which makes perfect sense given the environment you came from, right? And then how did astrology come on board? Because I know it was early on for you.

Debra:

At 10 years old in the Detroit News in the comic section, there was a part where it said, "Write away for your astrology chart." And I want to say I was in second grade where you learn how to put the name, and then the address, and then the city, and then the zip code, and how you do all that. And so I couldn't wait. So I sent away for it, but I gave them the wrong birthday. And when the chart came back, it was the wrong chart. But I distinctly remember being so excited about this thing called astrology. Fast forward, high school, I found a book about the sun and the moon and you could look in the back of the book and literally, every single kid, who I'm still friends with now, many of the kids I grew up with, and I to this day knew where everybody's moon was. And I was talking about it all the time.



Colette:
Love that.

Debra:
And then by the time I got to graduate school, I had already been introduced to astrology through a very unique... I was in Toronto, went to school in Toronto. Met my first astrology. Met a first astrologer. She was a triple Gemini. She was going to school for dance, as I was. She was Jewish, as I was. And she was in Toronto even though she was American and she was an astrologer. And she came to my family's house, this is a true story, and did the charts of... It was a Jewish holiday, it was in September, and she did every single person with the ephemeris around the circle. And I couldn't believe that she could describe Woody Allen's characters better than I could.

And we got in the car and I said to her, "I want to learn what you just did." And then she was leaving university and her dad said, "If someone drives with you from Toronto to Alberta, I'll let them drive and I'll give them a one way ticket back." And I was like, "I'll go with you under one condition, teach me what you did that night at dinner."

Colette:
Oh, I love this.

Debra:
And so for three days in the car, all she did was, triple Gemini, all she did was talk, and by the second day, she was like, "Debra, there are books in the backseat and I can't keep talking about astrology." And I was like, "No, no, no." And by the time I finished, this is a crazy story, I had a dream and I was told in no distinct... it was very clear that I had been an astrologer in past lives and to stop acting so dumb. I literally woke up in the middle of the night and I started charging and doing readings the next day. So I learned through her. I never had a teacher. I shouldn't tell people this, but I came with a recapitulated... It was just-

Colette:
I didn't either. You know what, I think that this is key. It's not about you shouldn't tell people this because I also had memories of doing what I do. It just came so naturally. It's like I stepped



back into myself. And you are one of the best astrologers on the planet, I mean, that I've worked with, so it is what it is. You came in with this-

Debra:

Thank you. And this is the woo-woo universe, the woo universe, I can be honest.

Colette:

The Wooniverse, yes.

Debra:

It would've been like if a child was sat in front of a piano and they started to play music and they started to compose, which I've had clients that have this ability, and they never took a piano lesson. That's what it was like for me with astrology. It was just a recapitulation. I remembered everything. And ever since then, I've continued to be in passionate love with that system.

Colette:

Yeah, and you also are extremely learned. Let's bring that on too, because you are a bookworm, like I am, and you did read and you did study and you just studied on your own the way I studied tarot and divination. I had no teacher either. None. So I get it.

Debra:

I love that. Makes me feel better. Thank you, Colette.

Colette:

Yeah, no, no, no, no, no. Yeah. This doesn't diminish you in any way. I think it makes you more interesting. So I really want to ask about this, because once you said you were a skeptic, so I know there's two things going on. One, you were in love with it and the other one, you were a little skeptical. Do you think it's because you have such a logical mind as well too?

Debra:

You're so good. My Mercury is in Taurus. So I believed in it obviously, but I like hard evidence. I'm the person that, tell me something and then let me touch it. And I learn experientially because that's how my mind works. So I came to it in the beginning going, "This is super



interesting." I was open. I wasn't like saying no, but I used to always say, "I don't believe in astrology, but it believes in me." I didn't really know if I could believe. And now the years have gone by, I totally believe in astrology. It's so silly. But I was skeptical and... I needed concrete evidence and I've gotten nothing but concrete evidence over 45 years. There's no arguing anymore. I absolutely deeply abiding faith that there's an intellectual system brought to us by a higher intelligence that I am in devotion to.

Colette:

You know it's great because I am also a skeptic. I'm still a skeptic. I need to see it and once I experience it, I need to understand it. I want to hold it too. I want to see. I don't just take anything at face... I need to see. And I too have had hard evidence over time, some of it's obviously anecdotal because what we do, it's not empirical, because each person is a new person. But I think it's really healthy and important for people to have a level of skepticism that enables them to think critically. And that's something that you teach in your school is critical thinking, which I think is really important.

Debra:

Totally. You're so right.

Colette:

Right? So why in your estimation is astrology so important now?

Debra:

You know, I was going to tell you this story. When I was in graduate school, I have this vivid memory of going to my supervisor for my final project and saying to her, "I want to do research on mental illness and astrology." And she was like, "Wait? What?" At that point in time, and she was a Harvard graduate, she was a professor, she was very high level intelligent, and she looked at me, and she let me do it by the way in the end, but it was resistance. So in that time period, there was zero acceptance. Now the secrets out. Carl Young was an astrologer and every single session he did, literally, he was quoted to say, "Psychology will be a dinosaur science until it includes astrology."



So he named that way back in the 30s, but there was this stigma and now, with the Aquarian age arriving and Saturn's in Aquarius, Jupiter went into Aquarius, this last five years, if you look on Instagram, I don't know about you, but I just see astrologers everywhere.

Colette:

Everywhere. Mediums, psychics, oracle card creators. Its like-

Debra:

Yes.

Colette:

Right? Yeah.

Debra:

So this period of time is the entrance, according to the esoteric law, and all the big systems, we're walking into an era where we must raise our frequency and remember the divine imprint. And what does astrology tell us? That there's an intelligence watching us that's absolutely perfect. That system is impeccable. It's crazy how every single reading I do is... I hate to say it because it sounds like I'm tooting my own horn, and astrology is a hundred percent accurate.

Colette:

You know what's interesting when you said the word impeccable, because I might change my language because I talk about astrology being a fixed system, but it's an impeccable system. Its a system that is and always will be and is, so it doesn't deviate, that you have it. There is a map that is undeniable. Let's talk a little bit about the fact that we are in this big change and it's one thing to recognize that, yes, it's very popular now, but why? Why are we so called to this now? What's going on a little bit more? People may not understand the Aquarian, what it means or anything like that, they just think of the song, right?

Debra:

This is the dawning of the age... So everything goes in spirals. This is how time moves on this planet, everywhere actually, it's a universal truth, and we go through eras. We had 2100 years of a Piscean age that just passed. And that was the era where you had religion and you had to



follow the rules and there was a really strong organization that if you were in a temple or you were in an ashram or you were in a sangha or you were in a synagogue, you stayed in your group and you followed those rules and the Bible gave you instructions and, "Yes, sir." And that was really a long cycle bringing with Christ 2100 years ago.

In the 60s, they don't know the exact date of this era, but something shifted. Now think about the early 60s. Suddenly we don't do religion, suddenly we're throwing away our bras, suddenly we don't want to stay married.

Colette:
Our bras.

Debra:
We're taking drugs, we're taking men and women's rules, we changed everything. There was this radical departure. That was the entrance of the Aquarian age, which brought to us the releasing of the bondage of what you should do to be normal. In the Piscean age, there was expectations of what our family's grandparents, they all lived inside of a very limited bandwidth of what was called acceptable. That's not true anymore. In the olden days, you couldn't leave your family without being banished. You would have no food.

Colette:
Yeah.

Debra:
We lived in little villages and if you didn't like what was going on, you would go out of the village and where would you go next? Because everybody knew everybody.

Colette:
Yeah.

Debra:
So now we're in this Aquarian age, which includes the releasing of the old government religious structure that said, "You follow the leader or else." That was what religion did. Religion put in



place. Now, we are in this free open-minded Aquarian age that says computers are now creating openness to every single culture, every single language. You push buttons and your mind is being stimulated. Oh, that's right. And we return to one of the strongest intellectual patterns that was put in place 4,000 years ago, astrology.

So this is the Aquarian age, which includes the breakdown of the comfort of what came before. And that's what I think we're suffering from is the transition. We're like two minutes in and we want to go back to the old-fashioned ways, but ew. And we don't know what the new fashioned way is. What will it look like with marriage and men and women and sexual preferences? We're like, "Beep, beep, this is brand new and I can't figure it out." So we're in that and that's where astrology's so reliable and so wonderful to lean into because this system has passed the test of time.

Colette:

Let me ask you then, because there is also the rise of authoritarianism and autocracy, et cetera, is this kind of the hanged man's kick, you know like when one system is changing, it's like the strident need for certainty is, "Let's go back to this. Let's have power over..." because we know it doesn't work, but there is such a rising of this right now. Can you tell us how astrology can explain that?

Debra:

As simple as that, what you just said. The Piscean age was follow the leader and authority was the lead and he came in the shape of a boy and he was always the leader of the religious order or government. The Aquarian age doesn't care if it's a girl or a boy and they're demanding freedom of those constructs that we're so old fashioned. But it's the discomfort of like, you know we think about our parents or our grandparents, and we're staring at a computer right now with a headset on.

Colette:

Right.

Debra:

And we're sitting with our-



Colette:
Right.

Debra:
They would be like, "Look at our girls. What are they doing?" How could they possibly imagine that we would have thousands of people listening to this from around the world. So we've broken the mold of where the mind was acceptable in the Piscean age. We're entering the Aquarian age. And it's hard. I just want to speak to the difficulty for the human condition to open our minds, even with astrology, even with woo. You are doing such pioneering work because you're bringing back the old memory of when it was truly ruled by a female. That was a memory. And then we had to go through the Piscean, which was all about the men. And now we're like men, women, why are we even distinguishing? Can't everyone just be who they want to be? The Aquarian age, be yourself, everyone else is taken.

Colette:
So you tend to say, and you say it a lot and I love that you say it, you say astrology is medicine. Let's explore that and why you say that and how we can use this medicine to help ourselves.

Debra:
So back to my point about this being a very difficult moment in time and that people are relying on podcasts and people like you and I to help us remember faith. So we have this, we're kind of suffering from a broken heart as a collective because we don't understand time, said the astrologer. We don't have a context of the long view. So the medicine is that some part of our heart is feeling disoriented, part of our mind feels confused. People suffer a lot obviously with depression, with anxiety. These are words when we grew up, it was a secret if you were depressed. You didn't tell people you were depressed. The word anxiety didn't exist when we grew up. It's now prevalent and the medicine is, "Oh wait, that's my ego mind." This is what psychology teaches us. There's a part of your mind who's a saboteur and doesn't like you and talks shit about you when you're not looking and even in the middle of the night. Who pays that guy?

And the medicine is astrology creates the observer that goes, "Hold on a minute. You have a very cute personality, Colette and Deb." And here's what you got to do. You can turn that little



thing down. There is a control knob and this is the medicine of astrology. You become observant to your funny personality that doesn't go away and then suddenly you realize, "Oh, that's just my funny personality, that's not my soul." And once you identify with the soul, that voice becomes tamable.

Colette:

I can attest to this because this kind of gets me excited when we talk about this because I remember when my chart was inaccurate, when I had the inaccurate birth time.

Debra:

Yes.

Colette:

And this is the perfect example of how getting my chart rectified by Sharon Lair, actually she did it, and all of a sudden I'm finding out that I was zero degrees Libra rising and the entire chart for the first time in my life, it made sense. It described me perfectly. Remember I used to say to you, "I don't know my Virgo is broken."

Debra:

My Virgo's broken.

Colette:

Because I had a... Virgo rising which made no sense. And even where the planets were and all of a sudden the chart lined up in such a way. When you really get the right astrology chart, the birth chart read by the right astrologer, and you see yourself reflected in the stars and then all of a sudden you realize you have this cosmic blueprint and that it makes sense and now it's still your job to navigate, which is why you and I are doing stars and cards with, "Hey, how's next year?" But the idea is like, "Yeah, we got to navigate all of this." But still, you get into the observer because you can relax.

Debra:

That's medicine, Colette.



Colette:

Right? Yeah, I understand that now. That was my first hit of medicine.

Debra:

And for me watching you, seeing the distinction and always being friends for so many centuries, how does she come up with Virgo rising? But we had to... I always assume it's true the birth time the mom gives until you get that. This is how astrology should look. If you're doing a good reading, the person's going like this. You know those little dogs when your grandpa had them in the car? And that's what happens during the whole... If they start going like this, you've got the wrong time, the wrong date, something. And that's really important to know. Astrology has you an absolute agreement and there's so much comfort, back to your question about medicine.

Colette:

Right.

Debra:

It's given me so much acceptance. Knowing you have four planets in Leo, it makes me so happy to know that that's true. When Colette... She's always wanting to have fun. Even when I'm the most depressed and I call her and I'm so discouraged, we end up laughing our heads off. And that's the quality of fire and that energy, which she exudes, which is why we're listening to her and you're on this podcast, is because her chart came in this lifetime with an inheritance. This is the simplest truth.

Colette:

That's so funny. Well, and that's true, that's just you and I. We just get hysterical when we're together. We are very funny. We are being very good today. Just so you know, all you listeners, we're being very mature. But it's so true and I think for people who are listening who are kind of thinking that astrology or their horoscopes, you know in the newspaper go, "I don't believe in that." Well, you know what, it's so much more than that. It is so intimate. It is so medicinal, like you said, that when you see yourself witnessed, especially now when everything is so chaotic and systems that we rely on and our certainty is being challenged, you get absolute impeccable certainty with a chart that can reflect the core of who you are and what you're here to do. Now obviously, like I said, you still have to navigate all that.



Debra:

Right. I want to add to that.

Colette:

Sure.

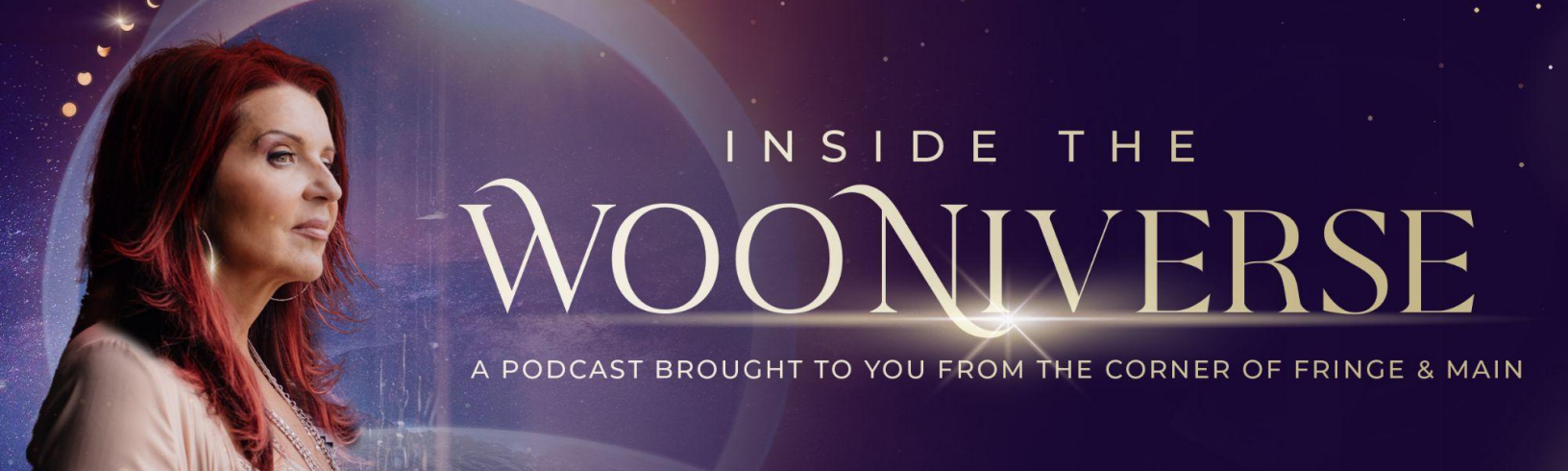
Debra:

The internal dialogue that the human suffers from right now and they're watching two shiny people who have found their passion from so young. Look I was 10 at The Detroit News comics. But that's not true for most of you listening. You're wondering what you're supposed to be doing and you're thinking your life is too small and you don't feel like you've ever shown up. That's not true. What astrology says is this lifetime, it's an inside job. And the sooner you identify your uniqueness and get comfortable, it's not about the outer world. Please take that off your plate you guys listening to this.

Now some of you, like Colette and I, we were given a very specific job and we've been given a blessing of angels all around us helping us manifest this. Boy, do we have a beautiful team? But you may not, and that's not bad or wrong. There's an entirely different karma this lifetime that you're embodying and please stop judging it and that's what astrology does. It puts that little guy that talks all the time, the mean guy talks shit about you, in his seat. Like it's not okay to talk about her like that. And once your soul's voice gets activated through astrology like, "Oh, that's what I came to do. It's so simple." There's a relaxation, and then to your point, medicine.

Colette:

That's right. The relaxation equals the medicine. So you wrote a great phenomenal book that everyone should get. It's called The Missing Element and it's not just because I am in it, but I am in it. But you have a very unique approach to the psycho spiritual access point of astrology and the human, which is really about the elements. And I can tell you that the first time you came and did the whole missing element thing with me, I was blown away that I was, once we figured out that I was missing earth, because that made total sense because there was no Virgo, it was never there to begin with.



But it was like, "Holy crap, this is so true. I am missing this piece and how can I find something to balance that out?" And you beautifully explore this in this book and in the offerings and in your school, et cetera. So let's talk a little bit about what is missing and then what is the wisdom that each element offers us. Because we all have elements within us, but some of us have a missing element and there is a missing element, which is the observer in most people.

Debra:
Exactly.

Colette:
This is your baby here, let's hear what you have to say about it.

Debra:
So the missing element in the book, there's a task where you ask... It's a five minute questionnaire and then you figure out your missing element and you go read that chapter. But to your point, we were both missing earth, just so you know. I mean, I figured that out way early in my career that I wasn't good at details and I didn't understand how to do money. Taxes and receipts? Why is everybody saving receipts? I didn't understand. And as the years went by and I studied my program, which of course we teach what we need to learn, I figured it out that this is really important that I ground myself. So the four elements is an ancient doorway brought to us by Egypt. The whole system was the four elements, the basis of astrology. It's also true of the American Indians, the four directions.

I live in Hawaii, as you know, hula is all based on the four... Everything they do is the four elements. Same with the ancient Jews. The Kabbalah system is all based in the four worlds. So it's across time, it's ancient as the day is long. Let's try and figure this out. You can't live without water, you can't live without air, you can't live without food, and you can't live without your heart, fire, the red blood. So we are ultimately in deep devotion if we were awake. I mean, it's taken me years to actually figure this out. So the book is simply, without any astrology in it. So it's just a psychological model. I was very deliberate to not say a word about astrology in the book. You take the test, you figure out your missing element and then to your point, you turn on the observer. The missing element wasn't just an element, you got it, it was also the observer.



Colette:

What I love though is that you were very clear that this was a separate system, but that you also now have woven it into your astrology and your school, et cetera, and how you teach that.

Debra:

Everything I do.

Colette:

Yeah. Yeah, yeah, yeah. So let's go back to this whole concept of missing element. So is there a difference between missing or running low in an element? And how do you know if you're running low? I want to go back to that because I think your system is really profound.

Debra:

Yeah, that's a very good question. No one's ever asked that before. It doesn't matter if you're missing it entirely or just running low, but if there's four wheels on a car and one of the wheels has a low tire, it doesn't have to be flat, but the thing will go off. So you want all four to be fully empowered and that gives the quality of feeling balanced. And in the name of this time period we're talking about where there's so much assault emotionally, I don't know, I'm so sensitive, and there's so much confusion.

Colette:

Me too.

Debra:

That would be water, Miss Cancer. I get emotionally very distraught. It hurts me. Then my mind gets all confused. Air - I don't understand what we're doing on this planet. I'm so confused. I'm going to call Colette so I can talk to someone about this. Earth - Uh oh, we've got to take care of things. Where's the practicality? Where's my little list? I know it's here somewhere. And by the way, you're not doing a very good job. It's the control factor. And then fire - oh my God, I'm so excited. Debra and Colette are on the thing today. Woo-hoo. But they get so excited that they say, "Let's have a drink, let's have another one." Like, calm down.



So all of these elements in balance, and if you master these... In the tarot deck, the first card is the fool. Like, what a nutcase to come here. Why did we jump off that cliff Colette? You were probably teasing me, laughing. I was like, "I'm going with her." That's the foolish thing. The first thing you do is you land at the magician and what does the magician have on his table? All four elements are sitting right in the middle.

Colette:
That's right.

Debra:
You cannot do this existence as a magician without the balance of those four elements. It's the first stop. So it's a simple system and it's provided, if I had to say the value, and I do it every single day in my life. I'm very deliberate. Meditation is my water, talking to you is my air. Who can I talk to? Earth is my... I'm very good at earth now, like you are. I mean, the name of my business, I've really held myself a high standard. It's not natural to me, but I've made it natural because I chose to cultivate my missing element. And then fire, I'm kind of good at. There's something that's going to turn me on like a radio. I think maybe it's the sunrise.

Colette:
It's funny that you said that because I have watched and observed you too get super grounded and super good at the organization things.

Debra: I'm so different.

Colette:
And running your business and school, et cetera, and watching that go from zero to a thousand. But also, I look at it for me, and I've never been more grounded since I started painting. So it was taking a paint brush to a canvas that it was... music always used to ground me too because I'm very creative, as you know, but it was the actual making something I could touch. I do a lot of finger painting on the paintings. It's been very interesting.

Debra:
And you know what, Colette, that's your rising sign. In my system, the rising sign is the doorway to your real self.



Colette:

Libra.

Debra:

And once you figure out, and it's based on the time of your birth, so I just want to say that, and that's where Sharon Lair comes in. You are Libra. Your artist is access to your soul.

Colette:

Totally. And well, that's same with you, right?

Debra:

I know but mine shows up different. You know what mine shows up with? Colors.

Colette:

Yes.

Debra:

Look at my house.

Colette:

Yes, the most colorful.

Debra:

I am obsessed. I am obsessed and I know that about myself now that I have to consistently create in my world physical beauty to keep my little soul tickled.

Colette:

And you do. You have the most incredible, I saw that new rug of many colors on your wall. I've been to your home. And then Hawaii, that big bright blue wall. It's like incredible. No, I get it, I get it. Colors, its so interesting. And I think for the listener to recognize that in yourself, I mean, first of all, I think you should just get Debra's book. But realizing that there is something that, if we don't feed that, if don't allow that entry point, then that is the lowering of something.



Debra:

It's imbalance. The thing goes off.

Colette:

It's out of balance. Yeah. Yeah. So, that's the wheel. So we have to feed it. Yes, I totally agree. Okay, we have to take a little break now, okay? More with Debra Silverman when we come back.

Welcome back. Okay Debra, my next question is, so let's talk about also the difference between perceptions and judgments when it comes to our elements. I want to drill down a little bit more because I could talk to you forever and I just want to make sure we get to all these points. The ones missing or present. So perceptions, judgments, let's kind of dive into that.

Debra:

Yes. So the way I teach it is that a judgment is different than a perception. A perception is the toast is burnt. That's just a raw truth. The judgment is, "You idiot, you burnt the toast again." And it sets off all the judgements that make you feel like shit. But the perception is it's a burnt piece of toast and I'm not eating it. That's not a bad thing. That's just a truth. That's what astrology does. It gives you perception without the judgment. What is judgment? It's that little guy that sits there at night and says mean things to you. And until you become identified as the manager of that voice, and this is essentially what the observer is, the difference between just perceiving something neutrally, this is in my book, that's where you got it, and judging everyone.

And I call myself out, I'll say, "Oh, I'm judging." I mean, everybody does it. And I kind of make fun of myself. Like Deb, you just judged that person, and then I move it over to perception and go, "Oh yeah, she just talks a lot," as compared to, "Oh my God, when is she going to stop?" How do we distinguish the simplicity in the name of kindness to yourself? Yes, I am a Gemini and I do have an incredible gift for intellectual appetite, to your point. That used to drive me nuts. It made me fuzzy, as compared to just don't judge.

Colette:

It just is.



Debra:

It is. And that's where astrology is such medicine because you stop. You guys just take a moment in this little podcast, what is the personality trait about you that you wish you could change because it bugs you. That's the clue that you're in judgment and now turn it into a perception. Just neutralize it. And that's what the observer does because it's not going away, your funny little personality, ha ha.

Colette:

Right. And it does give you a tremendous sense of liberation when you get into that witness observer. I think it's amazing. So do you have any suggestions as to how someone could go through the more shadowy aspects or natural tendencies that people don't like about the sign they are? Let's go to that now.

Debra:

Well first of all, it's what I just said. Whatever that answer was to that question, the thing about you that you don't like, that's the shadow of your sun sign, because it doesn't go away. So the thing about your personality, I don't know if you have this, but I have indecisiveness for my Libra rising, and it's annoying to me.

Colette:

Interesting.

Debra:

I don't think you have it.

Colette:

No, I don't have that at all. What I have that annoys the heck out of me about me is that I care too much about what people think of me.

Debra:

That's right.



Colette:
That's very Leo.

Debra:
That's very-

Colette:
Do they like me? Oh my God, I really just like, "Ew, I wish I didn't have that."

Debra:
And I wish that I could just make a decision about small things. I literally don't care what restaurant we're going to. I don't care what I have to wear. I don't. And it's annoying to me. It's like, "Debra." So these are the personality traits that, in your part, caring too much, we reframe it from the judgment of, "Oh my God, you're such a suck Colette and you're always getting taken advantage of," to "How beautiful that you care so much." And, of course, this does not have to be a broken record. You can be aware of it with the observer to neutralize it rather than make yourself wrong because it's not going away. You are a lover.

Colette:
And so I watch that and I do watch it too. That, and people pleasing. I'm a recovered people pleaser for sure. I'm always observing that when that comes up for me going, "Oh boy, that's interesting." That's my favorite saying I teach in Oracle school too, it's "that's interesting." And I do think what you are saying really helps people especially just to be in that place because rather than look at a chart for example and say, "Oh my God, look at that. That's wrong." I know I have a friend who is a Scorpio. "Well, I don't want to tell you I'm a Scorpio." Well, why not? It's fabulous that they're such deep, amazing, complex friends. It's the perception versus a judgment of what you think is good or what you think is bad. And I think that's a key element of your teaching that I think is so important for people to know.

Debra:
Yeah, God didn't make a mistake. God didn't make a mistake when she made you. You think she had a bad day. She was like, "I'm going to make Colette such a people pleaser and she's going to be so..." No, that was very deliberate based on your Akashic records. This is how



astrology works. There's an inheritance, lifetime from lifetime, you accrue merit. So in this lifetime, Colette and I, we're cashing in. We are sincerely serving the other. Now, we're built for the job as Libra rising. The question I want to ask everyone is, are you interested in serving? And by the way, it doesn't require people to serve. It could be animals, it could be babies, it could be grandma. It could be just the internal love you have for poetry.

That's not the answer of how do you serve. The question is, "am I in service?", and that accrues good karma and that's what makes people's lives get shinier and shinier. When I think about Colette and I, we are kind of secretly a party waiting to happen. It doesn't take much to tickle us because there's a depth of soul that's occurred from many lifetimes where we were like, "Okay, we're going down there this time and we're going to have a party," because obviously this is not our first rodeo, right?

Colette:
Right. True that.

Debra:
But if you're suffering from feeling like you've lost your shine or your despondent, this is what astrology does, it rekindles us by giving you back to, "There's nothing wrong with you." This has been a hard life. You can look at a chart and go, "Oh baby, that person came in with a lot of karma to clear." Not a good thing, not a bad thing, but that's not an easy chart. Or you can look at another chart and go, "Oh my goodness, they just came in laughing from when they were little. Even when everything went wrong, they thought it was funny." And that's not something to judge. But the gift of astrology, which is why I love it, is it puts a level playing field. It doesn't matter what position you're in. Everyone came here under the stars with the promise to be of service to the evolution of this crazy game called humans. And we are the weirdest species.

Colette:
Don't you find too that when, I mean you've done a number of readings for me, for my husband even, I mean the clarity that just comes from the 20 minutes of talking like "Wow, I totally understand now what's going on." It just keeps liberating you. And I think that's the other piece that there's a liberation that comes with having that reflected back to you. Example, I had that Pluto sun thing, then I went and got a book on Pluto. I needed to understand how to make Pluto



my boyfriend since he's going to be there anyway. And I was like, "Let's make the best of this Pluto transit, which is shitty." It was very hard, but I knew what was happening because of astrology. If I didn't know that that was going on, I would've felt victimized by a whole lot of stuff that was going on in my world.

But instead, I was like, "Oh this is reflected. Now, astrology didn't make it happen. It's just the correlation between what was going on in the stars and now, and I'm like, "Ah, there's an explanation for this," and there's also an expiry date for this too.

Debra:
Exactly.

Colette:
Right. And there's an opportunity inside and I think people need to know that. Maybe that's why astrology is getting more and more popular. I mean, your school is overflowing, you're so well known now. I mean, maybe this is why. People need this because they don't have any place else to reflect on.

Debra:
We don't have religion as we used to have. And then the new age and metaphysics, while it's delicious, does it give comfort? Does it give concrete practical steps? Is there some time factor you can learn, to your point, about expiration dates? How can you know how to follow... This is the most essential. It shocks me, I dream about this. It shocks me that we don't in school teach the children. You're going to love this, Colette. I taught in a school and I told them I was Harry Potter's assistant and the kids came in the class. I had all the water kids there. You would've been sitting. I had all the air kids, all the earth kids and all the fire kids. So I'd say to the water kids, you guys are so sensitive and you get your feelings hurt. And then I'd say to the air kids, "Excuse me..." They were raising their hands. "You talk a lot. You get super excited. Can you put your hand down just for a moment?"

And then the earth kids sitting with their little sharpened pencils in those days and they're incredibly well dressed. And I was like, "Earth kids, you have to know that you're going to take a little longer than everyone else to get it right." And then there was the fire kids wanting to go to



recess. "Can we go now?" And laughing at all my jokes. And then one of the kids raised her hand and she said, "I think my mom must be water because when we got the new house, she cried when she left the old house and then she cried again when we got to the new house." So the kids got it, and this is one of my dreams.

Colette:
They got it.

Debra:
And then other kid raised his hand, "I think my brother's fire because he laughs so loud my mom has to take him in the other room." The quality of this information if brought to the youth would change the matrix of the way we do talk to ourselves. So you would've known, yes you were a psychic, yes you're an artist. You would've been told as a kid. That's my fantasy when we grow up.

Colette:
Instead of you are going to be a lawyer, which is what... I was like, "I am. Okay." Okay. That's because I'm a good arguer, but yeah, what are you going to do? But I do think that there is something to that. The difference between, because I know at the turn of the century, turn of the 1900s, there was a resurgence around esotericism, with Blavatsky and the Golden Dawn and the tarot-

Debra:
Alice Bailey.

Colette:
Exactly, Alice Bailey, people that you and I both studied. That came in the early 1900s, late 1800s, and then it went away again. And I do think now your dream has more possibilities because it's returned, but it's returned at a time when we are in our greatest transition. So I think that this as a tool is very possible that it could in our lifetime, we may see that it's going to get taught in schools.



Debra:

My school has influenced... Many of my students are working with children and working with parents. It's probably the most important work I can imagine. Telling a mom about her kid and supporting her kid to be the kid, not what the mom thinks the kid should be or the dad thinks the kid should be.

Colette:

Isn't that amazing? So I want to talk about climate change, activism, which is your biggest heart love and this is a big, big important subject for you. So I'd love for you to share with our listeners some of the work you're doing in the area of climate change and astrology together. Could you share a little bit about your latest project with us that's in process?

Debra:

Well, there's two different projects. One is my podcast where I've collected hard scientists that have, because to your point, my intellect has an appetite. And it starts with Jeff Orlowski who wrote the film Chasing Coral, won the best documentary of the year on Netflix, and he's now working on the continuation. The quality of awareness around facing the facts, which I don't like to say too much about except the shortest thing is all I want you to Google, because it's a fact, is when will fish end in our ecosystem. So when you find that out, which is not far, you begin to realize our ecosystems are going on red alert. There is something we can do and this is where every film from Choosing Earth, beautiful film, to Chasing Coral, to Kiss the Ground. There's many, many documentaries that I have eaten up.

I love Attenborough-

Colette:

Me too.

Debra:

Mr. 94 years old from England who clearly is doing a call to say, "You guys, we're in crisis." And then leading up to Dr. Steven Greer, who is now producing a higher level of awareness that there's possibly an introduction of very advanced technology brought to us by ETs that will reduce the carbon imprint, that will change the ecology, that will actually save the story. So I've



been brought some optimism of very recent times that will be on my podcast. But to your question, it seems to me there are only some personality types that can handle truth straight up and personal because it's so hard to handle. I have a lot of compassion. And my dear desire is to make it safe for you, the listener, to hear about it without being scared into denial. Because it goes one of two ways-

Colette:

Right, because that's what happens.

Debra:

Either people are these total pessimists, "Oh my God, we're doomed," or "Don't talk to me about this. I don't want to hear." And there's a place in the middle called the observer.

Colette:

Right. You know I cried in Chasing Coral. Yeah, it was so moving, and because it was very loving, it wasn't in your face. It was and it wasn't. It was like, "Here's the facts." The cards that I'm painting for my deck guides of the hidden realms is bleached coral is the being that represents death and what is dying. So yeah, because of that film. It was because of that film.

Debra:

Colette, that is so beautiful. So it is to say that there is going to be a death of the fish of that ecosystem, but that's not to say that we can't readjust. So the prayer that I'd love to send out to your audience, to my audience, is just please don't fall asleep. Don't deny what's occurring. To the greatest of your ability, ask the questions, do the research, watch the film, and then know that there's a miracle in store. My favorite analogy is, and I so get this, if you had never seen a woman give birth, she gets pregnant, this thing starts growing on her, it's so weird. She's throwing up, she's totally sick. Then it gets to the end and she's screaming and yelling and you're in the room and you're like, "Okay, that's it. She's yelling. Take the thing off her. Cut the thing off her."

But there's the wisdom keepers, the woo people, the midwives, that say, "Excuse me, please calm down. Please put your awareness on. Please pray." And then out of her comes this little teeny baby with the little teeny eyelashes, with the little teeny nails, and you're like, "Yeah, good



thing we didn't cut that thing off." So don't misinterpret something's wrong while she's screaming. We are in transition and we're breaking our waters, literally. This is a symbol. We are changing in our form, but we don't know what the miracle is underneath this, and Colette and I are both firm believers in miracles.

Colette:

Yep, and also that we need help to navigate that. We have tools. We have divinatory tools. We have astrology. We have oracle cards. We have tools.

Debra:

Wisdom keepers.

Colette:

Exactly, we have wisdom. We can hold hands and we can step in it together and there is no way that we have to do this alone. This has been such a great conversation and I want to pull a card together now and see if there's anything else the Wooniverse wants us to talk about in the realm of astrology and life and love. Alrighty, let's see what Oracle card comes up. Let's ask the Wooniverse, what do Deb and Colette need to explore before we move into the next layer of the Wooniverse? Oh, treasure island. Isn't that interesting?

Debra:

I love that card.

Colette:

That we have everything that we need. So let's apply that. I'm going to tell you how I apply it and then let's apply it to you and astrology and everything that you've said so far. So for me, it reminds me, I've been trained and conditioned to look to the outer world to dictate whether or not... my resources are out there. But what this tells me is my resource is in here. And that to your point earlier when you talked about being an inside job, it's not even a job. It's that I have the miracle, the access, the God force, the observer, the witness, the soul already here. It's not over there. It's here. So that I have to remember that, that the treasure goes with me every day. It's not so hard. And what do you think about this?



Debra:

It's funny, what conjures up for me is I think it's really important in this next era that the imagination be activated. And for me, the treasure chest is like what would you imagine is possible in this world? Because if we limit our reality to not believing in astrology or not believing in woo woo, or not believing in miracles, we are going to find ourselves dry and very scared. So the treasure island is like there are places that are out there in Shangri La. There are places in your imagination again on the inside that will liberate us. And for me, it's a daily practice for me to reach up into my hope because I have to say my unconscious, my sensitivity, gets very weighted by the despair of what's occurring. And then treasure island goes, "Hold on a minute." Imagine a world where Colette and I get to work together.

We're going to imagine a world where people come and study astrology and do divination cards and they realize the resource that's waiting on the outside. So I never stop letting myself in the name of the treasure island imagine places in time and space that will evolve us and continue to bring the light. And even though, I have to say, and you know this about me, I have found out about my personality type that because my north node's in Scorpio, that my emotional body is the doorway for my enlightenment. North node is a doorway to enlightenment. And so I have to stay in honesty about my human, and I've called you crying, and I've called you laughing, and I ride the waves with you, but I never want to deny the human and I never want to lose track of treasure island.

Colette:

And that's so true. I also think that our culture is too indoctrinated into taking a pill and getting rid of our grief. Let's get rid of that. They don't give us any space to feel those feelings that both you and I, we get into that despair. We both do that, we tune in, et cetera. It's hard. It is burdensome. But it's not what we're saying is that we're trying to avoid or bypass any of the real feelings that we may have, like rage that's been repressed, and oppression, and all kinds of things. We're not saying that, "Oh we're just going to deny that and be happy, joyous and free and use our imaginations and go lala." It's really being in reverence to spirit but also the human condition and compassion for the human condition, which is what your book's about. And also to welcome



the potentiality that we have within us. And interestingly enough, the card by the way, is a sea turtle, close to Hawaii, in water. So it's a turtle swimming with the treasure chest on its back.

Debra:

That's so interesting because the turtles is one of the oldest, it's dinosaur like. It's survived by being able to protect on the inside. Its so beautiful. I love turtles.

Colette:

Yeah, and brings his house with him. Me too.

Debra:

And one of the biggest things I've learned in this life as we age, because we are getting to that point of eldership, is to go slowly. And I've been so loving. I walk slowly, I drink slowly. I've changed my rhythm. It's so unnatural to a Gemini and it's really been... The turtle, I love that that's the image of the treasure island. I have really come to appreciate like, "Slow it down Debra." We are peaking right now in our society. This is going to go, when the ecology starts to affect us and the fires, and the ground, and the water, but right now, this is the best lifetime I've ever had.

Colette:

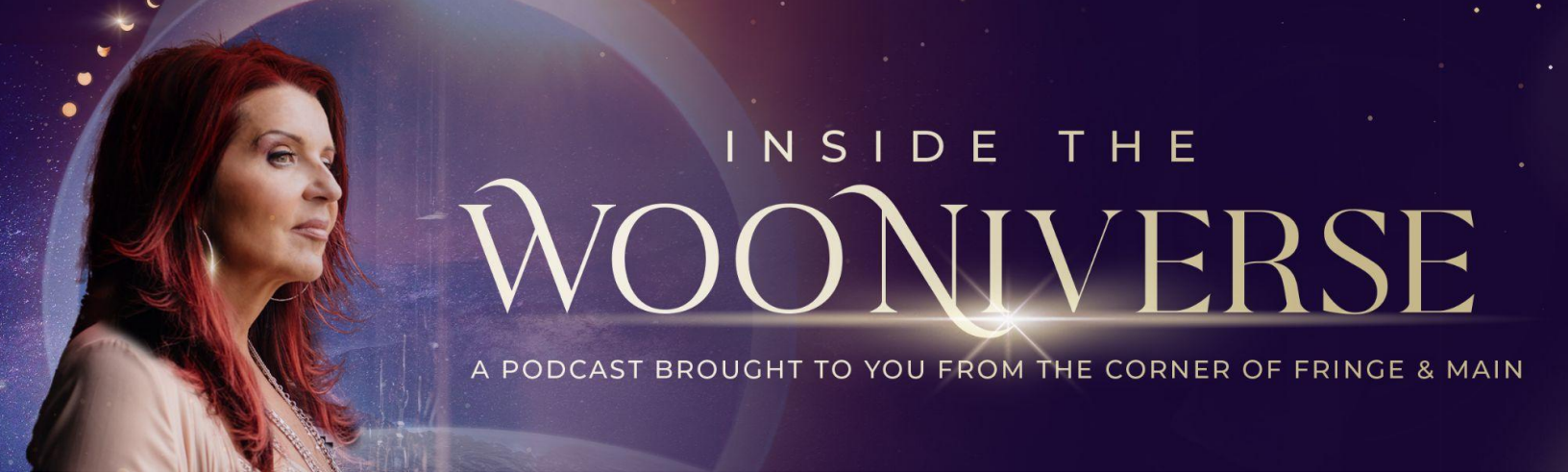
And it hasn't started. It's only kind of been in the periphery, right? I mean, even though there's pockets of people who have experienced it very abruptly and directly, it hasn't really hit a lot of people. It's like they keep thinking it's going to be fine.

Debra:

But it will.

Colette:

I know, it's interesting. Okay, we are going to take a little break now and when we come back we're going to switch gears and enter another dimension of the Wooniverse, the tea time after party. So please stay with us. We'll be right back.



And we're back with astrologer extraordinaire, Debra Silverman. So now, we are going to switch gears and travel into another dimension of the Wooniverse called the tea time after party, a place where we kick up the fun. So joining us now is our executive producer, Connie Deletti.

Debra:
Hi Connie.

Colette:
Connie.

Connie:
Hello. Oh man, that was an amazing conversation. Just so good. So good.

Colette:
Yeah. So good. Okay, so we are going to ask you some interesting questions. I'm going to start. You have a t-shirt with one word on it you have to wear for a year, which word would you choose?

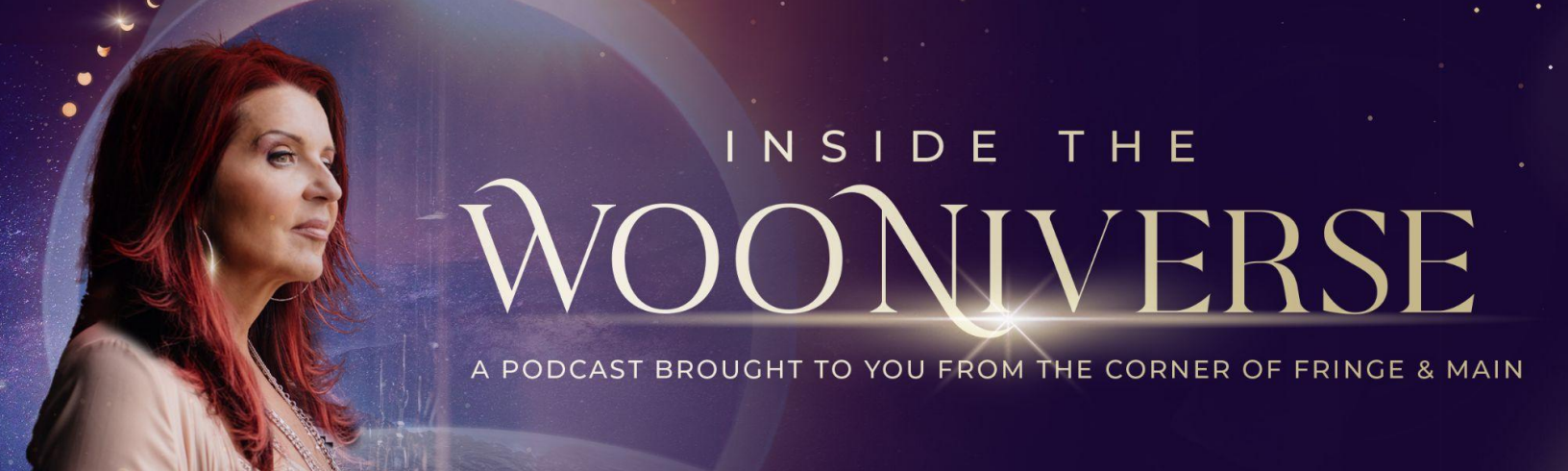
Debra:
Thank you. Can I have two words?

Colette:
No, thank you's great.

Connie:
That's great.

Colette:
Thank you is awesome.

Connie:
A phrase. A word or a phrase.



Colette:
Oh, I like it.

Debra:
Do you know why we live forever?

Colette:
Why?

Debra:
Because it takes that long to say thank you.

Colette:
Oh, Debra quote. Debra quote. Meme time.

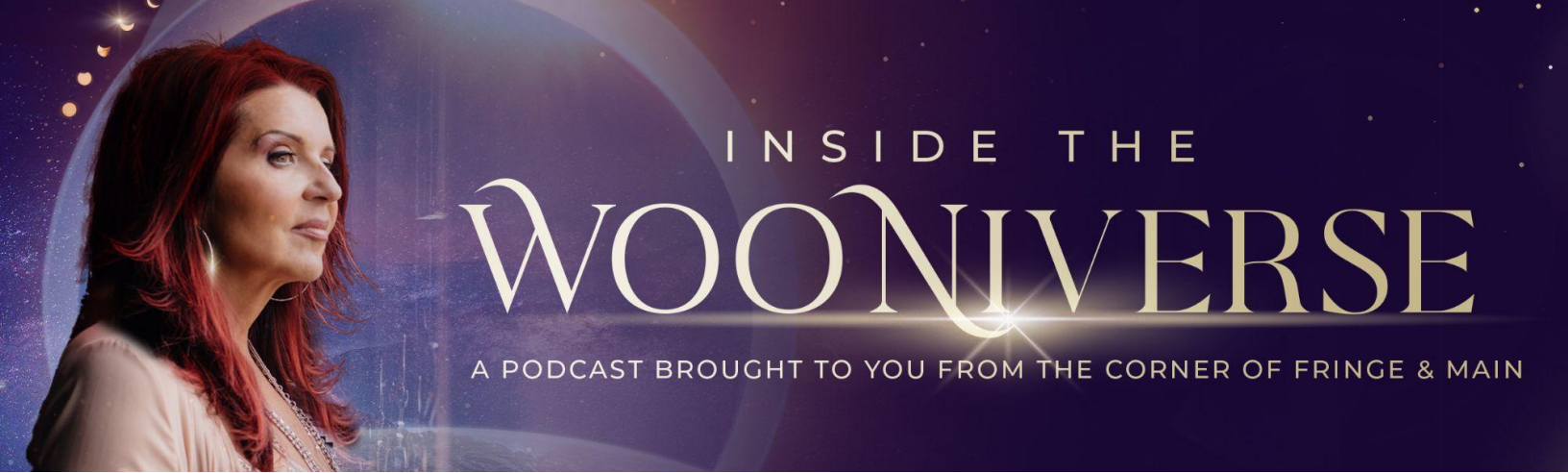
Connie:
It's Instagram ready. It's ready.

Colette:
It's ready. Yeah. Your turn, Connie.

Connie:
Okay. Debra, what is your most unusual talent?

Debra:
Sleeping. I'm really, really good at sleeping. Honestly. I can can fall asleep anywhere. I'm one of those deep sleepers. The noise can be on. People can come in the house and I would not hear a thing. I am so good at sleeping. Is that weird?

Connie:
That's incredible.



Colette:
Oh, I wish.

Debra:
I know people say that all the time. I think it's my nervous system knows how to go whoop.

Colette:
Wow. I'm envious.

Connie:
That is a talent.

Colette:
That is a talent. Debra, what would you name your autobiography?

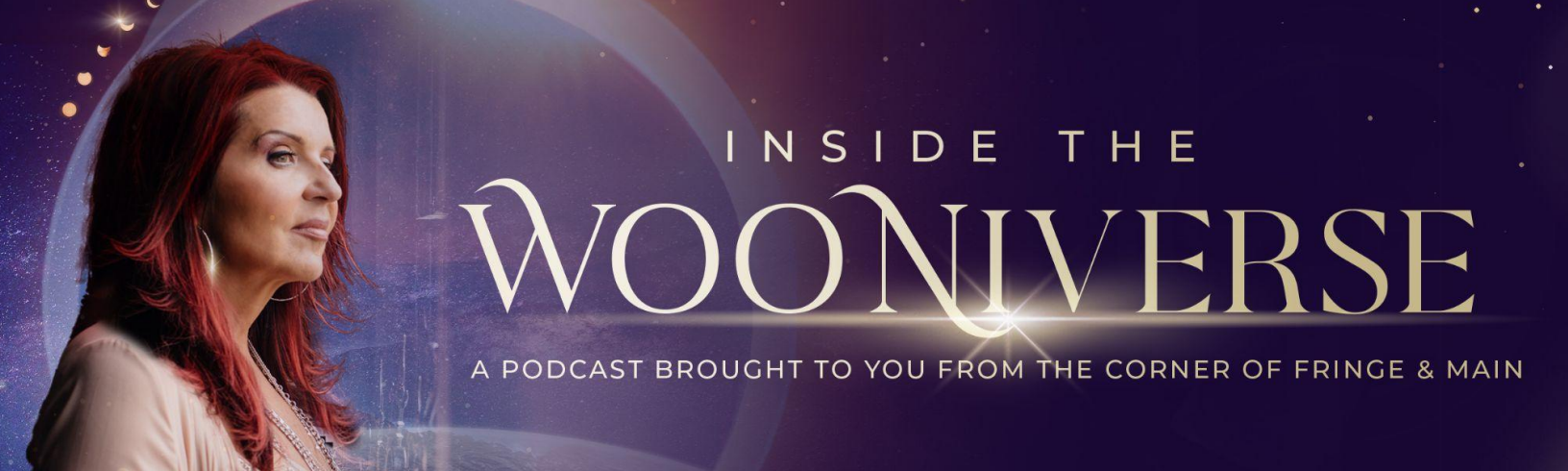
Debra:
Oh, The Pleasure of Being in a Body.

Colette:
Oh, the pleasure of being in a body. That's interesting.

Debra:
I have so much fun, this little thing, I really, really have enjoyed, said the dancer who plays all the time, playing tennis, going swimming, going hiking, on my bicycle.

Colette:
Biking.

Debra:
I get so off on... I mean, I don't know that I've incarnated that many times in a body. I think I've been a lot of times an angel floating around, but this time I'm really getting off on it. Just the amazing function of this thing.



Colette:

And I've seen a picture of you too. Debra has done yoga literally every day since she was two. And she's got this photograph of herself on her Instagram with one leg, and then pulling it over her head.

Debra:

That's true. My autobiography is the pleasure of being in a body.

Connie:

That's the cover.

Colette:

Yeah. And that makes sense. That makes total sense. Your turn, Connie.

Connie:

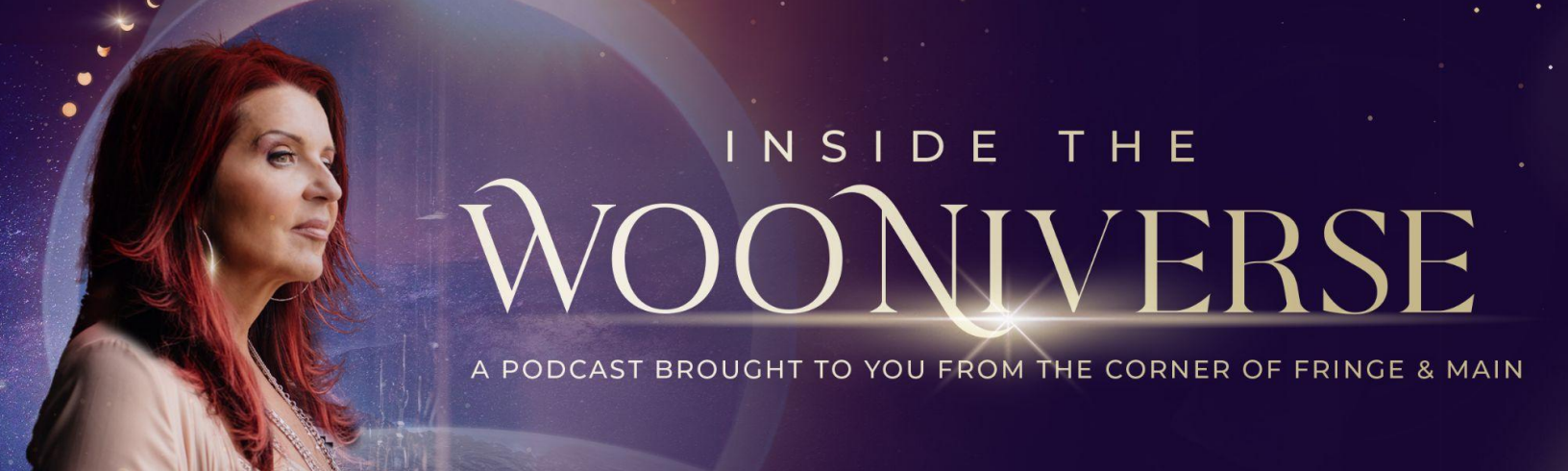
Okay, here's the question. Do you have any superstitions and do you have one that might be considered eccentric?

Debra:

Ooh, do I have any superstitions? This is so Silverman. I'm going to go the opposite. I'm the person that has very little fear to the point where I scare people because I am fearless when it comes to feeling safe wherever I am. So I've abandoned all superstition. I don't have one of those quirky little qualities. In fact, quite the opposite. I walk through fearful places off across New York City streets where I just assume I'm totally safe. And I think the angels are like, "Oh my God, Debra, you make us work overtime."

Connie:

Clocking in, clocking out.



Colette:

Clocking in, clocking out. Oh my God.

Debra:

They're like, "Here she goes again. Look, she's bike riding in the middle of the highway fearlessly. Why do we have to follow her around all the time? That crazy girl."

Connie:

The legion of angels.

Colette:

And I have been there with her and I know that is true. Here's another one. This is very funny. Oh, if you were to be wildly successful in another profession, what would you choose?

Debra:

A photographer. I would've been a world class photographer.

Colette:

Interesting. Yeah, and your pictures are gorgeous. She constantly sends me photographs of sunsets. I'm like, "Who is this?"

Debra:

They always make fun of me like, "Here comes another Debra picture." But I just get so off on taking... But I don't really know what I'm doing. I just pretend.

Colette:

Yeah, you do have a beautiful eye and again, that's the Libra rising, that's the color. You always have the most colorful pictures. And I totally get it. They're psychedelic. It's pretty amazing.

Debra:

It's exactly true.



Colette:

Well, this was so much fun. To learn more about Debra and her offerings, you can visit her at debrasilvermanastrology.com, and you can watch Debra as the host of her weekly podcast called, The I Don't Believe in Astrology Podcast. What a great name. And that's available wherever you listen to podcasts, including the platform you're on right now. To view a transcript of this conversation, quotes, and so much more, check out our show notes page via itwpodcast.com or within this episode's description. Debra, thank you so much for joining us today. What a great conversation.

Debra:

That was so much fun as always. Thank you.

Colette:

What a great and insightful conversation with Debra Silverman. And I always like to ask what we learned from this, and so what did we learn today? I'm not going to pick another card because I thought the card was absolutely perfect. The card that we got, treasure island, really sums up astrology that we are the sum total of all the stars that have made us and reflect us here on this earth. And we don't have to look outside of ourselves to understand how we can heal and how we can grow, and how we can make an impact on this world. But we do have a navigation system, and even that little turtle with that treasure chest on its back on that Oracle card, can look up in the sky and know that when he sees the stars, he'll never get lost. Until next time, I'm Colette Baron-Reid. Thanks for listening.